

THE COMPLETE MANUAL OF PERSONAL SECURITY & SELF DEFENCE

STREETWISE



BY PETER CONSTERDINE

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STREETWISE

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Introduction

I started writing this book over twenty years ago. Since then many of my thoughts and views on the subject of self protection have been published in articles in various martial arts magazines and elsewhere. However each time I felt ready to put pen to paper for the complete work there was always another element that I knew was missing or incomplete. This was the very detailed body of work on personal security which has been drawn from the specialist areas of security industry, particularly the close protection (body-guarding) field.

The sum total of personal security and self defence becomes a very large, very complex picture with varying shades of grey. There are few blacks and whites and I've only now really felt that I have all the pieces to put in place. My main concern has been the 'humanistic' side of the picture - i.e. the

person or victim and how, in reality, that person - you or I - copes or doesn't cope in situations of fear and stress. We need the assistance of psychology to help us understand the relationships between such things as thoughts, character traits, outside stimuli and behaviour. We also need to understand the 'chemical' responses our body promotes under extreme stress.

Also attitudes and beliefs we all individually hold, add further colour to the picture and effect how we will respond to a variety of situations. If your religious beliefs condition your attitude to the extent that you will incline to 'turn the other cheek' then you could be in big problems in the street.

Equally, a person, whose belief system is that "it will never happen to me" has an attitude to personal safety which will probably make him or her disregardful

of the inherent dangers of people and places and is in what we call 'denial.' Also a person who is daily bombarded with the sounds, images and stress of a busy cosmopolitan city has learned, at a sub-conscious level, to 'switch off' to most of the external stimuli, but in doing so their awareness levels of incoming threat are dulled and nullified. Assault attempts, be they rape, mugging, gratuitous violence, succeed because there is a hugely successful strategy at work employed by the attacker and, although this is also supported by the application of only simple, basic psychology it succeeds in the main because of the total 'unpreparedness' of the victim.

Many years ago I coined the phrase Self Protection, to more aptly describe what I teach. This was to remove the 'negative' element out of the phrase Self Defence, which was actually the word defence. Defence, by most peoples perceptions and definition seems to require that a physical act of aggression must have been perpetrated against them before a response is possible or appropriate. It also deceives people, particularly women, who have attended the ubiquitous 'self defence' classes that they somehow now have within them a system which, if they are suddenly attacked, or faced with violence, that

what they have learned, will 'spring into action' and save the day. You only have to look at the plethora of videos on the subject, produced by 'celebrities!' to see this type of approach, unfortunately, at work. If you believe for one minute that these techniques will work for you then you are in big trouble. There is a deceit at work when such videos show a five foot ex-singer control and throw a six foot, fourteen stone male.

I've written critically and for many years about the run of the mill self defence classes, videos and articles which make no mention of fear and it's effects on the situation. Now I read in such articles and hear people say "oh by the way don't forget fear" - then that's it! They add nothing further, it's simply sufficient to have mentioned it. To balance what I have said, however, there are some good books on self defence;

Dead or Alive by Geoff Thompson.

Unleash The Lioness by Robin Houseman.

Dogs Don't Know Kung Fu by Jamie O'Keefe.

The latter two being primarily slanted to womens safety.

All are blessed with honest reality and are often graphic in their descriptions of violent incidents against people. They

are very salutary works and convey far better than I will in this book the sheer horror and consequences of such crimes as rape, serious assaults and murders. With these as recommended reading I want to broaden further the whole subject matter so that *Streetwise* will be the reference manual for every aspect of Self Protection, whether you are teaching self defence, conflict management or personal security, a police officer or, as most readers will be, interested on a personal level to know how best to protect themselves and their families.

The size of the book and the complexities of the subject matter don't easily serve to help form a 'personal protective strategy', but you will find that much of what you read will be about yourself and possibly some recognition of how you may act in certain circumstances. Hopefully you will concur and make changes in beliefs and attitudes. If you can recognise and change certain entrenched beliefs then this will have worked.

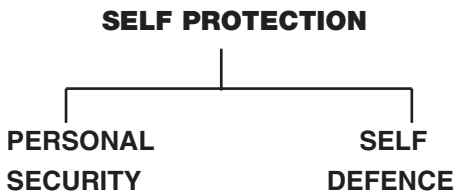
What I hope you will get from this book is the correct 'mind-set'. I want to alter your attitudes - both to the reality of violence and, most importantly, your correct role in the event. Self Protection should not simply be about giving people a long list of do's and

don'ts and telling people what to do and what not to do, although this very much would be what I seem to be doing in Part 1 on personal security. Most personal security is common sense (once it's been pointed out) but, what this book hopes to achieve is to take the concepts and philosophies, which I believe are inseparable from the do's and don'ts and get people to think through the psychology of confrontation and the 'management' of their environment for themselves.

A 'do' in one situation may actually be a 'don't' in another and, therefore, it is important that a person is tutored in how to be analytical of their situation and environment at all times and so come up with their own solution. I read a definition of self defence on the Internet which I thought was a good attempt at encapsulating the subject matter - *"self defence is a set of awareness, assertiveness, verbal confrontation skills, with safety strategies and physical techniques that enable someone to successfully escape, resist, and survive violent attacks"*.

(From the Assault Prevention Information Network APIN). This is fine, but in some ways serves to confuse because it addresses too many issues under one banner.

My problem with self defence per se, is that the subject matter, as a whole, is usually presented as one amorphous mess. When I wrote *The Modern Bodyguard* I approached it from the angle of wanting to put very complex subject matter into convenient boxes as far I could and so it is with *Streetwise*. Our ultimate goal is to be capable of taking control of our own Self Protection. To achieve this will necessitate understanding certain philosophies, psychology, and concepts and become acquainted with situational strategies- this is Personal Security and will occupy us for the first half of the book. Good self protection is 99% about getting this first half right which concentrates on 'prevention', but as we will see there can be no guarantee of absolute success and a person must then be able to have confidence in their physical skills and this is Part 2, the physical, Self Defence.



There are reasonably large numbers of books available on the subject of self defence and a negligible number available on the very obscure subject

of personal security. The self defence genre are usually the product of 'martial artists' and the work on personal security is, as a consequence, treated in such books as a 'by-product of the physical techniques they want to show you.

The elements of personal security they do mention are usually those you can find in motoring association handouts aimed at the female driver, or those issued by the insurance companies (with whom you have your house insurance) dealing with locks and alarms. The advice and points made are not incorrect, but usually only represent about 10% of the whole subject matter.

I've seen some of the worst efforts produced by martial artists who have a perception as to how violence will occur and what they will do about it. The attacks they portray are martial arts 'formed'. By that I mean that they are based on punches and kicks that they practise in the dojo. Even people who you think would know better are guilty of this.

A book choreographed by a former British police officer and traditional Karateka is one of the worst examples which practices this deception that - firstly people are attacked like this in

the street with such techniques, second that the attacker freezes into immobility (in a martial arts stance I might add) so that counter-attacks can



This is an example of the rubbish proposed in the book I mentioned in the text. To be attacked by someone using a traditional 'Oitzuki' and to defend in this way takes self defence back 30 years.

happen as per the martial arts drill and thirdly and most dangerously, that a woman of 60/7% body weight and strength of her attacker will be capable of blocking, twisting limbs, countering and disabling such an assailant, one of whom in the book swings a house brick at her.



Even if such a ludicrous attack was ever to take place as illustrated in the first photograph, this is likely to be the result.

It's rubbish, but what's worse is that it is dangerous rubbish. What I know, however, is that this is comfortable for martial artists to teach and the public in general, who know no better, believe it will work. It accords with years of conditioning by the authors and, importantly, it doesn't cause them to question their own martial system and the years of practise they have put into it. I often hear it said, particularly by very experienced Karateka that all the elements of self defence are contained within the system. I wouldn't disagree in principle, but they forget that the

person who may have to use it has not got their 20 plus years at the game for whom, at a time of stress and fear, does not want to go making a search for the bit which may work.

You will have heard about Control and Restraint techniques. Essentially the preserve of the prison and psychiatric nursing services, police and military, C&R techniques have been developed over many years, particularly in the UK to enable violent prisoners and patients to be restrained with



It takes a few people to ensure the safety of everyone concerned when using Control & Restraint techniques. This makes such techniques often impractical in a 'one on one' situation.



Matthew Clempner, expert in Judo, Sambo, Russian martial arts and British policeman, clearly enjoys his control and restraint.

techniques that reduce the likelihood and risk of injuries to all parties concerned. So far so good - and you may be thinking that such a system has merit in the street -wrong. What you should understand is that for it to be effective you require a minimum of 3 people, at the very least, to restrain someone. If that person is very violent even 3 won't be enough. What you should know from C&R are the 'breakaway' techniques and these we will look at in Chapter 14. If however you are in an occupation where you deal with violent members of the public as either customers or patients then you will probably have strict guidelines as to what, as a physical response you can do, even to protect yourself.

A committed, violent aggressive male, who has no regard for consequences either physical or legal, will not be restrained by you attempting to twist his wrist. You will not, if you are a woman be able to twist or wrench his grip from your clothing, despite the videos you may have watched by



This is another fallacy - that a female will be strong enough to break the grip of a male attacker, it just simply won't happen, nor will he just simply stand there while you try every martial arts arm twist you've been taught.

'pop' stars. These people demonstrate techniques which will not have a snowball in hells chance of working without the benefit of compliant attackers which they have in the videos.

The book I mentioned before has a woman defending herself against a



So go for the eyes - forget the rubbish about arm locks and restraints - hit and hit hard, then run!!

kick - again its against a typical karate front kick, its using a block which will only guarantee that you break both



Again, another example taken from THAT book! - suggesting a female should block a front kick with a cross block.

wrists and it just doesn't happen like that. There is also one of the 'typical' knife defences where the knife is pointed at a woman, who's had time to wrap a coat around her arm, if you can believe it - if she's had time for that, she's had time to run. It's complete bollocks! Watch a video on football

out of an alley or bushes at you, bowl you over, strike first (usually in the dark so you won't see anything to block), hit hard and often and injure you before you even come to terms with what's happening. Panic, shock, fear, surprise, adrenaline are your main enemies, not the fist or the foot of your opponent - yet, those who don't know, but presume to tell us how, are deceiving people into a totally false sense of security by making them falsely believe how attacks take place and then compound the felony by giving them unworkable techniques.



It gets worse! In the book I'm going on about there is this picture - where the girl has had time to take her coat off and wrap it around her arm. I'm unsure what she needs to wrap round her face, legs and the rest of her. It's criminal that they can make people believe this is how it happens.

violence. When you see people kick it isn't anything like you see in this book. Also if you know anything about the nature and distribution of attacks against the two sexes you would know that kicks to women seldom happen.

Violence on the street is explosive, often gratuitous, is perpetrated with the element of surprise. Rapists don't telegraph their intent - they will explode

Don't also be taken in by any organisation purporting to be a governing body for self defence. Any such organisation would have to be representative of a broad church of all martial arts interests, the police and many other 'interested' parties, not a commercial company. No such body exists.

The difficult task has been to write the book in a way that the end result provides a reference whether you are a teacher of self defence, a police officer or an individual wanting to learn the elements of self protection. I have

made it as comprehensive as possible, but excluded some elements with regard to personal security which are more correctly the province of the Close Protection world. Anti-kidnap procedures for people of prominence or wealth, whilst most certainly coming under the heading of personal security are not applicable to the 'rank and file,' so to speak, who will make up the readership. Many of the detailed anti-kidnap procedures and home and office procedures have been omitted, particularly as they relate to operating in a potentially hostile, foreign environment.

These and other more specialised protective procedures, for any reader who is interested, are contained in "The Modern Bodyguard." No book can ever dynamically portray the speed, impact, surprise nor effectiveness of physical techniques. It is just not possible to learn physical skills from a book, but the best I can hope to do is make people realise that for self defence purposes 'less is infinitely better than more.' Armed with a certain philosophy you will get from this book, an individual should be better armed to be able to sort the wheat from the chaff of self defence classes.

Proactive or Reactive?

Good Self Protection is a combination

of **Proactive (vs) Reactive** approaches and we must do both!

Proactive - is the planning and assertive measures taken to prevent being victimised and at this juncture ask yourself the following:

- Do you plan routes and itineraries?
- Why do you feel uncomfortable in unfamiliar areas?
- When and where are you vulnerable?
- Have you burglar-proofed your home?
- Do you consider parking a danger?



This is the reality of a violent knife attack - now try taking your coat off and see if you make it past undoing one button!

- What do you think about as you approach your car?
- Do you think about avoiding darkness and isolation?

The above list could go on for a few pages as could the following:-

Reactive - The thought and preparation you've dedicated to what you will do if you are victimised:

- What if you are being followed?
- What if you hear someone in your home at night?
- What if you are approached getting into or out of your car?
- What if you're physically assaulted?
- What if you are threatened with a knife in the street?

Over the next few chapters I hope to give you the knowledge to arrive at the answers for yourself. When confronted with a potentially violent situation a person must be able to recognise the "danger signals" eg; when a person or persons are about to "cross the line" from anger, which is an emotion, to violence, which is a physical action. It would be useful to define violence:-

"Violence being - the sudden use of intense force to violate or outrage - conduct or treatment and the illegal use of force in - order to force acts against a person or persons will (coercion)."

An average person does not need to be a professor of criminal behavioural psychology, just understand the basics of violence. As stated above a person or police officer when confronted with a potential violent situation must be able to recognise the 'danger signals'.

The obvious and life threatening situations are relatively clear. In the majority of case histories and post incident studies an immediate action or responsive action (Reactive) was required. In other recorded incidents a less immediate and responsive course of action was called for. In other words the person should have time to assess the developing situation, read the body language and thus act in a manner which prevents the "progression of the event" (Proactive). This book will teach you how to do both.

Basic Principles of Personal Security

In any personal strategy for improving one's safety, avoidance of threat and risk must constitute 90% of the overall requirement. Having physical skills and techniques is essential, but it has to be accepted that to have to use them means something has gone wrong with our other avoidance strategies. The point should be made though, that whilst our physical skills required are often less than 10%, we must be 100% effective with that 10 %.

The definition we use in the Close Protection field for personal security may help:-

“The object of personal security is to reduce the risk of kidnap, assassination, or criminal act, by the application of certain Principles and Procedures to normal daily life”

Shortly we will look at the 3 principles which guide us in all matters on the

subject and throughout the whole of this book we will look at the procedures which we can employ to get us safely down the street, down the road, from home to work and back again.

In the world of Close Protection (Bodyguarding) we apply ourselves to ensuring that all the preventative, proactive measures (Procedures) are in place when we are looking after a VIP. This does not mean that we ignore the eventuality of it not working on occasion and we must therefore be skilled at the defensive, reactive (Drills) which come into play if danger threatens

So it should be with an individual's own, personal 'risk reduction strategy.' A person must learn to be their own 'Bodyguard' and this means learning all the various procedures that are applied to look after a person of importance, accepting that, to ourselves we are no

less important than the next billionaire. The only difference is that he can pay to have the necessary skill level applied to his situation, whereas you will need to learn and apply how it is carried out yourself.

The first thing is to look at some guiding principles of personal security and those of you who have my book '*The Modern Bodyguard*' will be familiar with them and they are that:-

THE INDIVIDUAL IS RESPONSIBLE FOR HIS OR HER OWN SECURITY.

THAT SECURITY MEASURES MUST BE COMMENSURATE WITH THE THREAT.

THAT AWARENESS IS THE CORNERSTONE OF GOOD PERSONAL SECURITY.

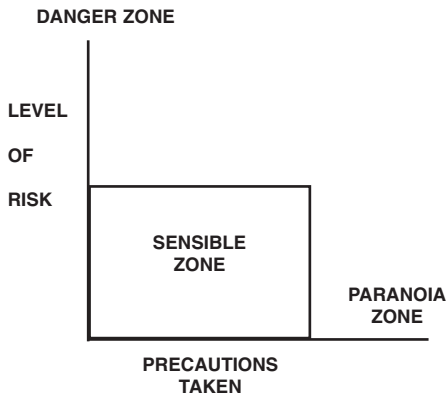
Lets look at each in turn.

The Individual is Responsible

No one other than ourselves can be responsible for our security, however, when I talk to people, they are often of the belief that others are, more responsible for looking after them than they themselves. Equally many people believe that their own part to play in security issues is not important. I come across this in work environments

where people feel others are looking after their welfare, and general office security is not really their concern. They do not believe that their singular actions or omissions can prejudice the many. When in the street it is ourselves, not the police who we turn to for help. In the office it is us who are responsible for ensuring that we comply with security rules and not someone else's responsibility to maintain a safe working environment. We must learn to lock doors, challenge strangers, wear our ID's, report our suspicions etc.

Buying this book is a good sign that you subscribe to this principle, but the principle must be extended to everything we do. If you are unhappy with a situation, be it a fire risk, security risk, say something and try to effect change. Many of us feel that we are a victim of our work environment. We may be one of many hundreds of people in the organisation and unable to influence change for the better. That being the case then you should be more individually aware to look after number one.



Security Measures

The second principle concerns both resources and attitude. Resources may be improved security at home - locks, alarms, lighting, viewers, CCTV etc or it may be what you invest in time and money on, say, self defence lessons. On a more subjective front the principle also refers to one's attitude to such things as crime and how we react and respond. If we lock ourselves indoors and become too frightened to go anywhere after reading the newspapers on the increasing levels of crime, we have gone too far. If we take every journey on the basis that we will be attacked, we will put ourselves under unnecessary stress and paranoia will set in. So what we do and how we approach the problem mentally, must be in balance with the risks we perceive as possible. This means in some way we need to

conduct a Risk Analysis. This doesn't need the appliance of science but you should better understand the potential problem, to be able to make more appropriate changes

It takes very little effort to contact the police for area crime information, both for your domestic locality and your office environs. You ideally want to know

- Statistics and a comparison with elsewhere.
- Volume and trends.
- Types of crime (against property or people).

The following was taken from the Judith Weiss home page on the Internet:-

“All activity - driving a car, filling a bath tub, walking through a parking lot at night - entail some risk. We are all have different attitudes toward risk . At one end of the scale is refusing to engage in an activity by exaggerating the risk involved. At the other end is engaging in very risky activities while refusing to take precautions. Neither of these attitudes are useful for living an empowered life. What is useful is to accurately assess the risks involved, take whatever precautions make sense and live as fully as possible.”

The above quote very succinctly draws together much of what this book is

all about. It encapsulates many of the tenets and principles of good, personal security, not least *“that security measures must be commensurate with the threat”*. We are at risk from conception to grave so we must acknowledge it, accept it and deal with it, but in a balanced way.



This is asking for trouble. A lone female, walking her dog in a lonely, wooded area and probably on a regular, predictable basis.

Constant Awareness

our cornerstone and third principle is, unfortunately, the most difficult of all the principles to make work for us. If awareness is absent then every

single other issue with regard to self protection goes out of the window. If we draw on the experiences of the Bodyguard industry you can see over numerous incidents where kidnappings and assassinations have occurred, that the success of the attack was singularly down to achieving the element of surprise. In other words all the pre-attack surveillance, which may have gone on for weeks prior to the attack, the rehearsal and, on the day, the actual ambush setup all went unnoticed by the protective detail, usually resulting in their deaths.

Knowing every rule of personal security, in terms of what to do and what not to do, counts for nothing if you never see the person who attacks you. You may have obeyed every rule in the book, but if you do not 'switch on' then it's all pointless. In Chapter 2 we will address all the issues that make awareness such a difficult problem and look at methods of making it work for us.

“Self Protection is an attitude of mind not something we practise as a daily routine. It is about our attitude to ourselves particularly when we are out on the street. How we look, walk, act and are perceived says more than anything else about our attitude to the

world around us. Portraying a positive appearance can go a long way in you not being selected as a target.”

The above quote was taken off an internet site and succinctly sums up where the main effort needs to go in our attempts to lead safer lives - ourselves. Another reference from the Internet was from the Metro Nashville Police Department:-

“Self protection is more than learning a few simple yells and carrying spray to ward off attackers. It is a habit of mind. Self protection is the way you think, dress, and walk. You have a traffic light in your head that tells you stuff all the time. When something doesn't seem right about a guy, listen to that yellow light in your head. Self protection is a study of options - whether to reduce risks, run, talk, or fight.

*Realise what your risks are by using **Risk Reduction Techniques**. You have probably thwarted attacks in the past and just didn't realise it. Many robberies and assaults are unsuccessful. You are most likely to be attacked during **TRANSITIONS**, where you are going from one place to another. Transitions occur when you go from your car to work, from work to your home, walking to the parking lot, taking the trash out, or jogging down the road. Transitions may increase you*

*risks, but are unavoidable parts of life. There are risk reduction techniques that enumerate things (actions that decrease or increase risks). Walking with an umbrella, child or dog decreases risk of attack. Pairs or more are less likely to be attacked than solitary persons. Remember to look around you. **PEOPLE WHO LOOK LIKE GOOD VICTIMS ARE GOOD VICTIMS.**”*

We are told that victims encourage crime! Some people may want to refute that, unfortunately I believe it to be a truism. Target selection, which villains carry out on our vehicles, houses, businesses and us, is based on the level to which we will contribute to our own attractiveness and that solely pertains to how easy we will make it for them.

Criminals like things easy - better an easy £100 than a risky £1,000. We may make it easy for them because when we leave the house, we leave a convenient rear window open or when we walk down the street we expose the gold Rolex, whilst at the same time talk on the mobile phone.

To any watching villain he knows he can get a watch and a phone off someone who is oblivious to his surroundings. When a terrorist bomb is

'booby trapped' and constructed in such a way as to go off when the intended victim carries out a particular action e.g. opening a door, turning on the car ignition, opening a parcel, we say that the device is 'victim operated'. In other words the victim becomes the timing device for the bomb. So it is with ourselves and our personal security. If we walk down the street preoccupied with our own thoughts we are asking for trouble and in fact we 'invite' trouble. Also what we do contributes greatly to the event of an attack.



Even if it is a hot day, keep to the 'two inch' rule and lower the window no further down.

precaution may help. The woman who was attacked was walking alongside a road and we can deduce that from the reference to passing motorists. The side of the road she elected to walk along bordered a cricket ground. We do not know the geography of what was on the other side of the road, only that it probably was a safer option than the side she was on, as it turned out.



A Cartier watch and a mobile phone for the taking.

A mugging is 'victim operated', in other words, there is contributory negligence. The following incident as shocking as it is illustrates how even a simple

"Police were issuing an E fit description of a rapist who attacked a 36 year old civil servant, walking home in the evening rush hour from her local railway station. Police were working on

the theory that the rapist probably stalked his victim from behind the fence alongside the Chislehurst cricket ground. He is thought to have attacked her through a gap in the fence, hitting her first on the back of the head with a blunt instrument and when she turned round pummelling her to the ground. A metallic bar, probably a knife was placed in her mouth to stop her screaming and she was raped behind the hedge.

She suffered broken cheek bones, severe facial injuries, bruises and cuts in the assault, described by the police as particularly savage.”

As reported in the Daily Telegraph 21/12/96.

This is the reality of how many attacks occur and yet we have such books as I have described elsewhere showing a woman block an attack from someone swinging a house brick and standing in front of her in a Karate stance. It makes my blood boil!

Personal Security is a combination of the following;

Responsibility

Precautions

Awareness and Expectation

The above is another way of expressing the 3 principles.

Chapter 3 gives us an overview of the reality and perceptions of crime and its consequences, but knowing it gives very little advantage or ammunition in our mental processes we engage in the decision making over whether we will do anything to alter the current status quo. Knowing that we will only face the ‘possibility’ of being attacked in the street once every 100 years, somehow should give us little comfort because we intuitively know that it may be tomorrow when it happens, even if it may then take another 100 years before it happens again. We also intuitively know this about the statistics that it is once in 100 years, as an average, not once every 100 years which means it may happen three times this week and never happen again.

We know that the statistics are an average of the best and the worst scenarios and the conclusion gives a bland middle of the road picture which means absolutely nothing when facing the reality of risk of being attacked. Yet there are many people who use statistics to take ‘*the fear out of living*’ - fine so long as it doesn’t remove the ‘*stark reality out of living*’ !

Statistics are useful, but not to provide ‘cover and concealment’ from reality.

So we should find little or no comfort in the statistics and discount the application of maths and rationale to the vagaries of life and its inherent violence. As John Lennon said *"life is what happens when we are making other plans"*. It is, however, human nature to refuse to accept the negativity of the worst case scenario and the prevalent psychological trait which prevails, as it does with motor accidents and serious illness is *"that it won't happen to me"*. This is the denial condition.

Character Traits

Hopefully, I can make the assumption that if you are reading this book, that you have got over the mental barrier of denial, although you probably still exhibit many of the actions of someone who is 'bomb proof' to life.

What we are really talking about is 'behaviour' - Behaviour is a product, psychologists tell us, of a number of things. At the base level, behaviour is influenced by our innate, fairly unalterable Personality Traits. Traits are our personality characteristics which make us unique. Layered on that are our beliefs which, we are told, have the direct influence on our attitudes. If we hold a belief that all human beings are inherently good, our attitude is probably slanted towards

a fairly liberal and kindly attitude towards criminals and villains.

It has been 'politically' correct for too long, certainly in the UK, to emphasise the social problems that have surrounded the growing up and childhood social problems of these people and which has therefore been the contributory reason for their anti-social behaviour (see 'Broken Windows' - Chapter 3) when they rob, maim, engage in racial beatings and kill, often simply for the 'buzz'. Many 'civil liberties' organisations often come out very much on the side of the offenders loss of rights where police initiatives are attempted, in an endeavour to redress the balance and to operate effectively against the criminal element.

It is now being attempted to shift sympathy away from the criminal to where it is rightfully due - the victims. A hardening of political attitude is solely as a consequence of the groundswell of public opinion, who simply have had enough. There is a 'youth culture' of violence which has no basis in reason or purpose - it is simply violence for violence sake.

A person, however, who believes any violence is wrong, even in self defence, holds a view which will

seriously affect their attitude to correct self-help at times of extremis. This linked with an erroneous belief that everyone is positively influenced by reason and argument in a confrontational situation, usually results in the holder of such beliefs dead or badly injured and forever mentally scarred.

It is important for us to look initially at our beliefs and attitudes. It is often hard for us to analyse our own basic personality make up. Others are usually good judges and you may need to involve others in the process, if you have no access to a range of psychometric tests. Are you bold or timid, rash or considered, patient or highly impatient, a risk taker or highly analytical. Are you calm or do you have a 'short fuse' and a temper. Can you control yourself if you lose your temper or are you simply very hard to arouse to anger. These and other 'Character Pairs' will condition us in our approach to a variety of problems we encounter in life, i.e. how we react. What will work for one person, say of firm and resolute character in a self defence situation, may not be the answer for someone who is, by their very nature timid, unassuming and very considered in all they do.

Common sense!

It may be necessary to change though, so as to be able to construct the correct conditions to move forward and plan our risk reduction strategies. I believe change must happen.

During a recent project with a company on the Continent, I had to give a seminar on Security Awareness to a group of ex-pats, who kept managing to get themselves mugged. Prior to the seminar one of the participants came up to me and said "*we're going to be looking at common sense things I take it??*" I asked him what made him ask and he replied that he knew these (the do's and don'ts) anyway. I said we would but even if I gave the assembled throng 1,000 do's and don'ts, it patently wouldn't help, because if everyone knew them now anyway and the answer was the application of common sense then they wouldn't have had 10 people mugged out of a total complement of 23 people.

If we analyse the conversation there are contained in his statement the three classic misconceptions that:

1. That having a commonsense list of rules, actually means you follow them and act in a common sense way
2. That intelligence and intellect are natural bedfellows of common sense.

3. That a simple list of do's and don'ts means that the individual, if he follows them has no further role in the process!

From my experience, all 3 couldn't be further from the truth. The group in question was highly intelligent, young, reasonably fit, but had, not to put too fine a point on it, not a clue and were 'walking victims'. Their attacks were 'victim operated.'

The common sense drill at the kerbside of 'look right, left and right again only has any relevance to safety if a person is conscious and aware enough to remember to stop at the kerb in the first place - many aren't, but are preoccupied, or as we say 'in a dream'. For 99% of people 99% of the time, this is the mental state which predominates. Using the same analogy the 'cross code' is preventative, it's how we teach children not to get knocked down rather than teach them how to survive impact with cars. Just concentrating on the physical aspects of self defence as many instructors do, is like the latter, just dealing with the impact.

There is a presumption by most people, the above group being a classic example, that knowing what not to do actually means that they

will carry out the plan. If you were to study kidnap & ransom attempts by international terrorists and organised crime groups, one very glaring fact would emerge. This is that the protective detail (the bodyguards) in nearly every case die and die first. This is not just a consequence of lack of combative skills, but simply as a consequence of being unable in those circumstances to practise those skills - in other words they were taken by surprise. The majority of Police, Military and even civilian Close Protection teams can shoot, fight and have been taught highly skilled anti-ambush skills.

The reality though is that they never got a chance to do any of it. They are simply 'taken by surprise' and the shock, surprise and ensuing confusion and dislocation with the unfolding events results in the classic 'freeze'. Cars run into each other, panic overcomes even trained responses and in seconds it's over before they can even understand they're in it!. So what Fails?

Daily Routine

All trained Bodyguards know that most assassination and every kidnap attempt is preceded by long periods of detailed surveillance, where the opposition use a wide variety of

methods to watch and gather information on the team and their target, extending to actual 'rehearsal' of the attempt. This may be carried out over preceding weeks and even months in some cases, with numbers of team members stretching into the tens and yet none of this activity is spotted prior to the event by the 'protective detail' (Bodyguards) and this despite the fact they are trained as well in anti-surveillance techniques.

What happens in the daily grind of doing the same journey or carrying out the same routines is, that people perform at a perfunctory level and simply 'switch off', whilst no doubt believing just the opposite, that they are actually switched on and aware. Each day is spent by people on the team 'looking, but not seeing' and this is the nub of the problem. We are no different. They, like us, had their 'commonsense' list of do's and don'ts, in other words their 'Risk Reduction Package' but like us it is a pointless exercise if, in reality we are blind to what is really happening in our environment.

Mental Overdrive

This is the problem of constant awareness. Whilst we don't walk down the street with our eyes closed, we may just as well, because all we do is

LOOK, but don't SEE. We basically take in just enough data so that we don't get run over, or keep constantly bumping into people. We simply navigate to our intended destination, avoiding the most obvious hazards and we do this in our cars, on foot, on public transport and to a similar extent at home and in the office. Through habitual repetition of events we are able to perform in a mental overdrive where we take minimal 'conscious' part in the proceedings - our minds are elsewhere - and we perform without direct concentration or attention. For example, if we actually did concentrate, the number of road accidents would fall dramatically. We will expand on this in the next chapter.

Driving is a good analogy to illustrate this mental characteristic. Hark back to your first driving lesson, where the sheer concentration required to carry out both sequential and parallel tasks was awesome - clutch up, accelerator down, check mirror, turn the wheel, another gear change, hazard avoidance, with one's concentration having to be equally divided between the outside of the car and in. All this required immense effort and concentration to the extent that one would break into a sweat.

Now, many years later I, probably like millions of others, drive on auto-pilot, with no concentration given to the 'mechanical' movements we perform and no direct concentration given to 'hazard avoidance' and just half or less of our mental effort is given to the task of evaluating what's going on around us. We are able to talk, both on the phone as well as to a companion in the car, listen to thought provoking subjects on the radio, drink, eat and smoke, probably all at the same time and still manage to negotiate the vehicle even for hundreds of miles.

Shock & Expectation

Chapter 2 will deal with how we develop our awareness in all areas of our lives, but having awareness is not the whole of the answer. You will come to read how shock and surprise are the weapons in a villain's armoury and whilst being aware will help us see trouble coming it still may not help us come 'to terms with it.' This has to be tackled by understanding the problem of Expectation. This we will cover later and expectation, even for people whose occupation puts them on the 'front line' of risk, often suffer as a consequence of not fully understanding its implications. We all have the opportunity to go into 'denial', that is we believe that because we are careful and cautious that it can't happen to us

- wrong. It is often simply a case of the wrong place - wrong time, nothing that we have done wrong or right. This I will put in the correct context later.

One other aspect that we must constantly bear in mind is this: ***“that the time we feel most safe, we are most at risk.”*** I will keep coming back to that thought throughout the various chapters.

Awareness Training

Awareness Is The Cornerstone Of Good Personal Security! It may be the cornerstone, but unfortunately, it is the part of the overall structure which is seldom in place. I can teach someone to punch with enough impact to put a twenty stone man down with one shot to the body and I could teach it in a couple of hours. However, to reach a state where I've been able to make awareness a natural part of someone's psychological make up could take two weeks. The problem is the punch may only be needed once every five years, the awareness is needed every waking second.

Therein lies the problem - awareness competes every waking moment for some space in the conscious and sub-conscious mind, whilst at the same time your brain is involved with all the

mass of detailed information which it processes all day long. You are busy. Your mind is busy. You are preoccupied and are often concentrating on thoughts and problems which call for your attention to be focussed inwards towards these internal workings. Every so often we surface and take note of our surroundings, then submerge ourselves again with our ponderings. This happens both when we are driving and on foot.

On Autopilot!

When I'm teaching Executives about personal security techniques, I get them to tell me what information they process when they are walking through a busy street. They admit that they do take information in, but when they have actually thought about it for a while they admit that all they process is sufficient information to allow themselves not to bump into anyone. Broadly the same happens when we are driving. We are

able to drive without any concentration being given over to the mechanics of driving- what we do now is automatic and takes no concentration, unlike how it used to be when we first learned to drive, where every action, in parallel with another, took so much concentration that, as mentioned earlier, we broke out into a sweat. Now many years on we can drive, eat a sandwich, drink a coke, listen to the radio and also worry away at the problems of the day - all without managing to run into anything - well sometimes.

It's the same when we walk down the street. We have done it many times, so we don't need to concentrate on the route. It may be a sunny day, all's well with the world and we are able to reach our destination, both without bumping into anyone and at the same time having been thinking about a range of subjects, be they social, personal or business. We are ignorant of our surroundings and who might be in them. We are ignorant to the subtle changes in our environment and we have no part of our brain which is given over to the task of keeping a '**watching brief**' on what is going on around us.

Essentially you are walking around with victim stamped on your forehead. You will be susceptible to the application of

shock and surprise and your ability to regain control of the situation will be impossible if an attack takes place, due to the onset of the '**Freeze**' syndrome.

Awareness is a 'situational' thing. By that I mean if tomorrow I dropped you into the back streets of Manila, or the jungle of Borneo you would be switched on and switched on for 24 hours - you wouldn't even want to go to sleep. You switch on because they are bad places to be and, what's more, it is obvious that they are, so you do not let your guard down. Put yourself back in the real world and you believe, incorrectly that it is benign and non-threatening. WRONG - read the liturgy of crime throughout this book to know that even the most peaceful location in the world can be shattered by the most heinous crime. No one and nowhere is safe from the effects of villainy in all its forms and we make the situation worse by creating the conditions which are ideal for them to ply their trade.

Think about awareness as 2 aspects:-

1. Situational Awareness

i.e. surroundings for both threats, dark alleys, wooded areas, hiding places, and for the positives such as escape routes, populated areas, good parking spots, better lit areas, police stations.



A lonely bus stop, late at night in a deserted street should produce an automatic situation awareness. Other situations are not as obviously dangerous and therein lies their danger.

Good situational awareness will not only help you assess the possible dangers, but also the possible options available.

2. Threat Awareness

i.e. in terms of being aware of people and vehicles and assessing not only any immediate danger, but the future potential. This relates being on the street to driving the car and before you make any move or turn, looking not only ahead but also behind. If you do it on the road it's good on foot.

ABH = Avoid Being Hurt or;

A head

B ehind

H azard/help

When I'm training potential Bodyguards I ask them how they will stay alert and aware. The answer is that once they have 'instructed' themselves to be alert then it will happen. Unfortunately it won't and it won't because the basic human make up won't allow it to happen. The reason is that our conscious minds are incapable of holding one thought, to the exclusion of all others, for longer than a few seconds. So, saying 'I am now alert' will only make you alert until the next thought enters your mind, in maybe, 5 seconds.

Stress Exclusion

It is not possible to employ our conscious brain for the task as it only seems able to deal with subjects in a 'linear' manner which means that one thought replaces another and so on. Before we look at the answer to the problem we need to know what, in being more aware, we are hoping to process, in terms of additional information. The problem is one of '**LOOKING** but **NOT SEEING**'. It is also the problem of modern day **STRESS**. We are daily bombarded with information or 'stimuli' and most of it, i.e. the noise, press of people, traffic, pace of life, we now exclude from our 'cognitive' processes because it is stress forming. We shut out most of the information in our

surroundings so as to keep the stress of modern city living down to a minimum. People who come into the city from the country find the situation untenable as they have not learned to exclude this mass of stimuli. We haven't done it consciously, but sub-consciously over a period.

This is the hub of the problem - we operate our daily lives at a mental sub-level or sub-consciously where experiences and responses are filed away and occur without our conscious and concentrated effort. There are also other factors at play, particularly with regard to our surroundings. The problem is to do with the amount of information we receive from our immediate environment. The problem is one of receiving the information that denotes threat or risk. The two aspects we will look at are:

Accumulation and Recognition

Accumulation is the amount of data or information that we actually allow into our brains and **Recognition** is what points of reference we have for determining that a particular piece of information needs careful analysis - e.g. **Threat!**

If we take Accumulation first, we are told by psychologists that the human

organism is increasingly subject, as we have said above, to stress and stress that is unhealthy. Many physical ailments are now seen as a by product of stress and the pace and pressure of modern life, with all its uncertainties, have now begun to take their toll. Rats when subject to constant high noise levels or when locked in a maze, exhibit high stress levels.

It pays to repeat it again, that modern day living does this to us. Noise, traffic levels, pollution, press of people in the streets, aggression, all act as uncomfortable stimuli. The consequence is that when we are now out on foot or in vehicles we simply 'shut out' most of the information that we could potentially receive. We are sub-consciously 'tuning out' data that comes to, including unfortunately, those signals that we really shouldn't exclude that convey information about risk!

We become broadly insensitive to both our environment and people in those surroundings and, more particularly, to changes in those surroundings which may increase threat. We are on 'auto-pilot', which like a real auto-pilot means we are basically blind to our surroundings. We are able to avoid the most obvious risks, but even then that is not always the case as car crashes

and pedestrians being knocked down happen far too frequently. Most can be attributed to being 'switched off' . Call it 'jaywalking', or careless driving, it boils down to the very simple fact that people are usually WIDE ASLEEP!

Recognition is what we actually process as important from what little data we allow in. We have internal priorities so that we don't overload the system and what we end up ignoring is are the very subtle references which are important to our safety.

The over-long, side glance from two youths who pass us in the street. The person who shows an undue interest, the van which is parked alongside our vehicle, the poor quality of the street lighting all of a sudden, alleyways, bushes etc.

An Experiment

Whilst I was in the process of writing this book I watched a programme on TV which was about our brains interpretation of what our eyes see. One fascinating experiment confirmed everything I have written about in this chapter. The experiment was conducted by a University and it was designed to test people's selectivity of information concerning other people who were within an individual's environment.

The various encounters were filmed and the camera position was above looking down onto the street and covertly from street level close to the person who was part of the experiment on the street. What took place was that a member of the team stopped at random different people and asked them for directions, whilst holding a piece of paper in his hand. As he engaged the person in conversation two other men carrying a large rectangular piece of board walked between the two people and with a very well practised 'changeover' the rear man who was carrying the board, exchanged places with the man who had asked for directions and then carried on the conversation with the person who had been stopped. The person who had first asked for directions walked off carrying the board at the rear.

There was absolutely no suspicion by anyone who had been stopped and asked for help, that they were no longer talking to the person who had stopped them, even though the new person was dressed differently. Even when they were asked what they thought about the people carrying the board the only comment was that they had thought it rude for the two men to have barged between them. When they were told that it was no longer the

same person they were astonished to say the least. The experiment confirmed the proposition that people's recognition of others, amounts solely to a 'geographical' reference as to where they are on the street, but not who they are or what they look like, in other words they LOOK, but don't SEE. To most of us a person is a 'broad shape' in a certain position.

Information Overload

If I were to walk you down a country lane and walking toward you were two people and they were the first two people you had seen for over an hour and if I then asked you ten minutes after they had passed what each person had been wearing you could have provided a pretty good description. If those same two people passed within inches of you in the city and I asked you about them only one minute later you would say "what two people?" It isn't that you haven't looked at them, because not to look at them would mean you are walking with your eyes closed, it is simply that you haven't let the information be processed - you have looked but not seen!- simply due to the excess of 'information' available i.e so many people.

Herein lies the danger, because if those two people appeared alongside you or in front of you again you have a

problem and that is that you are about to be attacked. However you are still not warned to the fact because, when one of them engages you with a question it is like you have seen them for the first time. Something is only important when it is repeated. This a basic Anti-Surveillance principle. Seeing a vehicle or a person once cannot in itself be suspicious, but seeing it again is. However if you didn't register the presence of the car or person in the first place there is never a 'Repeat' which arouses your suspicion.

We need to register people, vehicles and our environment, because it is the changes in our environment which we need to perceive so as to be able to raise our 'Awareness'. Our goal is to avoid Risk or Threat, whichever you prefer to use. When training people in this I use the Threat Pyramid. It helps people to understand the relationships between certain areas which are:-

THREAT AVOIDANCE
THREAT EVALUATION
THREAT AWARENESS

Threat Avoidance

This is the **Flight or Fight** part of the Threat Pyramid and sits on the top of the other two, supporting parts.

To be able to escape or to be ready to fight demands that certain things have taken place and taken place in a sequential way. What I mean is that you are able to fight or flee because you have not been taken completely by surprise, that you have had time to evaluate certain changes in your immediate environment that make you uncomfortable. Jumping forward to vehicle security in Chapter 6 the statement “don’t be surprised by your own car”- helps illustrate the point here. If you give yourself no opportunity to abandon your vehicle if people near it make you very uncomfortable then avoidance of the threat becomes impossible and you become ‘associated’ with that car to your detriment.

If however, you park in such a way that on returning to the car you are able to get a good visual from some distance then you have created the right circumstances i.e., a safe reactionary gap, if you have to leave it. On the street you will be unable to avoid a violent robbery if you have no perception of threat as you are approached. One of the principle benefits of avoidance is that you don’t have to rely on physical skills - i.e.Proactive!

Threat Evaluation

To see someone as a threat, or to see

a situation as unsafe, requires that you have actually had a period of time to be able to carry out an **Evaluation** of what is happening around you. This is the only part of the pyramid that you are able to make any rational decisions. The Evaluation might have taken a few minutes or just 30 seconds and in many ways it is instinctive. Who can say with any certainty that the three youths standing round the corner are going to be a problem, but good self protection is about not taking chances. Follow your feelings i.e. someone who feels wrong, usually is wrong. People say we can ‘smell’ danger and some are better than others, usually it is those people who are more switched on who are most perceptive about others.

Don’t feel embarrassed to take action and don’t waiver in your decision making. When we look at Part 2 of the book, on self defence, we will talk about how difficult decision making becomes in high stress situations and how we must substitute some other system to bring us to action i.e. **Action Triggers**. The same applies at this, ‘avoidance’ stage and I will cover this later.

Threat Awareness

Evaluation though, depends on, or rests on, the third and most important

part of the Threat Pyramid and that is the Threat Awareness. It is very simple when you think about it, in that to escape a potential threat you must first have had to have come to a decision that the person is a threat,



“He came out of nowhere” - unfortunately he didn’t, he’s probably been on the same street as you for three or four minutes.

which means you must have had time to make the Evaluation, which presupposes that you were able to ‘SEE’ him in your environment i.e. you were AWARE! If you are not aware there is no support for the other two areas and then you have the classic response to the attack - **“he came out of nowhere”**.

What awareness does is to buy time for you to remain in control and take the necessary steps to alter course, or be prepared to fight, but not to be taken by surprise. **Surprise is the main weapon** in the armoury of the villains you may encounter. They require you to be shocked and stunned with the way events happen - the surprise, speed, swearing and shouting, demands and threats of violence are all designed to keep you off balance and compliant. ‘Forewarned is Forearmed’ - There is no shock if you have seen events unfold in sufficient time to get to grips with it.

You will still be frightened and have an adrenal rush, but you will be reasonably in control. But how does one stay alert and aware through a normal daily routine? There are a number of systems available to us which can bring all this together, but first I want to relate the Threat Pyramid to a very useful system of having some ‘visualisation’ to help us in the task.

Colour Codes

We have to thank an American combat pistol instructor **Jeff Cooper** for his work on what has become known as ‘**Coopers Colour Codes.**’ Cooper developed these codes many years ago to help Law Enforcement

personnel have an immediate and visual system of reflecting the changes of threat in their environment. Cooper recognised that being skilled in weapon handling was of little use if, at the time you needed to use it, you were still trying to make decisions about the level the threat had reached and what your correct action should be.

He used the following colours, calling them ‘**Conditions**’ e.g. condition **White, Yellow, Orange, Red** and **Black**. We can ignore the last condition Black as that was the ‘application of deadly force’. Those people who work in the UK for any government agency will be familiar with the ‘Bikini Alert’ states which are colour states again like Coopers, but

these are coloured cards, or written colour states which alert everyone who enters the premises what the security alert state is that day. The colour state alters with the potential for terrorist activities. Workers then know, depending on the alert state, that they must be more vigilant and observant for ‘suspect’ people and packages, for example. The colour alert state has been a ‘visual trigger’ which has conditioned them to a particular mind set.

This is how Cooper’s colour codes can work for us. I don’t use the colour codes when I am in a face to face situation as an action trigger to help me physically pre-empt assault. An ‘action trigger’ we will look at later, but very simply it is a ‘tool’ for

replacing decision making with a conditioned, reactive, response. Somehow the symbolic colour effect never worked for me and I had to develop a different system. However, to bring the colour codes to play alongside the Threat Pyramid as situational warnings about environmental changes, has always worked well for me and



‘Switched Off’ in Condition White and approaching the car without a complete all-round visual.

I use it all over the world in some reasonably threatening environments. They are a visual stimulus which



This is the result! In a second or two it may be a question of 'Fight or Flight'.

allows you to move smoothly from one area of the pyramid to another, but to understand how, we first need to look at what each condition represents.

Condition White - relates to being 'switched off'. In other words it is where 99% of people spend 99% of their time. This is the victim state and in this condition a person has no awareness and navigates down the street or road, 'looking, but not seeing' and taking no information in. People in this condition have no time to recover from the 'surprise' when an attack takes place. Later we will look at some statistics to do with violence, but remember that even favourable

statistics are nothing to do with 'life' and life never seems to have read the statistics. Don't just believe that the

general public are guilty of this, as even police officers are caught unawares and taken by surprise. They can have violence erupt in front of them in the most unexpected places, as evidenced by the injuries they suffer whilst on duty. They, like us, are walking the

familiar, peaceful streets on a sunny, Saturday afternoon, with their thoughts elsewhere only to find themselves fighting for their lives in the next ten minutes. So condition white happens below the pyramid, unlike the next colour state.

Condition Yellow - This is the 'state we should be in 100% of the time'. It is the equivalent of turning the radar on! This is your 'scanning' and 'seeing' state. You are switched on and alert to your surroundings, having good 'situational awareness.' In this state you could describe people and vehicles which passed you some min-

utes ago. This is the alert state where you 'play the game' of people watching and if we related it to the field of Close Protection what you are doing is practising your 'anti-surveillance' drills.

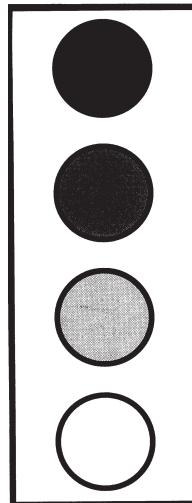
You will look and see people and try to pigeon hole them, even if you have to make a game of it i.e. " solicitor, mid 40's, not married, having a bad day! - villain, late 20's, housebreaker, twice in jail, single, left handed. If you were to stop and ask them you probably find you were perfectly accurate just that you had the two people the wrong way round. Don't laugh it happens to the best. Three armed, but plainclothes policeman in a car stopped a vehicle with, as they thought, three suspicious people on board and ordered them out at gunpoint. It turned out that the three they stopped were also plainclothes policeman.

The spin off from being in a permanent alert state is that you send out the signal that you are. This happens because to 'see' people properly you must look at them, however fleetingly and it means to them you have acknowledged their presence. Don't forget the most 'switched on' person in any street is a villain - one because he's on the look out for opportunities and two he's looking for the police. He knows when he's been seen and once that has happened his opportunity for

surprise has gone. If he now appears again you will have recognition and be very suspicious. Should that happen then your colour state would change.

Condition Orange - Any change in your environment produces a change in the colour code. Condition orange relates on the pyramid to Threat Evaluation. Seeing that person a second time, if he was someone you didn't like the look of the first time, means you must evaluate and make a

decision. This is what being switched on buys you - time to stay in control.



'Traffic Lights'

What happens each time you move colour states is to visualise the new colour. When I first adopted the colour code I found it

impossible to visualise the colour states as I had no internal field of view where I could place them. Eventually in one of those flashes of inspiration it came to me and that was the traffic lights. What I do is to have my three lights, but instead of having the traditional green, amber, red, I work up from yellow, orange and red. I find it not too difficult to keep the visualisa-

tion of a traffic light signal, but it would be impossible to do it all the time. It isn't necessary to keep the image there all the time just when a situation changes. What is essential is to keep the awareness at work all the time. So what we need is some system for being permanently aware, without paranoia and to use the colour codes to signal changes.

So if I am walking around Moscow and I'm on one of the busy main thoroughfares I am very aware, but in condition yellow. If though it is necessary for me to have to use one of the underpasses to cross the road as I prepare to go down the steps the mental traffic light appears and it goes to Orange. This acts just like the colour code alert state for workers in government buildings. They don't carry a colour coded alert card in front of their nose all day long, seeing it once in the morning by the lift triggered their minds for the day and so it is with the way we should use the system.

As I'm walking in the underpass I now see four men with obvious ill intent and the lights appear in my minds eye and turn to:-

Condition Red - My choice is now very simple - turn and get out or get ready for problems. Not to keep you guessing for too long what I would do,

but it goes something like 'heels and dust - Flight not Fight!

So the colour conditions do two things One they can act as 'situational' warnings, when our environment is about to change for the worse. This may be simply turning off the main drag into some quieter, less well lit. less well populated part of the city, because we know that this is now where we are likely to be mugged, not on the main drag. Second the codes act as an action trigger and this is when you have condition Red. As the light turns Red in your head its action not thought which should have the ascendancy. The thinking happened in Orange, its now reactive, whereas the other states were all proactive.

"The best place to be when a crisis occurs is nowhere near it".

The Problem Not Solved

I hope you are clear on the above and whilst it may sound complex with pyramids and strange coloured traffic lights it is the best way I have found of managing my immediate environment. Despite all that, however, I still haven't answered the very basic and essential problem of how you stay alert. Don't forget none of the top two parts of the pyramid, nor conditions Orange and Red, will work if you are not aware or switched on, but remember what I said

at the beginning of this chapter about how being aware has to compete for space in the conscious mind with thousands of other thoughts and preoccupations. Add to this the fact that you have walked this same street every day for ten years or driven this route every day for twenty years and you are probably in white minus!

So the 'Threat Pyramid' is a matrix for having a broad plan for risk reduction, in that it clearly illustrates how to get to 'avoidance' things must progress in sequence. The colour codes extend that basic idea, so as to give us a visual reference when situational factors change. The visualisation of the traffic lights, should now condition the way we think and act. But, I have to say it again, these two aids whilst very good concepts are not what helps you stay **Aware and Alert**.

I'm still not going to go into the answer just yet because there is another problem to do with how we are all psychologically constructed.

Attentional Control

Attention has been a long-standing subject of discussion and investigation within the field of psychology. In his classic text, *The Principles Of Psychology*, William James (1890) described attention as follows:-

"Everyone knows what attention is. It is taking possession of the mind, in clear and vivid form, of one, out of what seems several, simultaneously possible objects or trains of thought. Focalisation, concentration or consciousness are it's essence. It implies withdrawal from some things in order to deal effectively with others and is a condition which has a real opposite in the confused, dazed, scatterbrained state which in French is called distraction and zerstreutheit in German." Link the above with what we have talked about so far.

People like Linford Christie have described 'attentional control' as the single most important factor in top class sports performance. But, can a study of the subject have relevance in the field of personal security. I believe very much that it can.

If we look at a universal definition of attentional control as expressed by American sports psychologist, Dr Robert Singer, we can see how extremely relevant the subject is to improving and understanding our awareness factors. He said it was *"an individuals readiness in a particular situation to selectively perceive and process information."* Displaying a high level of attentional control is like having very good powers of

concentration. In sports the benefits of improved attentional control can be as follows:-

- Reacting quickly.
- Reading a ploy.
- Focussing on a particular object or player.
- Focussing on your own thoughts or feelings.
- Blocking out irrelevant information.
- Controlling your emotions.
- Memorising set plays, routines or technique.

From the above list we can very easily see how attentional control can be adopted to the wider environment of the street, the road, or anywhere we happen to be. It is applicable in two very distinct areas and this is its most important feature.

First it can better help us understand the difficulties we have with maintaining awareness when, say, walking through the streets and how we can improve matters. Second it can be a tool to help us in the actual confrontation when it's 'one on one.' Look again at the above list and see how applicable many of the points are in a confrontational situation. When you have done that write down a list of 'opposites' to all the points above and you would have very accurately described

someone who is 'switched off' to his or her environment i.e. in the '**victim state.**'

The work on this done by Dr Robert Nideffer in the 70's was to culminate in, (using psychology speak) 'pen & paper' tests which were designed to determine the attentional characteristics of individuals. This is known as the Test of Interpersonal Style (TAIS) and now there are many 'Sports specific' tests around. Another 'pen & paper' test is the 'Concentration Grid', which measures how effectively one can scan large amounts of information to pick out relevant elements. Again relate this to a busy city street within which there may be individuals you should see and remember, this is the 'scanning' that we must train ourselves to carry out. Remember though '**looking is not seeing.**'

What Nideffer proposed in 1976 that 'attentional style' exists along two dimensions, **Width & Direction:-**

Width - ranges from **narrow to broad**; narrow attention is focussing on a limited range of cues, whereas a broad focus takes in a wide range of cues. Think of looking forward with only a 10 degree field of view, contrasted with a very wide angle of 140 degrees or more.

Direction - shifts on a continuum from an **internal focus** on one's own thoughts and feelings to an **external focus** on objects and events outside the body. When we say someone is 'deep in thought' we imply they are usually oblivious to their surroundings.

This study was essentially sports based and looked at what attentional states were favourable for what sports. If we relate this to normal daily life we see we are now presented with a further complexity with regard to an individual's accumulation of data from his or her surroundings. Someone who has a **narrow internal focus** of attention is one who will be agonising over their own thoughts and problems to the exclusion of outside stimuli. This is distinct from the individual who with a **broad external focus** of attention is unable to switch off from their surroundings and takes in a great deal of stimuli and information.

Dangerous Attentional States

Think how dangerous it is for someone who is predisposed to a narrow-internal focus of attention when they are walking in a potentially threatening environment - they exclude a wide range of external information which would allow them to develop good

'situational awareness.' We know very clearly when we are 'preoccupied' with our own thoughts to the exclusion of all else and this can happen when we are on foot and, certainly when driving - probably the biggest single contributor to road accidents.

The 'scanning' requires a 'broad-external' focus of attention, where we exclude no stimuli or information that is available to us. Those people, however, who are designed with a 'Narrow Internal' focus need to monitor constantly the fact that they will incline to withdraw their focus of attention within themselves, particularly when presented with outside distractions such as a busy city environment.

These latter people are good in the 'one to one' scenario, providing they can extend their focus more externally to concentrate on the threat as distinct from a detailed internal analysis of their feelings and thoughts at the time. A boxer will be good at what he does if he naturally displays a narrow external focus so he can blot out any external distractions. A high jumper has a narrow internal focus as the battle is with himself not the bar. The high jumper may, however, make a poor footballer who needs to be able to accumulate from the wider game.

‘Play The Game and Not The Occasion’

Exercises which will help concentration or assist in blocking negative emotions are all part and parcel of the control of attention and the job in hand which may be to knock unconscious the person in front of you who is about to strike. It takes tremendous control to exclude all the negative elements which surround the enormity of preemptive strikes and the old soccer cliché - that it is essential "to play the game and not the occasion!" is very

sound advice. You cannot let the enormity of what's happening to you disable you from action and make you lose the initiative. In this chapter we are more concerned how better 'attentional control' will help us avoid confrontations and that is going to be achieved by each of us better understanding our own character make up when it comes to which attentional style we are predisposed to. Some of us are very aware to the 'Width' of our environment whereas others are patently not and you should

try to determine where you fall in this four way spread.

Attentional Distracters

One test for attentional control, or a training tip is to try and identify 'attentional distracters'. Divide a piece



This shouldn't happen if your personal radar is working to a reasonable distance through a complete 360 degrees.

of paper into two equal columns and on one side put a heading 'Relevant Details' and on the other 'Distracters'. List all the relevant details on one side that you know you need to concentrate on e.g. **Target/Risk Identification** - people, places, purpose, 'looks like', etc and on the other side put down the distracters e.g. crowd, noise, weather (rain makes us put our heads down), traffic, social/business thoughts, worries, etc. This should make you clearly aware of what distracts you from the task in hand.

Personal Radar

On the street we need to develop our 'Personal Radar.' Concentration, broad-external focus of attention, all are part of this personal radar, but for most people their radar is, to all intents and purposes switched off. Nearly everyone who has been robbed in the street usually says the same thing about their attacker ***“they came out of nowhere”***. Well, I've got news for you - they didn't come out of nowhere, they came off the same pavement you were on and they had probably been there for some few minutes while they selected you as a target, even to the extent that they may have walked past you to see whether you were 'switched on', or 'wide asleep'.

The analogy is like buying a new £100,000 yacht and fitting it naturally with radar. As you are sailing along with the tiller in one hand and a gin & tonic in the other, you hear a loud crash as you run into rocks and a 'beep' as the radar tells you you are near rocks. I'd submit you'd be less than pleased with its performance, quite rightly expecting it to see the rocks from miles away and so enable you to avoid the danger. Yet that is only as good as our own personal radars which probably operate out to only a few feet. ***“they came out of nowhere!”*** Your personal radar is

effectively inoperable, whereas it should be working out to possibly hundreds of feet, taking in the whole of your visual environment, not just 3-5 feet.

The group who kept getting themselves mugged in Europe were guilty of this and had even been mugged in pairs, but whilst they were deeply involved in conversation and ambling along slowly, oblivious to their environment or who was in it. The 'nature of the animal' in this case was the route cause of their troubles. They were computer analysts, programmers and technicians and all displayed the characteristics of people who had a 'narrow - internal focus of attention. They walked around at all times of the day and night oblivious to the environment and people in it whilst concentrating on problems of the day.

Staying Alert & Aware

Eventually I have to get to it and show you how to develop it. Those of you who have the Bodyguard book or I have taught will be familiar with the system.

For many years I had the same problems as everyone in keeping a constant state of alertness. Whenever I am training business executives in personal security I know when I get to

this part on how to stay aware that the same objection will come up. This is that to constantly be thinking about threats is an act of paranoia. They are quite correct, in that if you tried, to the exclusion of every other thought, to simply devote your conscious brain to look for threats, you would soon mentally tire of the process and stop doing it. If you remember, I said at the beginning that we cannot tackle the problem from the aspect of our conscious mind. It has too much else to do and too many other thoughts intrude.

Also it isn't necessary, because we have a 'standby' system that we can employ and that is our sub-conscious. What we need to have, in computer speak, is the ability to 'multi-task.' In other words we need to in some way dedicate only part of our cognitive process to be permanently aware and alert to our environment, but not so that we have to consciously think about the problem. With the executives I train I ask them whether they never stop at a kerbside and blindly walk across or, do they stop and apply some system to check for danger. I then get them to attest to the fact that this is not paranoia, but preventative. As children we were rightly taught to avoid being knocked down not learn how to roll off bonnets without injury.

They stop because they are 'programmed' to stop and what we must do is put some more programming into the system. For programming, substitute habit forming. Some years ago I did a security driving course and those of you who have either attended such a course or done an advanced driving course will be familiar with what happens. One of the instructional methods employed is what is known as '**Commentary Driving.**'

Commentary Work

What happens is that every time you get behind the wheel, under instruction, you have to give a running commentary out loud about everything that is happening in your surroundings. It is systematic and takes in a full 360 degrees, both outside and inside the vehicle. You will describe other traffic ahead, behind and approaching from side roads, the road state, what pedestrians are doing, what your speed is and what you intend to do i.e. gear change and why, speed and why and where you are looking. You will be forced to have to 'read ahead' as distinct from just looking 3 feet past the end of the bonnet and you are forced to have to assimilate all the data that is pertinent to your vehicles safety, whilst talking about it. We 'read ahead' even to the

extent that we are trying to see around the next bend. There is a story that Jim Shortt recounts in his book on Self Defence about Wellington which makes this point well.

The Duke Of Wellington, during long rural rides used to challenge his other officers to a game of guessing what the landscape would look like on the other side of the next hill. He won more often than not, at a game he was inordinately good at. When he was asked how he was able to judge with such accuracy he would reply - *“Why I have spent all my life trying to guess what is over the other side of the hill”*. He was switched on to deduce what it might look like from experience and signs and trying to see beyond the visible, which was of advantage to his military strategy.

With the commentary driving a number of things happen. Firstly you are made to realise how much data you would normally miss and how easily you could find yourself in difficulties had you not had the opportunity to see a situation develop early enough. The most important one for me though was the fact I realised that the principal benefit was that whilst you are having to give the running commentary ‘you cannot do something else and that something was THINK or more

correctly think about things which were not relevant to the task in hand.’ Without the commentary, you could give the impression of alertness, but your mind is elsewhere. With commentary driving you cannot talk and think at the same time. All ancillary, superfluous thoughts are excluded in favour of the commentary.

The third thing is, that by doing the commentary work persistently over a period, every time you get behind the wheel something happens and that is that you are making the process ‘habit forming’ - what we do repetitively, for enough times over a period will simply become habitual when you get behind a wheel to drive afterwards even though you don’t commentate, in fact you do, but it happens at a subliminal, sub-conscious level, because it has now become a habit.

THIS IS THE KEY TO PERMANENT AWARENESS.

What happens is that you have created mental ‘multi-tasking’ in that you can now function on a conscious level e.g. hold conversations with people, but underneath your radar is at work, giving you a full 360 degrees all the time. The habit of awareness has been formed and you never lose it. This is how you stay in Condition Yellow so that changes are noticed,

people evaluated and filed away, the result being you are no longer 'Wide Asleep.'

Applied Elsewhere

If the practise works for driving it will work for the other parts of our lives where risk from others is associated e.g. the street, work, home, or during 'transitions' i.e. from one to the other. In Chapter 7 on Mobile Security I have expanded on 'commentary' work for it's original role in driver alertness, but you should also do it wherever you are. Essentially it is a way of detaching yourself from your body and 'watching' what you are doing from a distance - **'Be an Observer of Your Own Actions'** - If you can do this you will expand your view of your environment and take more data in. The threats are out there, most people just do not 'see' them, even when they look straight at them.

Expectation

I touched on this in Chapter 1 and will attempt to explain how expectation differs from awareness. It may first help to separate the way we use the words 'alert' and 'aware.' Quite often when I and others use the word aware, we actually mean alert, the Chambers *Concise definition being* - "*watchful, wide awake, a condition of readiness or expectancy.*" Aware on

the other hand reads - "*wary, informed, conscious.*" When I use the word 'aware' I mean it to be a compilation of the whole of the meanings given for the two words. Every description used above is so relevant to our safety.

The word expectancy cropped up in the meaning of alert and as we know expectancy is that state we are in when we expect something to happen. In summer of 1997 a young Detective Constable, posing as a businessman was knifed by a man suspected of being part of a gang preying on Rolex watch wearers in central London. DC Shaid Ali, 31 was attacked when he approached a man thought to be acting suspiciously. After the attack the assailant jumped into a Mercedes. DC Ali suffered minor injuries. The attack has been linked to a series of similar incidents across the capital involving so called **'Rolex raiders'**.

If you look at the circumstances or what we know of them it is clear that alertness or awareness was not absent as the constable was suspicious of the man. However, he was still knifed despite being aware and I would submit the problem was one of expectation. This is, that the mind has not been programmed with the possibility that today I am going to be attacked with a knife. It is asking

a bit much that each morning we get up and say “today will be the day I will be attacked”, but without being paranoid if you do not ‘inculcate’ into your subconscious the ‘possibility’ that an attack is likely then when it happens and despite your awareness you will have the old problem of “this shouldn’t be happening to me” - Aware But Not Alert!

The result, if the person survives the incident is a continuing loss of confidence, fear of situations and inability to function properly. This is more pronounced when the incident takes place in unlikely circumstances and usually these are where you feel most secure and have absolutely no expectation of attack being a possibility. I was once attacked in the toilets of an office block where I once worked by some youths I challenged one of whom produced a knife.

The incident was fundamental to forcing me to develop the correct attitude to the inherent risks in life and in particular to the very considerable risks which obtain in situations we least expect them to happen e.g. the office, the home, in a restaurant etc etc. The most unlikely the circumstance the more horrific seems the event and the more shocked the victims are.

Worse at Home!

Two police officers, a man and wife with many years of service had their lives changed when the husband attempted to arrest a suspected burglar dressed in black in his garden one night. What ensued was horrific with the suspect chewing off a part of the husbands ear and spitting it out. When his wife came to her husbands aid she was repeatedly battered against the fence. Her husband described how he was unable to subdue or hurt his assailant and how the man tried to gouge his eyes out. He also described how the he got increasingly desperate as the shock and pain of the attack took effect. A neighbour came to the rescue, hitting the man with a baseball bat which enabled him to be cuffed.

Since the incident the couple have, very sadly, been suffering from severe ‘post traumatic’ stress. I am in no position to judge such incidents, but I would submit that if the incident had happened on duty, in many ways the post incident consequences may have been less. When we willingly choose to put ourselves on the front line either as policemen, bodyguards or doormen there is an acceptance of risk, but when it happens to us in the security of our own home and off duty, adjusting to it is almost impossible.

‘Expectation’ is coming to terms with the fact that violence can and will happen and that it is likely to be at the most unexpected time and place. Expectation is raising your ‘Alert State’ when you reach your house or car. Expectation is ‘switching on when you enter toilets or the lift at work. No attack will be a surprise to me. I may not like it and it may frighten me to the core, but it will not come as any surprise, wherever I happen to be. If it does, I know that I am very likely to lose the day. Expectation is knowing that “when you feel most secure you are most at risk”. It is a trite statement, but it is also a truism. The reason you are at risk is because when you feel secure you switch off and go into condition white. When you are in this state, probably because you feel secure in familiar surroundings the shock and surprise is worse, resulting in a substantially longer recovery time, if at all.

An article in the magazine *Police Review* talked about officers safety. It related stories about officers who thought they were safe in a situation or ‘rushed’ into a situation without prior evaluation. Many officers argument is “they haven’t time to think before they have to act”.

- The point was made that they have to make time!

The cry really was about inadequate training. There is a greater need to train officers how to ASSESS correctly a potential situation. In the past personal safety training for police officers in the UK has meant teaching officers techniques of Restraining prisoners and Defending themselves against attack. They are now being taught such things as not to dismiss a passive, compliant individual as non-threatening.

Only 2 categories of risk --
HIGH RISK & UNKNOWN RISK .

Unless you are psychic or can read his mind there is no such thing as LOW RISK. “The threat a person presents increases as the person gets closer to



Whilst unlikely, for some people this is what the day may hold!

you”. NB 100 yards in 15 seconds would be too slow for the school team,

but that same person still covers 10 yards in 1.5 seconds.”

An attack out of the blue!

Two police officers were cut when approaching a car with 2 suspects in. *“The attack came out of the blue - we felt powerless and very vulnerable”*. Neither officer thought to handcuff the suspects because they seemed calm and passive at first. The point here is that if two experienced officers who are actually approaching suspects with, one would assume, a degree of awareness, can be taken by surprise then the answer lies not simply in awareness, but expectation.

It took me many years to arrive at everything I have written about in the first two chapters. It took me many years to realise my awareness was spasmodic and telling myself to stay aware was only ever a transient solution. Once I had developed a ‘system’ to stay aware I then realised there were many things which assailed it and made the process difficult e.g.- ‘attentional state, excessive stimuli, familiarity of surroundings, daily routine, etc, that I had to deal with. But the most important , final part of the ‘jigsaw’ was ‘**expectation**’.

It is human nature not to dwell on the negative. To be constantly thinking each day you leave the house, you may not return, have a car crash, be attacked, fall ill, your business go bust would soon send you to the nut house. In a balanced way though we must all try to develop some way of raising our ‘reality level’ if I can call it that. Reality



Unfortunately, he'll be too busy thinking it shouldn't be happening to him to actually do anything about it - not that he probably could anyway. Lock the doors!

level is expectation. Think of a Fireman. Long periods of sheer boredom, punctuated with short periods of unthinking response to what might turn out to be sheer terror. If each time the bell sounded in the station house every fireman had to sit down and try to recover from the shock of it and come to terms with what they might face before they plucked up

courage to go, the world would be smoking ashes.

Fireman cope because they have one underlying thought process to which they have had to come to terms with - EXPECTATION. What they expect during the day is for the bell to go off and everything else is a filler. Policemen should, but many I submit don't work hard at the mental process of inculcating expectation. It is evident in the nature of police injuries that this is the case, when we contrast the many, but generally minor injuries policemen suffer in 'public order' disputes as against the few, but serious injuries where the violence has been gratuitous and often - unexpected!! So if policemen, whose very job inherently contains opportunities on a daily basis for conflict and violence can be caught unawares, it is even worse for the average man and woman. This is the cause of the shock, surprise and the classic freeze.

The Denial

This is the resultant effect that manifests itself under stressful and dangerous situations - " I cannot believe this is happening to me". This is thought to be a severe stress related factor as opposed to the result of a 'chemical action'. The majority of untrained people will always try to

deny a serious situation. The trained, 'switched on' civilian and professional operator must always move out of this 'Denial Phase' as quickly as possible and thus deal with the real situation. If you have subconsciously come to terms with the fact that 'anything' can happen to you on a daily basis then the shock when it does should be over with sooner.

Be aware **Situationally** and about **People**. Use a colour code system to raise further your 'awareness' and 'expectation' levels and maintain a very healthy suspicion of others.

Perceptions & Fear of Crime

It has been said that - ***“Risk exists wherever the future is uncertain.”*** To help us have a slightly more certain view of the future we must have some data about the past, such as crime statistics. Risk has been defined as: ***“the variation in the possible outcomes that exist in nature in a given situation. When the risk is small one’s ability to predict the future is high. When the risk is great, one’s ability to predict the future is low.”***

Few of us will ever become victims of crime, but the fear of it happening is often, for many people, out of proportion with the possibility. In very broad summary we know that the most ‘at risk’ category in terms of assault in the UK are men, under 30 and in situations where drink has had an influence. In terms of rape and domestic violence women are more at risk from someone they know. But what are the risks, the

mathematical probabilities of crime occurring and what comfort, if any, should we take from the conclusions.

In England and Wales we benefit, if that can be the word, from two bodies of statistics; crimes recorded by the police and the results of the biennial British Crime Survey. It is quite startling to compare the two figures.

The **British Crime Survey** in 1993 estimated a total of **18 million** crimes against individuals and their property, of which **2.7 million** were serious offences (wounding, robbery and burglary). This contrasts quite sharply with **5 million** crimes reported to the police in 1994, a figure which has doubled, by the way, since 1980. Interestingly since 1918 the increase in recorded crime has been extremely consistent at about 5% per year.

The number of crimes recorded has risen from around 1 per 100 population in the 1950's to 5 per 100 population in the 1970's and to 10 per 100 population in 1994. 93% of recorded crimes are against property, with 6% being violent or sexual offences. There is a trend to report more crime to the police which accounts for the increase in recorded crime between 1981 and 1993 of 111%, the actual rise in crime was less at 77%. If you extrapolate the British Crime Survey statistics of 18 million estimated crimes against a population of 51.4 million, it equates to nearly 30 per 100 population, a truly horrendous figure.

In England and Wales in 1995 there were some 7,198 prosecutions for wounding or inflicting grievous bodily harm (Offence against the Person Act 1861 sect 20.), 34,872 prosecutions for Assault occasioning actual bodily harm (Common Law and Offence against the Persons Act 1861 sect. 47) and 30,730 prosecutions for Common assault under a variety of statutory Acts, e.g. Criminal Justice Act 1988 sect 38, 78. etc.

Homicides in 1993 amounted to 730, with the vast majority of sexual offences being indecent assaults on a female (17,680) including rapes (5,080).

About two thirds of violent crimes were minor wounding.

In 1995 homicides fell to 690 in England and Wales, being divided as follows 474 male and 225 female.

Male deaths were caused as follows:-

Sharp Instrument	41%
Blunt Instrument	11%
Hitting, kicking etc	20%
Strangulation	5%
Shooting	12%
Burning	4%
Other	7%

Female deaths were caused as follows:-

Sharp Instrument	26%
Blunt Instrument	14%
Hitting, Kicking etc	8%
Strangulation	26%
Shooting	5%
Burning	9%
Other	12%

When you put these figures besides the self defence training requirements of the two groups you can quite clearly see the very distinct 'needs' that they have. Males quite clearly need to be more capable to defend against blows with females requiring defensive tactics which predominantly help in terms of strangulation. In Chapter 13 I have looked at the different approach which

is required when constructing a self defence programme for males and females. The need for the different approaches is further highlighted by looking at homicide by relationship of victim to principal suspect:-

Male victims:-

Family	13%
Spouse or Lover	8%
Other Known	34%
Stranger	34%
No Suspect	12%

Female victims:-

Family	16%
Spouse or Lover	41%
Other Known	16%
Stranger	13%
No Suspect	14%

Quite clearly females must exhibit a high degree of caution about people they know and it has to be said that they should not take male acquaintances at face value or on first impressions. This is further highlighted by the location of violence against males and females between 990-1994:-

Males:-

Outdoors	56%
Home	18% (home of victim or suspect)
Other Indoors	23%
Not recorded	3%

Females:-

Outdoors	35%
Home	48% (victim or suspect)
Other indoors	15%
Not Recorded	2%

If you were a female who had developed the practise of using 'colour codes' as an alert system for situational risk, you should almost be in 'Condition Red', when alone indoors with a male acquaintance. I'm not being alarmist, but however much we want to ignore the facts they do speak volumes. I know we always come back to the probability of risk, but bear in mind the British Crime Survey, which tells a truer tale of the actual offences carried out in England and Wales, which levels cannot be ignored.

As an example of the caution females need to exhibit when with acquaintances the following statistics on rape are by relationship of victim and suspect 1990-1994

Parent/family	15%
Spouse/lover	15%
Other acquaintance	31%
Stranger	26%
Not recorded	13%

Victims

- The risk of burglary and vehicle thefts

are highest for households in inner city areas, council and rented accommodation. It is lowest in rural areas.

- Comparisons of surveys from 1984 to 1994 suggest that levels of fear of crime have risen, with one third of respondents feeling unsafe about walking home alone in their area after dark.
- The risks run of personal crime vary substantially according to their age, gender and lifestyle. Men, particularly young men, are more likely than women to be victims of violence and robbery.
- The most serious offences of violence (e.g. murder and rape) are more likely to result from an attack by a member of the family or someone known to the victim rather than a stranger.
- In the ten years since Victim Support schemes started, the annual number of referrals has grown to over 1 million.

A very salutary statistic is the level of convictions when set against the British Crime Survey of offences committed - the figure was 2% of offences resulting in a conviction. Somewhat in mitigation of this figure is the fact that some of those convicted were also the perpetrators of a percentage of the other crimes for which they have not been charged.

When looking at reported crimes in England and Wales in 1994 about 26% of offences recorded were cleared up by the police. Clear up rates were highest for homicides (88%), violence against the person and for sexual offences (both about 75%). This contrasts with a low clear up rate for robbery (22%) and burglary (21%).

Prison Population

It is worth looking at some brief statistics on the make up of the prison population in England and Wales. There are some 50,000 (2,000 females) currently in jail with an estimated population of 55,000 by the end of this century.

24% of the sentenced population on 30th June 1994 were serving sentences for offences of violence against the person, 16% for burglary, 12% for theft, handling, fraud and forgery and sexual offences at 10%.

The number of serving sentences for violent offences (i.e. violence against the person, sexual offences and robbery) or drugs offences rose from 11,690 in 1983 to 19,770 in 1994 - a rise from 33% of sentenced prison population to 60%.

To Resist or Not!

It is also a good place to put some views on our 'role' in criminal acts - not

our carrying them out, but our resistance to it happening. I cannot speak for anyone else who is reading this book and only you can decide, at the time it happens, to act or react in a certain way you see fit. I have brought together, though, the views of others and some factual incidents to bring home the gratuitous nature of violence associated with crime these days and also to set the scene for you to see that in many of the circumstances traditional martial arts solutions would not have helped.

“Victims should always resist their attackers with all the force they can muster” says a Home Office report published in 1991, into the psychology of sex offenders. The study found that in half the cases where the attacker used excessive or gratuitous violence the victim had offered little or no resistance Daily Tel. 5/3/91

- In 1992 over 180,000 women assaulted in GB -of that- 22,337 sex attacks and of the 4,142 rapes - inner London was the worst area. The total reported rapes on 1996 had risen to 6,000.
- We are told that many rapes are the product of the desire to hurt, humiliate, and physically damage- not overtly sexual.
- post rape can lead to murder

Re Nashville Metro Police Department

“People who fight (as distinct from just resist) get away from attackers much more often than people who offer no resistance. People who fight get injuries - black eyes, bruises, broken fingers and the like, but 55% of people who don’t resist get injuries anyway.” Sometimes though not resisting may be the answer and the knife to your eye is maybe not situation to resist.

It is wrong to assume that most women who are attacked are attacked by strangers - the majority of attacks on women in the UK are by someone known to them. Herein lies the problem Its the common corollary that “ You are at most risk when you feel most safe”

It is also false to assume that all bad things happen at night

	Daylight	Darkness
Assault	30%	70%
Indecent Assault	48%	52%
Rape	33%	67%
Robbery	59%	41%
Wounding	32%	68%

Vigilance is required just as much during the day as at night. But how fearful should we be, particularly women, because when we look at the statistics they don’t seem too bad.

Less than 1% of all reported offences are of a sexual nature. Women are most likely to be raped or sexually assaulted indoors. Probably in a situation they felt most safe

In England and Wales the level of reported rape offences shows an average of one for every 10000 of the female population.

Roger Kennington, Vice Chairman of the National Association for the Development of Work with Sex Offenders, says rapists usually fit into one of four categories

Vindictive - the rape is a 'punishment.' The victim represents someone who has slighted the rapist.

Anger - the rape is a release for pent-up anger - an unplanned opportunistic way of venting rage.

Sex - the rape is mainly motivated by sexual desire - some rapists believe they have the right to sex at any time with whoever they please.

Sadism - when the rapist's main means of sexual gratification comes only with extreme violence.

According to the Home Office statistics in 1994, 5,057 rapes were reported and only 460 rapists convicted. A study by the University of North London shows only 20 per cent of reported rape cases are referred to the courts. 'Women Against Rape' estimates only 8 percent of victims report the crime.

Probably the main problem of 'fear of attack' is publicity. It has a positive side as it makes women more aware and vigilant, but it is also sensationalised by the media and individual reported incidents can be taken as the norm not the exception. Recreations on TV can also create a higher level of fear.

The fear of attack has been known to have the following effects on some women:-

- Fear of the dark.
- Fear of going outdoors in the dark.
- Depression.
- Reduced social activity.
- Feeling weak and vulnerable.
- Loss of confidence.
- Sleeplessness.
- Loss of trust in others.
- Nightmares.
- Terror.

British Home Office figures show some 5.7 million offences recorded in England and Wales in 1993, up 3.8 %. Recorded crime fell in some areas e.g. Cleveland, Gloucestershire, City of London, Merseyside, the MET, Northumberland, Dyfed/Powys.

- 94% of recorded offences involved property, 5% were violent crimes.
- Violent crimes increased by 4%, including 2% increase in violence against the person.

- A 14% rise in robberies and a slight fall in reported sexual offences.

Some other statistics were interesting:

- Risk of burglary is high for inner city residents, those with poorer security, flat dwellers, single adults and those who often leave their house unoccupied.
- The most common items taken in burglaries were cash, jewellery, videos, stereos and TV's.
- About 1/5th of violent incidents are street assaults and about 1/5th assaults are in pubs and clubs. 8 out of 10 victims in each case were men and mostly young. It has been the pattern for some years that adolescent males are the sector of society most at risk from violence.
- The elderly were infrequent victims of violence and women were consistently less at risk than men of all types of violence except domestic assaults and muggings.

NB In the Metropolitan Police Service 7,000 cases of Bogus callers "Burglary Artifice" offences were carried out in 92 an increase of nearly 2,000 on 91. They prey mainly on the elderly and housebound - majority of victims are between 70-90.

'Doorstoppers code' - lays down guidelines to major UK service and utility co's to limit unnecessary calls

and ensure logos are on uniforms, vans, ID's

By Comparison:

Police Assaults

In Chapter 13 The Physical Encounter, we will look at some statistics as to the nature of police injuries, but it is a sobering experience to look at the sheer numbers of assaults that take place on police officers in the UK. From 1993 the number of assaults has fallen from 17,950 to 15,488 in 1995. If we break down the figures for 1995 a little further they show that 2,605 of the total were female officers. Whilst the overall figure for assaults had fallen attacks on female officers had risen and 'serious' injuries in total had also risen from 886 in 93 to 901 in 95. In 1995 the assaults leading to sick leave amounted to 2,480 with some 41,144 total working days lost to assault.

Assaults on police officers are significant because they show that even trained people are still victims of violent acts. A report by the Police Research Group on police injury statistics revealed the following from 226 assaults in 1992. Public order and dispute situations are most likely to result in an assault on a PC accounting for 22% and 21% of incidents respectively.

Traffic 'stops' is the third most likely cause of assaults - 17% followed by 'stops' on foot patrol. However, 14% of attacks occurred either in a police van or on police premises. Assaults occurred also when officers were working in pairs or teams. The exception to this is the 'foot stop' where over half the officers attacked were on their own. These were more likely to produce serious injury with 30% of officers suffering GBH wounds.

Public order assaults could result from the 'slightest provocation' when officers attempted to assert control of situations, but serious injuries were recorded in only 10% of public order cases, probably because officers were expecting trouble and were better prepared for it. An interesting point about vehicle stops was that the assaults occurred when the vehicle was stolen or the driver drunk, but that the attack was most likely to come from the passenger! than from the driver.

Whilst attacks for no apparent reason are rare - 4%- more than half lead to serious injury. 78% of assaults occur during uniformed patrol, 60% taking place in the street and 65% resulting in cuts and bruises (ABH), whilst 17% caused GBH level injuries. Most police injuries are the result of punches, kicks

and head butts. The report actually went further and looked at the nature of how assaults happened.

- One third of assaults occur before officers have a chance to speak to the assailant. The solution in the report said improved self defence training and the issue of protective equipment such as stab vests and pepper sprays would help.
- 22% of assaults occur as officers try to calm individuals, particularly during disputes and public order situations. (The recommendation was better 'conflict management' training as the officer had been able to speak to the individual and could possibly have diffused it).

- One quarter of assaults are sustained at the point of arrest or after a suspect had been detained.

The report says that:-

- When dealing with public order and disputes officers will be attacked when trying to calm things down.
- Public order and dispute situations can mean officers will be attacked immediately they arrive on the scene.
- When carrying out foot stops assaults happen most frequently as officers are preventing the suspect fleeing the scene.

The Daily Telegraph January 1996 -

Police Assaulted

Reported on how two West Midlands

officers were attacked as they investigated a burglary in Kings Heath, Birmingham. A WPC was knocked unconscious when she and a male colleague were attacked by nine teenagers armed with knives, a sledgehammer and an iron bar. She suffered a double fracture of the skull, when she was hit with the iron bar and was left with a mass of cuts and bruises. Her 24 year old male colleague needed six stitches to a deep cut in his left arm.

Several hours earlier two other officers were attacked by a five strong masked gang when they responded to a burglary in a flat, where the occupant had been bound and gagged. Both escaped serious injury by wielding recently issued telescopic batons. At the time of the article six youths age 16-19 were helping police with enquiries about the first attack and 3 men with enquiries about the second.

Some Other Assaults

Jan 95 PC Adam Smith was stabbed while trying to protect a nightclub doorman in the West End. The man had 2 knives and injured two officers. July 95 PC Laurie Nicholson 38 suffered a broken jaw when he tried to arrest the passenger of a car involved in a high speed chase. He was beaten with his own truncheon.

November 95 PC's Wayne Bowring 34 Judy Scott 41 suffered head and facial injuries when they were attacked with a crowbar as they tried to stop burglars escaping.

December 95 PC Helen Bullock suffered a fractured cheekbone and a deep facial wound when she was attacked with a wrench after she had and a colleague investigated the behaviour of two men in a car park.

August 95 PC Lane 30 was stabbed in the back as he pulled a demonstrator off a lorry in Essex.

Knife Culture

In Glasgow in the first half of 1993, crime in total fell by 20% and in the Strathclyde region it fell by 15%. However, the major campaign in '93 was 'Operation Blade' which challenged the knife carrying culture that had become established in many parts of Strathclyde. Offences involving knife type weapons had risen from 800 in '89 to 1,400 in '92.

Some weapons were described as 'mediaeval' and designed to cause sever injuries. Some 4,569 weapons were recovered and this was followed by a vigorous 3 month enforcement campaign. Over 28,000 people were stopped and searched by police and 638 found to have offensive weapons.

The biggest crime reduction was in crime involving knives, including a fall on attempted murders of 50%, of robberies by over 36% and of serious assault by 30%.

We should also mention the UK's **Criminal Injuries Compensation Board (CICB)**. The statistics make depressing reading if used as an example of the consistent rise in crime in the UK. Formed in 1964 under the supervision of the Home Office, in '92-'93 it received 65,977 applications for compensation - an increase of 4,577 over the previous year.

Total compensation paid out was £152,201,131 a record and an increase of £8.55 million on the previous year.

Total compensation paid since inception is some £1,000,000,000.

Approx 48% of applications are resolved in one year.

Official stats clearly show that over the past 20 years a marked increase in crimes of violence. It would be unfair not to outline how one should go about claiming if one is ever a victim of crime,

Claiming:-

- Do not delay in reporting the facts to the police.
- The victims must report all relevant circumstances to the police as practicable. If any relevant or important information is left out or otherwise

misleads the police any compensation would usually be rejected.

- It is not necessary for an offender to be convicted before an award is made (some offenders may never be found).
- Obtain photos of injuries.
- Applicants should apply for a CICS app, from CICB, Blythwood House, 260, West Regent Street, Glasgow G2 4SW.

Fear Of Crime

1987 statistics whilst somewhat out of date still serve to illustrate the long odds of of serious violence occurring to us:-

Rape	10,000 to 1
Indecent Assault	800 to 1
Robbery	2,000 to 1
Assault	170 to 1
Burglary	38 to 1
Car Crime	17 to 1

In a study carried out by researchers for Birmingham University's Psychology Dept and published by the Home Office in 1993. The study followed local concern about the amount of crime and disorder at a large shopping complex with an average of 400,000 shoppers a week. Fear of crime was further fuelled in the area by local newspaper reports such as *"vicious gangs have turned the shopping precinct into a no-go area."* But, of 1,060 'incidents' at the

shopping complex in a 4 week period researchers found only 68 described as actual crimes whilst 69 were described as a 'nuisance. In that period some 1,600,000 people had passed through. These were low crime statistics. The fear was simply 'media induced'

Car Crime

The cost of private car theft in the UK in 1996 was the highest since 1993, up 14% on 95. Business theft also increased by 16% on 95 at a cost of £191 million. The UK theft rate of 1 in 44 vehicles is the worst in Europe (broadly it is 1 in 60 there) and vehicles now form the largest part- 26% - of all recorded crime in the UK.

News

General editorial comment in the Daily Telegraph 97 referred to numbers of crimes doubled from 2.5 million to 5 million since 1980 and convictions fallen from 45,000 to 300,000. This and similar reporting all raises the temperature of peoples fear of crime, but, at the end of the day the crime has happened, but we shouldn't extrapolate the figures to make an epidemic.

"Raiders broke into a retired businessman's home and tortured him by pouring boiling water over his legs and

wrists to make him open his safe. Raymond Hill 67 of Patingham Staffs, was in hospital after the thieves stole £10k in cash and jewellery"

Daily Telegraph 22/5/97

"A businesswoman, drinking at the Cafe Royal in London's West End was robbed of a £10,000 Rolex by two teenagers while she waited to meet friends. Doreen Chipchase had the watch wrenched off her wrist. Her friend, Yvonne Ridley, a Sunday Times journalist 33 struggled with one of the attackers. "I had been sitting at a table near the bar when the two men came in and I sensed trouble"

Daily Telegraph 22/5/97

"A judge was severely criticised for jailing a double rapist for only 13 years instead of passing a life sentence. Taxi driver Leister admitted 6 different attacks on girls and young women in the Leeds area, two of whom he attacked with a wheel brace.

Leister raped for the first time in April 95 when he attacked a 25 year old woman, walking home from a new job. He put his hand over her mouth and pushed her under a footbridge, He told her he had a knife. The second woman he first struck with a wheel brace - she screamed and, fortunately, was able to pull away from him and escape. The third victim, 25, was followed by Leister

after he parked his taxi in the early hours of one morning. He attacked her with a wheel wrench then raped her. He was caught by DNA testing as he had previous convictions. His light sentence was due to work by his lawyer stating that he was prepared to receive treatment and mend his ways (Bollocks PC).

Yorkshire Post 10/7/97

“Rapist in outburst at 14 year jail term”

A convicted rapist struggled violently in the dock (June 97) after he was described as a danger to women and jailed for 14 years. David Harriman, shouted, pointed and threatened the judge after he was committed of the vicious rape of a mother aged 23 in Leeds. He was eventually dragged from the dock and the judge described him as a severe danger to all women. Her nose was broken, he head-butted her after dragging her into an alley. She had been looking for a Taxi in the early hours of one morning in the ‘Calls’ area of central Leeds when she realised she was being watched by a man with ‘piercing eyes’. She crossed the road, but he confronted her and dragged her by the hair into an alley where he head butted her, breaking her nose, when she tried to resist him. He then raped her four times after telling her he had a knife. She escaped

only when she heard voices, she was half naked and bleeding from the nose. Harrimans record to that point was that at 16 he was sent to detention centre for 3 months for assaulting a woman and at 17 given 3 years for raping an American student, visiting Yorkshire. In 1982 he was given 18 months for attacking a woman and indecent assault and in 1986 2 years for assault and burglary. In 1987 he got 4 years after following a girl in Garforth, Leeds and threatening her with a knife, her hand was cut as she tried to protect herself. In 1993 he was given 5 years for assaulting a girl of 13 in Leeds.

If ever there was a case for introducing a ‘three strike’ rule in the UK this piece of scum must be a shining example.

They are out there though and when it comes to defending yourself, how do you know whether you are facing someone like Harriman, to whom violence against women is a profession, or someone to whom the attack may be a first time event and who is not committed to violence. The likes of Harriman prove that you cannot assume the best - if you are threatened you must go all out - it’s going to be you or him.

As a writer in the UK's magazine Police Review said about suspects and risk;

“There Is Either High Risk Or Unknown Risk”

The point was being made that you cannot make any assumptions as to whether you think someone is only marginally threatening - you can't 'mind read'. It has caused many policemen to be injured by making assumptions about the passive nature of suspects only to have them 'erupt' into violence.

Later we will look at the Law and self defence, but what is patently clear is 'hindsight' is the most dangerous of all the considerations we have to deal with. Hindsight makes us realise we grossly underestimated the risk. Hindsight gives the courts a 'second sight' about an incident they were never there to witness. Hindsight' gives senior police officers a better view! of a violent incident than the officer who was there. **When you are faced with violence you will never be in possession of all the facts which make the risk you are facing a known quantity.** You cannot afford the luxury of thinking how your actions will be perceived at some future 'date of accounting'.

One of the saddest incidents reported over the previous months was the case of a 17 year old teenager Jonathan Roberts who chased a shop lifter out of store where he worked as a part time trolley-boy. He caught up with the man who was later arrested, but was subjected to a 10 minute beating from which Paramedics failed to save his life. Despite his obvious bravery at wanting to 'have a go' unless you possess above average combative skills you cannot afford to get involved, particularly where there was no risk to someone's personal safety.

A Common Responsibility

I believe we cannot ignore a person who is patently at risk and everyone has a duty to help in whatever way we can, but your response must be in some balance with your abilities. The disgrace of people who do not help has to be put in context, but they can still stop if they are in a vehicle and see an incident, lock the doors and keep their hand on the horn - it is possible for everyone to help in some way. If we don't, then villains have us all isolated and they know it. More and more crime happens in broad daylight and they don't care. They flout both the law and know how reluctant the 'common man' or woman is to interfere. Group initiatives such as 'Neighbourhood Watch' schemes are proven to work.

When the public learns that there is safety in numbers and the person that doesn't get the help may one day be you, an adjustment in ones thinking may be required. Don't, however, rush in where angels -- etc etc!

It is a fact that perceptions of the levels of crime exceed the actuality. The danger though in pushing this fact is that a person, by dint of their psychological makeup, looks for any excuse to feel secure and unconcerned about the situation. It is admirable to want people to understand the statistics, but I believe it serves no purpose. To tell someone that his chance of being robbed in the street will only happen statistically once in a hundred years misses the point, in that as he is being told the figures, some hundred or more people up and down the country are being m u g g e d .

There is no safety in statistics. There is only safety and security in having a very healthy respect for the inherent dangers in our daily environment,

keeping aware and observant and without letting paranoia take a grip and coming to terms with the very simple fact that tomorrow it could be our turn.

There is no hard and fast rule about where violence can occur. In the course of my work I can be in some of the worst parts of the world where violence is as common as spitting and can happen with just as little thought, but I will see none of it happen. By contrast the following report from the Daily Telegraph in Sept 97, though illustrates how it can erupt in even the most benign setting:

"A German tourist watched helplessly as his wife was shot dead by armed raiders during a robbery at a hotel in an English county town. They were in the bar of the County Hotel when two masked men, one carrying a sawn-off shotgun walked into the bar just after



The weapons - mostly shotguns - that Black and his gang had used to terrorise the Bedford area.

midnight. As one woman screamed a Alvin Black, pointed the shotgun at the German woman's face and shot the 56 yr old at close range, killing her as the pellets entered her brain. He and his accomplice fled. According to the prosecution Black was one of four ruthless armed robbers who terrorised the town of Bedford from spring 1995 to the summer of 1996. They robbed shops and businesses, raiding one post office three times. They entered the homes of local shopkeepers and business people. They wore masks, they carried weapons, sawn-off shotguns, pistols, axes, sledge-hammers and knives. The firearms were loaded."

On November 15th 1997, Black was sentenced to life imprisonment for the murder and 21 years for conspiracy to rob. Two of his henchmen were sentenced to 13 years and another for 3 years for wounding with intent. Black, it transpired had previous convictions for aggravated burglary and rape, had been arrested twice before, but released through lack of evidence. He, typically accused the police of intimidation at every turn and was armed with a tape recorder for when he was stopped. Black and his kind are the worst type of the scum out there, who play the 'police - coloured prejudice' card for all they are worth in an attempt to reduce police resolve to

pursue them, which in this case and to Bedford police's credit, did not work. The reason for including the case report is to try and give you a picture of the mental 'make up' of such people as Black who would not hesitate to kill or maim you. If you don't believe these people are about you are very sadly wrong and neither believe that you can 'reason' your way out of situations - it could go badly wrong.

Comparisons

So we are not safe wherever we are and if, even knowing this, we are not prepared to accept the the first principle of 'personal security' that "the individual is responsible for his or her own security" there will be little anyone else will be able to do for you.

Many groups and programmes which have been set up to teach women's safety, quite correctly want women and people in general to go about their life unafraid. The use of crime statistics to show the infrequency, on a mathematical basis of probability is not, however, the way to go about it. We are all individuals and, as such, subject to the vagaries of life.

Fate, luck, ill-fortune, chaos, whatever we want to call it, is the unknown that we all face. There used to be a saying in business which went - "If things are going well look over your shoulder

because you've missed something." So it should be with our personal safety strategies. Yes things are good, the sun is shining, all's well with the world, but just get into the habit, metaphorically speaking, of 'looking over your shoulder!'

It may, however, give us some comfort here in the UK to look briefly at how bad things have got across the Atlantic. The following information is an extract from the official journal of the **GHCA** who are mentioned in more detail in a later Chapter The editor Bob Kasper quoted an extract from the August 1995 issue of Readers Digest and an article by a Princeton Professor John DiLulio called 'Crime in America, It's Getting Worse. '

"Over the past three decades ... your chances of becoming a victim of violent crime increased by 460 percent."

"...the actual number of rapes, robberies, assaults, burglaries and other crimes suffered by Americans in 1993 was 43,622,000".

"A new breed of villain is "more terrorist than criminal" .. routinely property crimes escalate into violent ones."

"Well over 100,000 murders have been committed since the start of 1990."

"...murder soared a terrifying 165 percent among 14 to 17 year-olds.

The current trend in in birth rates makes it certain that a new violent crime wave is just around the corner. Today there are some 7.5 million males age 14 to 17. By the year 2000 we will have an additional 500,000... Thus in a few years we can expect at least 30,000 more murderers, rapists, robbers and muggers on the streets than we have today...these kids are stone cold predators."

"From 1990 through 1993 Virginia convicted 1411 people of murder; a third of them had been 'in custody' but out of jail at the time of the crime."

"...in 1992 over 6.6 million violent crimes were committedonly 100,0000 or so (led) to prison sentences, which on average ended before the convict had served even half his time behind bars."

So anyone in the UK who feels uncomfortable with our current condition needs to breathe a sigh of relief, but 'keep your guard up.'

Stalking & Harassment

Over the past few years these two activities have come to prominence. As a result of one person's, persistent work alongside the Home Office the UK now has legislation. The '**Protection From Harassment Act 1997**' is very much the work of one person **Evonne von Heussen M.B.E.**

Evonne wrote the body of work which became the Bill and eventually the Act and she is the acknowledged expert on stalking and harassment. Sadly, as is always the case, there is now a profusion of 'so called experts' trying to relieve victims of money for their services. Those of us in the Close Protection field have had these same individuals with 'made up' backgrounds come out of the woodwork as experts! and we know who they are as they, as usual, convince others, who have no means of knowing to the contrary, of their credibility and expert status. If you are a victim of stalking or harassment then you most certainly do not need an 'expert' whose only purpose is to relieve you of your money.

Even as Evonne von Heussen was writing the legislation attempts were made by others to 'hijack' the work and claim it as their own. One female MP, who shall remain nameless attempted this, only to be forcibly prevented by an 'honest' Home Office who were working closely with Evonne. Another organisation involved in personal safety also saw commercial advantage in being seen as the organisation who were taking the lead, so as to further gain financial reward, but this was patently not the case and remains so despite their many media attempts to

be associated with the preparation of the legislation.

Evonne von Heussen was herself a victim of persistent stalking for 13 years by a former University lecturer, who first noticed Evonne when she attended two lectures. For three years not knowing who was responsible she received obscene calls and letters, pornographic photographs, photos of herself and her daughters, had acid poured on her car and dead flowers left on her doorstep, some taken from graves with RIP labels still attached. In 1978 he turned up at her home and carried out an assault. Despite the police being called they considered it a 'domestic' and left with issuing to the man a caution. From then on her life was shattered as she was dogged by this man for years to come. It was not until 1992 that the attention finally ceased and it was not until 1994, some 16 years later that she was able to write about the situation .

Dogged by nightmares and a constant feeling of being hunted Evonne still finds it difficult to be alone with male company and to be confined or not to feel in complete control. Even having to have anaesthetic makes her feel this loss of personal control. Her stalker had followed her everywhere, threatened her and her two daughters

persistently and communicated with both hate and love mail and by phone, even tracking her down when she moved and tracing ex-directory numbers. The tragedy deepened as Evonne's daughter Kirstein, also became a victim of a stalker.

As a consequence of her own bitter experience Evonne determined two things, one that she would provide help for other victims of this 'unrecognised' and unlegislated against crime and second that she would attempt to achieve the impossible by forcing the advent of legislation even against concerted resistance in many quarters. From her start in 1994 with her initial drafting of the work, some three years later she was travelling the UK with members of the Home Office, members of the Lord Chancellor's Department, a representative of the Crown Prosecution Service and various police representatives on training missions following commencement of the Protection From Harassment Act (1997) - a remarkable achievement by any standards.

Prior to embarking on the problem of legislation Evonne and Kirstein had founded The National Anti-stalking and Harassment Association (NASH) later to be renamed following the legislation

as **The National Association for the Support of Victims of Stalking and Harassment**, but still known as **NASH**. At the same time as having to write the legislation and argue it's need Evonne has dealt with nearly 9,000 victims of stalking, through the NASH help-line, 3,000 media requests, received 84 death threats and actually counselled 78 stalkers i.e. 18 men and 60 women.

Nash is now recognised as the only legitimate non-profit making organisation for the counselling of both victims of stalking and harassment and their assailants. This covers stalking in its truest sense, school bullying and neighbour harassment. It has forged links internationally and has the largest body of experience to bring to bear in its counselling and advice work. The following is a brief summary of some facts about stalking supplied by NASH. Between January 1994 and January 1997 some 16,569 people had contacted the Association's crisis line. Many calls are not genuine and there are in the UK a small, but persistent band of 'serial victims' who claim to the police, press and other less skilled organisations that they are victims of stalking, some of whom have appeared on national television. The figures broke down as follows:-

- 8,097 actual victims of stalking, (i.e. 210 men and 7,887 women). These

victims fall into three distinct categories which will be outlined later.

- 3,211 persons who report general harassment by neighbours, gangs and children.

Many of the victims are either elderly people, children who are being bullied by older teens or by adults and people who are being bullied or stalked within the workplace. It also includes obese, gay and disabled people who are victimised because of what they are.

- 1,120 people with psychiatric disorders.

These callers have reported that generally they have been hearing voices in their heads, or being 'controlled' by electronic forces via their radios and television sets. These people are only stalked by their own mental 'bogey man'. Many have severe mental problems, need someone to talk to and have in many cases been let down by the system.

- 78 stalkers i.e. 18 men and 60 women.
- 33% of female victims who made contact for help, advice and support were raped, or have suffered violent sexual abuse by their stalker.
- 85% of victims are being stalked by an ex-partner (**Post Relationship Stalking**).

Of these 55% had left violent, abusive relationships before the stalking began. In 22% of these cases children are involved and have often suffered severe effects due to the ordeal of the parents. Many children have suffered and endured physical, sexual and psychological violence.

- 10% of people are being stalked by people who are known to them on a casual basis (**Casual Contact Stalking**).
- 5% of people are being stalked by people they claim to be unknown to the victim (**Stranger Related Stalking**).
- A small group of individuals, 78, have claimed to be victims of stalking (**Fictitious Stalking**) when in fact they are making it up, often due to some other problem. Some of these people have very 'high profile' cases.
- Between 1992 and Spring 1996, 17 stalking related deaths of victims have occurred nationwide (some of whom had contacted NASH). Only two of them were men.
- In addition, the suicides of 4 stalkers have been reported to NASH in the same period.
- Nash's figures clearly show that women are more likely to be stalked than men. Sufficient data is not yet available to be accurate on the ratio, but figures from the States indicate a probability of 6:1 (6 women to 1 man).
- 95% of all stalking victims (a combi-

nation of people who have called the NASH help-line, or who have written) report inadequate help from the police. The remaining 5% have found the police very helpful and sympathetic, but they failed to make referral to any support agency such as NASH.

- 99% of victims felt that police officers with whom they were in contact were complacent, cynical, pre-judgemental, insensitive and unknowledgeable about the ordeal of being a stalking victim. Hopefully with the weight of legislation and better education the police will provide a better service to these victims of crime.
- A significant number of victims felt let down by the Crown Prosecution Service for a variety of reasons (this shouldn't come as a surprise to anyone - PC)
- 100% of all lawyers who contacted NASH for advice, complained of their frustration regarding the lack of knowledge exhibited by magistrates and by some judges and by other members of the the criminal justice 'system'.

As well as dealing with the victims and perpetrators of stalking over the same period NASH dealt with 3,790 media enquiries, 311 students from law, journalism, and psychology, 20 lawyers and 30 police officers.

NASH is affiliated to the National Victim Crime Centre in Washington D.C. and has many other International links. Currently establishing regional support groups NASH continues as the country's leading support association for stalking and harassment.

Address:-

NASH

Bath Place Community Venture,
 Bath Place,
 Leamington Spa
 CV31 3AQ Tel/Fax 01926-850089
 E-Mail antistalking@dial.pipex.com

“Broken Windows”

In the past four years the murder rate has halved, robberies are down by 40 per cent, and car thefts by a third and crime, in general, at it's lowest level for 30 years -Utopia? - no, New York, thanks to a policy now known as 'zero- tolerance'. A city that by the mid-eighties was as good as written off has experienced an almost Lazarus like recovery. Big business and the middle class are moving back and there is a 'safer' feel about the city.

The transformation was the consequence of one mans belief in the concepts expressed in a magazine article. **William Bratton**, Police Chief of New York was a 'believer' in the concepts outlined in a magazine article in 1982 called 'Broken Windows', authored by a Professor of

management **James Wilson** and a collabotator **George Kelling**. The article challenged the liberal concepts that crime was a direct product of poverty, inequality and poor standards of living. Broadly this sanctioned the abandonment of run down areas, told inner-city poor that crime was expected of them and conditioned the police to believe that because they could not control social conditions they could not, as a consequence, control crime.



This is not a social problem as a consequence of deprivation and poor social conditions. It's the result of a tolerance of many things ignored for too long.

Wilson saw this view as an evasion of responsibility and laid out the simple scenario: One window is smashed in a building and no-one repairs it. No-one is held accountable for the damage and the word goes out that the building is easy game for vandals. Soon other windows are broken and the building, now dilapidated becomes a haunt for dossers and drug dealers. The drugs draw crime into the neighbourhood, respectable families begin to move out, delinquency becomes the norm and criminal elements gain ascendancy. The police strategically withdraw, citing the need to avoid confrontation and everyone else gives the place a wide berth, knowing not to expect any better from a 'deprived area'.

Wilson propounded that "the idea of zero tolerance comes from the conviction that serious crime very often emerges opportunistically from lesser crime". The answer is therefore to switch police attention from the incorrigibles to the irritants, with a policy that nothing is acceptable from throwing litter, spitting, jaywalking, hanging around street corners. By hauling in minor delinquents New York police were led to more serious offenders. As Chief of New York's Police, Bratton put these ideas into practise and after organising

his force like a major business corporation with performance targets, his officers proceeded to clear the parks of winos, the streets of teenagers carrying portable hi-fis and the intersections of windscreen-washing squeegee men. As Bratton's men hacked away at the lower levels of crime the upper levels amazingly caved in, getting the message that the police were once again empowered to tackle all crime at every level and were prepared to carry it through, despite the outcries of the liberal left.

Wilson made out that the 'bogey men', of the present levels of crime, were those liberalists who had wanted to link crime to deprivation and who he saw as the real enemies of the poor. His own view being that the real crisis in society stems not from an absence of opportunity, but from a lack of responsibility, resulting from the blurring of the distinction between very simply, right and wrong. Although called a fascist in some quarters, even in the UK his ideas found root, even with such socialist elements of politics as Jack Straw, who, before he became Home Secretary and was still in opposition, delivered his controversial 'boot the beggars off the streets' speech.

The challenge for any society brave

enough to adopt such an approach is to come to terms with the backlash from the vocal, minority left who equate such intolerance and the desire of the majority of people to want to root out crime and violence, to police harassment. It happened in New York, but Bratton and Mayor Giuliani had none of it, stuck to their guns and the results are there for all to see. We live in hope!

Street Security



This is where all your training and thinking about the concepts we have discussed in Chapter 2 - Awareness come into play.

A physically well protected home, where you practise good personal procedures (see Chapter 5) is a very safe place to be. The street is not by comparison. In Close Protection work our most vulnerable time with a client is when we are out on a 'walkabout' somewhere. The next most vulnerable time is when we are in vehicles, which can give us a false sense of security. As we outlined in Chapter 2, an attack probably won't happen to us in broad daylight in a very busy street, rather it will be when we enter a more deserted area with poor lighting, less people, more hiding places and escape routes. Remember, however, not to believe we are safe in daylight, as 48% of indecent assaults took place daylight, as well as

30% of all assaults. You only need to read one weeks newspapers to see the full extent of the street crime, even during the day.

The first thing is 'Switch On'. Start the 'game' of people watching' and 'situation awareness.' When you leave your house on a sunny morning to walk 300m to the shops or leave your office at lunchtime to walk around town you do not expect to end up in hospital stabbed or dead! - some people never return. Forget the statistics for a moment, they will give you no comfort nor assistance if tomorrow it's 'your turn'. When you make a 'transition' from one environment to another the '**Traffic Lights**' in your head must be clearly visible.

Risk Reduction

Risk Reduction exercises ask that you make yourself very familiar with your surrounding areas you live in and work

near. Familiar in the sense that there has been the application of a process of Risk Analysis. In other words you have identified the vulnerable areas. If you are a woman this probably means you should not walk the dog or walk with your children in densely wooded and isolated areas, where bushes and structures can provide hiding areas. There have been enough very bad incidents in the UK for this surely by now to have gone home and these have not happened in poorer, deprived areas. But even in a busy city centre you must be sensitive to your surroundings. Both people and places need to be evaluated and to do this you must let the information into your cognitive processes. If you shut out the stimulus of your environment then you are actually providing 'hiding places' for people to conceal themselves.

How You Are Perceived

So switch on and, more importantly, look as if you are switched on. Body language is the most important, subjective self protection message that you emit. You should send out signals that tell others you are aware, confident, in control, know where you are going and will be difficult to take by surprise. Walk- Aware, Briskly and with Purpose- don't display vulnerability.

Always walk with speed. When I'm giv-

ing seminars I ask the people who they would think is the most difficult type of person to mug. The answer which we eventually come to is 'a deaf person on the run'. With someone whose deaf it's impossible to use a question as a deception and it's impossible to run alongside whilst you demand their wallet. The converse then, as to who is easy to mug, becomes easy to see and the chart below contrasts the various aspects we should adopt;

EASY TO MUG

Stopped.
Looking around and lost.
Holding your wallet or purse.
Looking at a map.
Walking slowly.
In a dream.
Deep in conversation.

HARD TO MUG

Jogging.
Fast and purposeful walk (late for an appointment).
Aggressive.
Alert demeanour.
Fleeting eye contact.
Erect and self assured.

Unknown Risk

Remember, most street crime is opportunistic and for this to happen a number of factors have to be in place. First you have to be chosen as a target.

People who look wealthy or display that wealth on their wrist in the form of a gold watch are a target **‘economically’**. The final piece of the selection is down to you and how you appear. Look switched off and you have put the pieces of the picture into place for you to be a victim, you are now also a target **‘opportunistically’**.

We cannot forget the person who holds a permanent grudge against people who are patently successful, particularly women who are then easy targets of his abusive behaviour or violence. In many sexual attacks the desire to dominate and cause suffering is greater than the sexual gratification and, often, such a person will seldom fit the popular description of someone you would immediately be frightened of in the street. Both here and in the US the most gruesome of serial killers would cause no one to give them a second glance in the street . They are the ‘boy next door’ and the ‘husband next door’, which is how they are able to get close to their victims.

The very simple solution would be to trust no-one, but to put it in a less paranoid way ‘exhibit’ a healthy caution about anyone. Serial killers, of both sexes, ‘ply their trade’ with

subterfuge, cunning and high intellect, applying psychology to the capture of their victims. This allows them to get close even in broad daylight, particularly as this is when no-one is suspecting such an encounter.

If A Car Stops

Take nobody at face value and if you are asked for directions by anyone in a car, preferably do not stop, but if you have to keep a good six feet or more away and don't be drawn towards the



‘Switched Off’ and drawn into what seems an innocent situation.

car, particularly if you are asked to look at a map or piece of paper with an address on it.

If a car stops and you are threatened scream and shout and set off your personal alarm if you have one to hand. Get away as quickly as you can - don't run in the direction of the traffic as he can follow you easily, so back track and get into a shop or similar. If you can make a mental note of the number and description of the car and occupants, write them down as soon as possible after.



Now it's not so innocent and you could be in big trouble.

So that you cannot be surprised by a vehicle, endeavour to walk towards the oncoming traffic, this way a car or van cannot draw up behind you. I don't want to differentiate between male and female, but certain situations do hold more danger for the lone female.



Keep away from the car, don't get drawn into conversation and keep walking. If you are really unhappy, change direction and walk the opposite way.

Muggings (Street Robberies)

These can take place day and night but, generally they will take place in 'secondary areas, to the main shopping and business areas of major cities, although attacks do take place in even the busiest and best areas. The perpetrators of street robberies are the disaffected and violent youth of today. The exhibit three things - need, greed and hatred.

If we take one Metropolitan Police area - Streatham, in 1995 there were some 71 street robberies a month. Studies showed that a small number of people were responsible for a large number of robberies, in fact there were some 10 and 20 active robbers aged between

12 and 18. Streatham did not have the worst robbery in the Met, but a diverse mixture of shops, restaurants, quiet side streets, six British Rail stations and a red light district offer chances for opportunist criminals.

It was reported that most hunt in packs or 'posses' and the greatest number of offenders were young, black males. It would appear very few have a drugs habit to feed; they are driven purely by the desire to wear the latest designer gear or carry a mobile phone. Streatham police instigated a very pro-active approach to the problem with dedicated teams of officers and vehicles. With plain clothes officers carrying out surveillance on the areas where they operate successes occurred quickly. On the first day of the operation they had a hit with a gang who attacked an 80 year old woman. Three youths pounced on the victim and stole her pension book, dislocating her shoulder as they bundled her to the ground. The youths were quickly arrested by officers working nearby.

It is, however, not an easy task as the criminals have become surveillance conscious and are wise to the police tactics. As the police will admit about mugging, it's easy to commit and takes a few seconds. Burglars by contrast, put themselves on show for a bit

longer. Muggers - *"they change their clothes as often as three times a day and buy reversible jackets so we won't pick them up in the area as a suspect for wearing clothes described by the victim. Sometimes they wear vests under so they throw their shirts away and look completely different in a string vest"*.

A lot operate in gangs and intimidate people. Before they can be initiated into some of the posses they have to commit a violent robbery and, in one case, they have to stab someone. The police admitted anyone can be a victim of street robbery - *"there are so many*



different factors which make it a random offence and difficult for us to pinpoint where they might happen."

One of the main problems facing the robbery squad is the fact that many of the victims are unable to provide a description of the muggers.

“A lot of offences are committed from behind, with jewellery and bags snatched. That means the victim never sees the offender properly. Other times the offence is based on fear, with the offender making so many threats about what will happen to the victim if the police are called that the offence goes unreported or is reported a long time after the offence”.

The Violence Involved

A young mother of two needed surgery after being brutally attacked in a quiet side street in Streatham. Lisa 22 was walking towards a late-night chemists at about 8pm on a Friday night when she spotted a man talking on a mobile phone. As she passed him he demanded her handbag then butted her in the face, sending her sprawling to the ground in agony. Lisa recalls he said *“give me your bag, bitch and head butted me at the same time. I went stiff like a board and kept my head cradled in my arms. He hit me in the face again and kicked my leg really hard. I was in panic when I saw all the blood and I was worried he would stab me. If he had just asked me for my bag I would have given it to him.”* He ran off empty

handed and laughing , she said “ my nose was dislodged to one side and I had to have an operation under general anaesthetic to reset it. This has made me very cautious about going out and I try not to carry a bag, but I want to live my life as normally as possible.”

She has been out in the police robbery car on several occasions trying to identify the thug who has left her wary about venturing out on the streets alone. The attacker enjoys inflicting pain and suffering - anyone who thinks this type of person is open to reason and that he thinks like we do probably still believes in the ‘tooth fairy’. Today there are still the remnants of a liberal thinking that believes that a bit of ‘social engineering’ will solve the problem and that all people are inherently good. It is a complete nonsense as it is not to accept that ethnic minority groups are not engaged in any crime. **Need, greed** and **hatred**, plain and simple and until it is recognised that there is a war going on in the streets the thugs and scum will have the ascendancy.

Such crimes as ‘Taxing’ which is the act of throwing bricks through a lone woman’s car window in traffic to steal handbags, is only one example of the state to which matters have sunk.

Lets look at some of the general pointers as to how a street robbery occurs:

Progression of The Event

1. Observation and selection

- based on vulnerability.
- ease and escape.

2. Test for Opportunity

- any witnesses.
- are you paying attention.
- how are you reacting to distance gap closing.
- the contact approach method.

3. Your immediate response determines whether they - Discontinue
or

4. Assault progresses to physical contact

Approach/Closing Distance Gap

How to recognise an 'assault approach'.

- Loiterer conversation stops.
- Any verbal calling or comments.
- Very close walk-by and reverse.
- Followed or flanked.
- Some innocuous request.
- Personal space violation.
- More than one approaching.
- Your time to decide diminishes quickly!

Immediate Response Necessary

- Sound off and give a directive - if you

have not seen the incident develop with enough time to alter course and seek safety, your first weapon is your voice.

- Be specific when yelling for help.
- Run/spread the distance and find people.
- Forget your doubts.
- Forget the embarrassment factor.
- If you don't do these things the event will progress and you will need Part 2 of this book sooner than you thought, and if it progresses anyway what have you learned.

Reaction To Physical Contact

- Listen to what they want if they tell you.
- Don't turn a theft into a violent assault.
- Give up the item.

With **Compliance/Co-operation** options - there are positives and negatives. They may still inflict violence gratuitously or they may take the items and leave and at the point you accede to any request you do not know.

With **Resistance/Fighting** options - there are positives and negatives. You may lose and suffer greater harm than if you had cooperated or you may win the day with little or no injury. There is also the degree to which the other party may suffer injury. One point to

remember **you can never resist you can only fight**. To simply resist would get you seriously hurt.



Don't walk with your back to the traffic. You have no time to evaluate ie. 'Condition Orange' any threat if a vehicle pulls up alongside - it's straight into 'Red'.

As you will read throughout this whole book I keep emphasising that at the time of the event this is no place to be making carefully balanced decisions about the pro's and con's. There is much you have to take in, does he have a weapon? perceived physical capabilities, is anyone around to help, is he changing location, is he hurting you? now- it all becomes a question of priorities.

General Reaction Guidelines

- Don't let them transport you elsewhere.
- The sooner you notice the

approach the more options you have. Awareness factors.

- Consider temporary cooperation which may assist in reassessment and better positioning - in other words can you buy some time.
- If able to break and run - do so.
- Ineffective defensive manoeuvre will make matters worse.
- If you must, fight to escape - **Timing, Technique, Tenacity.**

You are more vulnerable when;

- You are isolated (safety in numbers).
- You are in darkness (stay out).
- You are near areas of concealment (hiding places).

'You must consciously plan to avoid these' - **Security (vs) Convenience.**



ATM's - stay aware and don't let people stand too close, particularly if they can look over your shoulder.

Worst Areas

- Subways at night.
- A deserted station or bus depot.
- Lonely, narrow and poorly lit streets.
- Short cuts through parks, wasteland, back streets or alleys.
- Walking alone - the later the worse, particularly in a known dangerous area.

Other Specific Problem Areas

- Parking areas at shopping centres, sports events, transportation terminals.
- Stairwells, elevators, toilets.
- Automated teller machines (ATM's).
- Public recreational facilities - Parks.
- Any 'Drive through' service area.

Selection

Most criminals have a process of selection i.e. the most vulnerable, low risk option such as a purse or handbag snatch from behind. You don't have to be small, weak or old you just have to be careless. Also you must bear in mind that selection of you as a target could be made in a busy area, but perpetrated in a quieter one.

- What most people think are spontaneous robbers have usually had many minutes in the planning.
- The most switched on people are crooks- they are minor psychologists and work by a sense of feel and intuition. The burglar who was followed by a TV crew whilst he walked the streets targeting houses to burgle,

made intuitive, but accurate guesses about the occupancy of houses.

Geoff Thompson in his book **Dead or Alive** clearly illustrates how muggers operate.

Muggers follow a ritual.

Most have accomplices.

Most muggings involve stalking and dialogue entrapment.

The greater the crime the greater the deception.

He also outlines the ritual for gratuitous assault which can be only one step removed from being robbed as well:

1. The eye contact.
2. The question.
3. The physical approach.
4. Question reiteration.
5. Actual challenge.
6. Single word exchange.
7. Assault.

Pre-Incident Indicators

- a. Unnatural impediment to your movement.
- b. Correlation of third party movement to that of yourself.
- c. Sudden changes of status of a person or persons near you. Predatory movements i.e. circling and two or more moving in from opposite directions (pack actions).

- d. verbal exchange initiated by a stranger.
- e. Target or escape avenue glancing.
- f. Person or persons approaching at an oblique path that will intersect with that of yourself.
- g. Hidden hand or hands that cause an unnatural walking posture.
- h. Bumps, pushes, shoves or grabs.
- i. Relative absence of locals or authorities.
- j. Automobiles stopping alongside, slightly to the front or behind.
- k. Any obviously intoxicated person or persons.
- l. Any second pass by a vehicle.
- m. Obvious attempts at 'Baiting'.
- n. Glances between apparent strangers as they approach, impede, hail or otherwise interact.
- o. Undue attention to your presence or vehicle.

What signs can we look for in the demeanour and body language of others that will indicate to us that they are building themselves up for either aggressive dialogue or worse?. Also how can we tell that the point has been reached where they may be about to move to physical violence and escalate the threat. If we are going to preempt this occurring we must be sensitive to mannerisms and the signs along the way.

Warning signs an assault is possible:-

- Head and shoulders back.
- Facial colour is dark/red.
- Breathing fast and shallow.
- Belligerent, challenging/shouting.
- Exaggerated movements - particularly with the hands.
- Hands held high on or above the waist.
- Direct uninterrupted eye contact .
- Kicking the ground.

Danger signs indicating an assault is imminent include:-

- Head down.
- Eyebrows move down into a frown.
- Facial colour pales.
- Lips tighten over teeth.
- Breathing becomes rapid and deep.
- Stance changes from square to bladed (one 'lead' foot in front) i.e. a fighting stance.
- Fists clench and unclench.
- Target glances.
- Dropping body-weight and lowering stance.

How The Professionals Do It

The following is an extract from a Close Protection (Bodyguarding) training manual on how to spot trouble arising in your environment. In the CP field there may be many more reasons that cause a threat to exist than if you are a civilian on the street, but

whatever the causes for someone's interest in you the body language is appropriate to both. The following will be of particular interest to police officers:

Body language is described as 'non-verbal communication by means of subconscious gestures, movements and physical attitudes'. People's body language may contradict their spoken or intended message, confusing the observer or betraying their true feelings, e.g. a person may sound friendly, but convey hidden hostility via his body language.

The human voice is also a great 'indicator' of stress and tension. The voice -pitch and tone (voice attitude) is effected by emotions e.g. an angry voice is both loud and belligerent, the voice of reason is calm and quiet.

Experienced law enforcement and security personnel have used body language and verbal indicators for a number of years. The average police officer and bodyguard are trained observers (cynics), they expect to be lied to and deceived. Therefore it is important that the individual officer is able to identify and understand these verbal and physical signs (clues), in other words - read the body language. Remember that it is always better to detect and avoid a potentially violent

confrontation so use the following techniques to detect the potential for violence.

Watch, Look & Listen

Watch and listen for the following points - read the body language for verbal and physical clues that will indicate that an aggressive act or physical assault is highly probable. Remember to watch the hands and recognise the key indications.

They are :-

1. Non Verbal Clues - Physical Actions.

General Points

Age, sex, looks, posture, position, rapid movement, noise and disturbance.

Increased Breathing & Rapid Pulse Rate

Increased adrenalin flow stimulated by nervous tension, fear, and apprehension, also excitement. The adrenalin hormone action increases the heart rate, air supply to the lungs and blood supply to the muscles. It also promotes the release of glucose into the blood stream for immediate energy, so preparing the body and mind for action and helping it to cope with fear, stress and exercise. The release, however gives rise to physical changes which are detectable.

Flushed Complexion

Rapid flow of blood to the head caused by the adrenal action. Oxygen enriched blood to the brain to speed up the process of decision making, also a sign of guilt and embarrassment.

Eye Movements

- a. Failure to hold eye contact - looks away or down during eye contact. Guilt and Guile.
- b. Hard stare (**target fixation**) fixed staring at the Principal (VIP), known as 'target fixation' and associated with the focus on the immediate source of danger (**tunnel vision**). Caused again by the adrenal flow.
- c. Rapid eye shift or look away - known as the 'target glance'. A conscious mental and physical effort to avoid the fixed stare (tunnel vision).

Hand Movements

- a. One of the most important physical clues clues. The old 'professionals' always say *"watch the hands"* and that *"eyes can't kill, it is the hands that hold the gun and fingers that pull the trigger"*.
- b. Look for concealed hands - ask why- is there a concealed weapon? Shaking and rapid hand movements indicate nervous tension (fear, apprehension and excitement).
- c. Clenched fists indicate an attempt to control emotions such as anger etc.

Also associated with 'clenched teeth'.

Finger Movements

- a. Points aggressively with the finger - focus of anger and aggression on a specific person (you) or object.
- b. Pokes or jabs with the finger (makes physical contact) - an indication that the aggressor is ready to 'cross the line'. May be accompanied by rapid and angry speech, also sudden and aggressive gestures.
- c. Hand and finger gestures - a sign of contempt or anger. Not considered as threatening, usually accompanied with verbal abuse and part of a crowd action.

Shoulder Shift or Drop

- a. May be used with target glance or eye shift - decoy or first stage of a physical assault e.g. a surprise blow or the initial action of drawing a weapon.
- b. A well known crime technique, it is a physical signal that will be your last to pick up.

Cessation Of All Movements

- a. Assertion of mental control - slow deep breathing - mental decision made - action to follow.
- b. Look for rapid change from anger to calm. Watch for movement, in particular the hands.

Sudden Challenge

- a. Hard or soft challenge that breaks the “**1 yard rule**” - the initial move may be either rapid or slow time.
- b. The action may involve the physical laying on of hands.
- c. Must be treated as a serious and dangerous threat at this stage.

2. Verbal Clues

Abnormal Stammer

Nervous tension, anger and excitement.

Change of Voice Patterns

- a. Change in voice levels and pitch indicates excessive emotional tension and excitement - loud, angry and high pitch speech (emotion, anger, rage and frustration).
- b. The deliberate softening (lowering) of speech rhythm and volume - slow and deliberate. An attempt to control emotion.

Excessive Serious & Specific Swearing

- a. Of an obscene, personal, racial or sexual nature - a direct verbal expression of anger, frustration and hatred.
- b. Used to threaten, insult (provoke) and intimidate

Rapid Angry Speech

Adrenal flow, excitement, emotional state, anger and rage, pre-action build-up

Combination Of The Above

A combination of verbal indicators that may include all or some of the above clues e.g. High, rapid angry speech that includes serious and specific swearing, that will be accompanied by a combination of physical body actions.

Summary

Because of the adrenal actions caused by fear and excitement etc, several verbal and physical indications often occur together - do not forget the sudden reactive physical response.”

Be Sooner!! (so to speak)

If you allow an adversary to get into a stance you have let things go too far. Also be very aware of the quiet, starrer who seems non-aggressive, but can be very disturbing. He will talk in a quiet, even tone and make threats in this even, level and measured way. He will have practised ‘mood swings’ from very passive to suddenly aggressive, both to put you off balance and also to hit your ‘adrenal switch’. Under no circumstance let him talk himself into

anything closer than a very extended striking range. He will also offer to shake your hand as if he has made a mistake, but under no circumstance accept or be drawn into the ploy or you will be unconscious before you know where you are. This type of individual will also be very challenging and make a direct, but quiet enquiry about what you are going to do and will say “go on then do something lets see what you’ve got”, as if he is totally prepared and infallible. It’s a psychological ploy he’s used many times before and he will be good at it. One way or another you will not escape the consequences of such a confrontation. You must stay in control and, unfortunately, act sooner rather than later.

It may be that to use your verbal skills effectively may dissuade aggression, but if it doesn’t then on recognising the signals you will have to escalate your force response. Remember, if a person submits and ceases aggressive or resistant behaviour you must be prepared to de-escalate, so to speak, your level of response. To know when this should happen we need to know not only from verbal affirmations, but also from non-verbal signals that they have had enough:-

- Putting hands up in front of the body.
- palms out.
- Reduction in large movements.

- Lowering tone and volume of voice.
- Standing still.
- Looking down at the ground.
- Falling to, or kneeling on the ground.
- Lifting of eyebrows (shows fear/ anxiety).
- Backing away.

BE CAREFUL - don’t fall for a ploy. I’ve seen people fake submission only to blast off again when the deception has worked. It happens, particularly, when you have them restrained and they convince you they will not offer any more problems, only to have them explode at you again once they are released. There is an old Japanese Samurai saying which should come to your mind every time you think things are OK and the fight is over-

**“WHEN THE BATTLE’S OVER,
TIGHTEN YOUR HELMET STRAPS”**

Some Points or Do’s and Don’ts

The following list of Do’s and Don’ts are applicable not only in respect of street robberies, but as points of general street security:

- Don’t show expensive jewellery.
- Carry your handbag in a ‘self conscious way- let it fall in front of you not behind - flap in toward you so it can’t be snatched from behind - one method of attack is the fast hit and run

from behind. Also carry it in a way that makes it easy to let it go.

- Use the gap between cars if someone runs at you.
- Don't run whilst you are still in full sight of the person or persons that concern you. If someone does cause you concern make your alternate move in a calm way
- Don't use a phone box to phone for help NB. the office worker in London who was dragged from the phone box and raped as she phoned for help
- One ploy is for one person to stop you and ask for change of a £25 note - if you pull the purse or wallet out a second attacker will snatch it . The first can deny any involvement even if he doesn't run. They may use an alley off the main road you are on to wait in - so raise your awareness etc.



'Switched Off' and too close to the corner.



Now you're surprised and within grabbing range, the threat being only a few feet away. No time for evaluation just the typical shock and freeze.

- Distribute your money around your person divide notes and keep some old credit cards in a top jacket pocket. These are 'give aways'.
- Consider carrying a 'bluff' purse or wallet to give away.
- Before going into a shop to buy something, carefully try to prepare the correct amount to pay for the item don't sort it out in the shop as you can be targeted there and they know in which pocket you keep what they want.
- Never stop in the street for any request or 'Question and Answer' session.
- Don't take shortcuts.
- Never pass through a subway until you can utilise a full escort of other people.



'Switched On' in 'Condition Yellow' and alert to the potential threat.

Evaluating the threat and making choices - in this case confirming the threat.



'Condition Red' - now the avoidance - get off the street and find other people.

- Never walk close to buildings, past unlit doorways and alleyways, keep well out from the building to avoid being jumped.
 - Walk facing traffic - this prevents a vehicle pulling up to you unseen and deters 'kerb-crawlers'.
 - If a car stops use your voice.
 - Never accept a lift from a stranger, even if he claims his car is a taxi.
 - If you are wearing high heels take them off before you run.
 - If taken home at night ask to be watched into the house.
 - If you think you are being followed go to the nearest occupied area and call the police.
-
- Walk quickly across the road and cross it again if necessary.
 - Walk to a busier area where there will be other people - a shop, a garage, well lit house, pub, cab office etc.
 - If you go into a shop for help BE CALM don't scream or shout, or they will react against you and take you as a threat - be rational, reasonable in your request for help.
 - Chequebook caution -home address! phone number.
 - Don't flash expensive jewellery.
 - Carry a sound alarm.
 - Keys should not bear name and address.
 - It is an offence to carry any item for the sole purpose of self defence but it

may be possible to improvise, but the reality of this we will look at later.

Another Experience

A teenage gang member was found guilty of mugging the husband of the UK's Director Of Public Prosecutions. The 17 year old youth stabbed John Mills 58, between the ribs with a 'butterfly knife' as he walked towards his Camden home, in North London. Bleeding heavily, the businessman staggered 100 yards to his front door, where he collapsed into the arms of his wife, Barbara.

The news article reported that the blade had partially severed an artery in his abdomen and could have killed him, but for emergency surgery. The Jury took 4.5 hours to convict the attacker of GBH. He was also found guilty of robbing Mr Mills of a wallet, credit cards and cash. Mr Mills had been surrounded by 6 youths in May 95. He was punched around the head and shoulders and grabbed by the neck. He handed over about £100 but did not realise he had been stabbed until after the gang ran off.

As reported in the Sunday Times 21/12/96

Public Transport

- Avoid lonely bus stops particularly at night.

- On an empty bus sit downstairs in view of the guard/driver-Don't sit upstairs.
- On the way to work! On a Tube/Subway platform stand or sit near the exit/entrance and always be prepared to retreat from a situation.
- On the train itself again stand or sit near the doors in a carriage with people and check to see where the emergency chain is. If people get on you can get off - even if they get on next to you if you are aware, sensitive to their demeanour or if they are boisterous get off - as they board the train they are actually taking in other people who are probably some distance away and you can slip out as they get on.
- Don't sit in an empty compartment of a railway carriage.
- Do not, as you see many people do, particularly at the end of the day, fall asleep or doze on public transport.
- Be aware of being overheard, particularly on public transport - do not answer any questions about your destination, however innocent they may seem.
- On a train the toilets are a safe haven lock the door and pull the cord.
- On a train try to sit near the guards compartment and only in a carriage with a central walkway. Always be aware where the communication cord is.

- If you are threatened or harassed move to an other compartment. If this isn't possible and there is no apparent assistance you have no recourse, but to pull the emergency cord.
- Always be aware of other people who alight from a bus or train when you do.
- Tell members of the transport staff if you feel anyone or anything is suspicious

The following story illustrates that violence can erupt anywhere. We know the chances are slim that it will happen to us, but it happens and to those people who it does happen to the chances were slim as well. Ask them now though whether they feel the statistics helped them at all!

“Two masked and armed brothers who robbed passengers on a London commuter train were each jailed for 10 years at the Old Bailey in 1997. It was the first time an entire carriage of passengers had been robbed.

Anthony and Aaron Baxter 28 and 20, were arrested 5 days after the raid on the London to Dartford train in OCT 96. Both had a history of drug abuse and both previously were out on license for a train robbery. They spent the £260 cash they got on drugs and then the rest of the property they threw into the Thames -they were caught on video and also left fingerprints. Brandishing a machete and an imitation handgun,

both brothers terrified commuters with death threats, blows and demands for money. The passengers were ordered to deposit their valuables in plastic bags. Some commuters hid their possessions and one woman hid jewellery in her mouth. After their arrest Aaron Baxter escaped from Tanner Bridge Magistrates court during a scuffle. He received an extra 9 months for this offence. This latter incident says something about control and restraint techniques.

Out & About

NONE OF US IS INVISIBLE!

- It is folly to think we go unnoticed and it won't happen to us.

- Trust your intuition - if you feel scared or uneasy - don't ignore but act on it.
 - Be Alert when out and about.
 - Don't be out on the street if you have had too much to drink, Moderate your intake if you know you will be walking or ensure you have a known taxi company picking you up.
 - Walk tall keep your feet slightly apart for good balance, keep your head up and your mind focussed on your surroundings. Keep your hands out of your pockets.
 - know where you are going and how to get there.
 - look confident without appearing arrogant.
 - good posture, stamina, strength are all positive aids to good self protection
- If you think you are being followed, check by crossing the street - more than once if necessary, to see if he or they follows. If you are still worried get to the nearest place where people are
 - a pub or anywhere with lights on and call the police. Again avoid using enclosed phone boxes in the street as an attacker could trap you inside.
 - For women the advice is to wear flat heeled shoes at night if you know you may have to walk. If someone actually struggles with you high heeled shoes will not be an aid to balance or running.
 - Walk down the middle of the pavement. Keep clear of alleyways, shrubbery and dark doorways. Try and think where someone could be concealed e.g. behind the rubbish skip you are walking towards.
 - Don't stop to help at a road accident, if necessary go for help.
 - Always have your keys ready when you arrive home so as to minimise the time you are stood at the door fumbling in your bag or pockets. In London in 1997 there was a gang operating in wealthy residential areas which targeted people outside their homes to steal their watches.
 - At your front door be even more cautious and aware than you have been all night.
 - Avoid trouble makers well before by crossing over the road and ignore comments.

• Avoid long eye contact with strangers as it can be taken as provocative. Remember your eyes show any vulnerability or weakness:-

- Don't overburden yourself with parcels and if you do make sure you are well prepared to drop them if you are confronted.
- Don't hitchhike.
- Keep your personal possessions like a briefcase or handbag close to hand in public places, make it more difficult to snatch. You should always be able to see or feel it.
- Keep your cheque book in a different place to your cheque card.
- We repeat cover up expensive jewellery and tuck any gold chain into your top or collar.
- Try to avoid reading in the street, particularly a street map as it indicates you are not familiar with your surroundings, if you must do it try and keep walking.
- If someone asks you any question and you feel you have to reply keep at least two arms length away, better still try and answer on the move - re: 'a request for the time' - don't stop!!

The use of force is only to be recommended in a self defence situation after you have exhausted certain other options . If attacked 3 options - **Flight, Compromise, Attack.**



'Hit and Run' - that's all you should be conditioned to do. If anybody's teaching you anything more complicated, then they're just making it up.

Flight - Get away as fast as you can . Don't stop to think ACT. Run to a place where there are people or a security - most large stores

Compromise - If you can't get away scream yell, set off your personal alarm and throw it out of reach. Remember though that resistance is not the same as defence!

Attack - Hit hard and break away to run. Be furious and throw your weight into him and break away. Don't stay to fight your tactic is 'Hit and Run'

Alarms

If you often walk home in the dark get a good personal attack alarm. Carry it in the hand so you can use it immediately to, hopefully, scare off the attacker. Make sure it is designed to continue if it is thrown away and doesn't sound like a car alarm which everyone now ignores. more more more.

Taxis

If you are going to be out late, try to arrange a lift home, or book a taxi.

- Check that the taxi that turns up is the one you ordered .
- Ask for a description of the car e.g. make, colour and reg. If you gave your name when you booked it, make sure the driver can tell you it before you get in.
- When you book the cab get the company to tell you the drivers name.
- When you get home ask the driver to wait until you are in and have the lights on.

There are many reputable 'mini-cab' companies or private hire cars, but must be booked either at their office or by phone. In some cases the driver will carry an ID.

- Always keep the name and number of a reliable firm handy.
- Avoid mini-cabs and private hire cabs that tout for trade.

- Only a licensed Hackney Cab can pull up in the street in the UK.

- When you are in the taxi stay 'switched on' particularly to the way you are being taken to your destination. If you have a preference as to which way to go then ask and insist. - If you are not happy ask to be let out out in a well lit area where there are a number of people.

- If you are unhappy make this known, insist on the route you want and always carry a mobile phone with you so you can call 999/911 if you are worried that things are taking a turn for the worse and he won't stop. There have been enough incidents of rape and sexual assault by taxi drivers to make any lone female feel less than secure.

- Always sit behind the driver, not next to him if you are a female.

- If in any doubt DON'T get in, trust your instincts.

- If you are a woman try to identify a taxi firm which employs female drivers

- If you talk to the driver stay on general topics and give away no personal information.

- If you book a taxi from a public phone or in a public place like a bar, avoid being overheard when you give your name and address.

Don't let me give readers the wrong impression of all taxi drivers. The great

majority of taxi drivers pose no risk and are, in too many cases all too often the victims of violence themselves. Very few taxi drivers I know don't 'carry' something with them in their cab to give them an edge. Only this year a taxi driver was seriously assaulted and bitten in the face 21 times by his assailant who has scarred him for life. The attacker bit two people who went to his assistance and, whilst on parole, stabbed someone else to death.

“Life In Jail For Pretend Taxi Driver”

On October 22nd 1997, a Judge at Manchester Crown Court sentenced 'glue sniffing, drug dealing Duncan Bermingham to life for the sex attack and brutal murder of 22 year old Rachel Thacker. Rachel, a graduate and campaigner for womens safety failed to follow her own advice, following a night out when, after too much to drink, and despite the efforts of her friends to convince her to the contrary, she flagged down Bermingham in the mistaken belief he was a 'cabbie'. The next day her naked body was found behind a pub, having been battered around the head with a breeze block, disfigured beyond recognition and then set on fire after Bermingham had poured petrol over her. Her friends were unable to convince her that it wasn't a taxi, but the assumption is that

drink had very sadly clouded her judgement.

Jogging

- When jogging don't wear a Walkman and if female don't jog in deserted parks, wooded and bushy areas and always face oncoming traffic. Don't jog habitually at the same time of the same day each week and the same applies with cycling - vary times and routes. Stay to well lit roads and pavements. On commons and park lands keep to main paths and open spaces where you can see and be seen by other people.
- Always choose well lit and well populated streets.
- Plan your route.



Avoid counting or handling money in the street, particularly if you also have your purse or wallet in your hand.

- If you perceive a group of males make your decisions sooner rather than later.

Automated Teller Machines (ATM's)

ATM's are an exposed location. Whilst you are unlikely to be attacked at the ATM if other people are around you can be targeted there.

- Keep a good look around you and don't take your card out until the last minute.
- Don't withdraw anything other than small amounts, which means you don't have to stand around exposed whilst you count it.
- Don't use the machine if there is anyone there you don't like. Play the game - remember the face and watch out for it again.
- Don't let people stand directly behind you.- they have been known to mark your coat with chalk which identifies you to their cohorts!
- Also avoid dispensers when the street is very quiet.
- Make sure no-one can see you enter your PIN.
- If at all possible try to avoid using dispensers at night - they can be very dangerous. Drive through ones are regular venues for robberies.
- Generally avoid handling cash in the street.

Dogs

(Judith Weis Home Page - Internet)

1. Don't Run.
- 2 Stand still and be calm.
- 3 Don't scream at the dog and run.
- 4 Don't stare at its eyes - this is a challenge.
- 5 Let the dog sniff you.
- 6 In a low voice NO GO HOME.
- 7 Stay until the dog leaves.
- 8 Back away slowly until it is out sight.
- 9 If it attacks try and fend it off with a jacket, or your briefcase or better still broolly - always be on the lookout for any improvised weapon.
- 10 If you fall, roll into a ball and keep hands over your ears, face, throat and neck. Don't scream and don't roll about.

What Men Can Do!- Women's Safety

Men can help by taking the issue of women's safety seriously in their daily lives. Bear these points in mind- If you are walking in the same direction as a woman on her own, don't walk behind her - this may worry her. Cross the road and walk on the other side. This can reassure her that you are not following her.

- Never sit too close to a woman on her own in a railway carriage.
- If you are thinking of talking to a woman at a lonely bus stop, say, remember she doesn't know that your intentions are benign.

- Realise how threatening actions such as staring, whistling, passing comments can be when you are one of a group of men.

Security on the street is the basis for all good 'Safety Practises'. Much of this chapter has been about what to do and what not to do, but I have gone to great lengths to make it very clear that obeying these 'common sense rules is not how the battle is won.

Not walking with your back to the traffic is OK, but if you are walking along with a 'head full of seagulls' you are still a victim in the making. It is only 'awareness' of your surroundings and people that make all the 'rules' effective. Remember your attentional distractors, remember how we shut out stressful stimuli, remember our narrow internal focus of attention, remember our reduced or non-existent attitude to expectation and finally remember how we are convinced by statistics that 'it won't happen to me.'

If you acknowledge all the many factors that prevent us staying alert and aware then we are getting more ready to win the battle.

Now all we need to do is embark on our 'commentary' work. Try and make 'people watching' an interesting pastime. If it takes a banal and

simplistic game such as 'occupations' i.e. trying to give everyone you see an occupation from your impression of them, then all well and good. Anything that makes you 'see' people and forces some recognition of dress, features and demeanour then you are starting to become aware.

Remember the men with the large sheet of wood and the changeover. If you had said to someone that you could fool people with this ploy no one would have accepted it. The camera recorded quite graphically, however, that people do not in fact take in any information at all about others. So don't fall into the same trap yourself. The villains you should be capable of seeing on foot or in a vehicle are camouflaging themselves amongst everyone else and the mass of stimuli you may be unknowingly excluding - Switch On !

Home Security

“The house of everyone,” it was declared in a case in 1604, *“is to him as his castle and fortress.”*

This principle has come to be the cherished credo of millions of citizens, but it would probably have come as no surprise to anyone in those times to learn that nearly 400 years later our houses are even more like fortresses than they were then.

In the UK 900,000 burglaries are committed each year e.g. 1 in 25 houses burgled, i.e. 75,000 per month, 17,300 per week, 2,471 per day. Most crimes against property are committed by unprofessional, opportunists. A large proportion are male adolescents

in the UK, who, statistics show, stop when they mature. It is estimated that 70-90% of all domestic burglaries result from an easy opportunity - door not locked, window left open, mail/papers in the letter box, milk on the doorstep. The latter two visually indicate that no-one is in. Also don't believe that household burglaries only occur during the hours of darkness.

The police have over recent years in the UK begun to recognise the extent of the problem and initiatives like Operation Bumblebee which began in North London in 1991 led to 5,000 arrests and solved 10,000 burglaries in N.London alone. Burglaries in the Metropolitan Police Service fell by 9% in the third quarter of 1993 after the initiative was extended to the whole of the MPS in June. Remember though that many acts of violence also occur in the home, be it of a domestic nature or in the furtherance of robbery. Many

people are assaulted in places they feel most safe.

For most of us, as it records above, the majority of household crime is opportunistic and perpetrated on the basis of least risk. Good physical security and creating the illusion of occupancy when you are out, together with a good alarm system may deter the opportunist thief. If, however you are considerably up the wealth scale you could face a more serious threat armed and violent robbery.

As the physical security of households and commercial premises gets increasingly more sophisticated, it is becoming harder to break in and steal. The same is happening with vehicles and villains now recognise that the only option is to gain access by being 'let in'. Once entry is gained violence or the threat of it can open safes and elicit the whereabouts of money and other valuables.

£50,000 in jewellery was taken from a safe by an armed gang, after blindfolding and handcuffing City financier Lord McGowan and his wife. This was during a raid on their country home. The 3 man gang, wearing balaclavas, had crept up to the back of the building through the garden. After handcuffing the couple, threats of shooting were made, although no firearm was seen.

Lord McGowan was hit about the head and had a finger broken and described the ordeal "*these men were constantly swearing and threatening me. It was an awful ordeal, terrifying. My wife is shattered.*" Police believe the raids could be linked to similar attacks on the homes of other wealthy people.

In March thieves using identical tactics, raided the Birmingham home of Coventry City football team Manager, Ron Atkinson and Port Vale Manager Bill Bell. Last week Lady Dudley was robbed by knife men at her £1 million West London home.

Reported Daily Mail 28/10/96

So from the above we can see that good Home Security will be a working combination of both Physical Security measures and Procedures. In my book "The Modern Bodyguard" the security considerations of looking after a residence of some substance is reviewed. In this book I need to keep the procedural side to more realistic levels to accommodate the wider readership. Lets look at the following procedural matters initially:-

General Procedures

If you awake or hear the sound of an intruder only you can decide how best to handle the situation. You may want to lie quietly to avoid attracting

attention to yourself, in the hope that they will leave. Or, you may feel more confident if you switch on the lights and make a lot of noise by moving about. Even if you are on your own call out loudly to an imaginary companion - most burglars will flee empty handed rather than risk a confrontation. Ring the police as soon as its safe for you to do so. A telephone extension in your bedroom is obviously a good idea and may make you feel more secure as it allows you to phone the police immediately. If the receiver has been taken off downstairs, however then this is a non option and a mobile phone by your bedside on charge is a better option. These days lifting the receiver off the hook for any length of time can elicit a shrieking sound from the exchange which most burglars would avoid. Cutting the line would be a better option for them.

- Never reveal anything to a stranger and never let anyone know you are alone- Use only your surname and initial in the phone directory or nameplate. Don't advertise you are a single woman.
- If you see signs of a break-in at your home e.g. a smashed window, or door, don't go in as the burglar may still be inside. Go to a neighbour and phone the police
- If you are selling your home don't

show people around on your own. Ask the estate agent to send someone round with anyone who wants to view the house.

- Same if you are selling a car.
- Make a 'last' check before going to bed, that all doors and windows are closed and locked.

Answering The Door

Wherever possible know who you expect to call i.e. by appointment. Get friends to let you know they will be coming not just to 'drop in.'

- Try to identify the caller, before opening the door- peephole, intercom, camera to verify or qualify identity.
- If not known do not open.
- Don't let them know you are alone.
- Think before you open.
- Weigh time and circumstance - not appearance!
- Do not forget to re-secure the door after the caller has gone.
- Always use the chain or door preventer when holding a conversation.
- At night always switch on your exterior light to illuminate the caller and leave the interior light off, which could illuminate you.
- Be suspicious of a 'call for assistance' at night which might be a decoy to lure you outside
- Do not let anyone in 'to use you phone'
- Don't let small children open the door.

- NB. If you ask to see an ID would you know what a real one looks like - forgeries are very common so phone if no appointment, then phone their company, but don't let them supply the number.
- If there is a gas leak there will usually be a policeman
- Observe the manner, dress and accessories of the caller (i.e. coat over the arm, briefcase, hand luggage) - does any seem out of place?

Answering The Phone

- Initiate a call with "hello", not your name or number.
- Children not to answer the phone - they can be induced to disclose who is in and out.
- Children should be taught never to reveal that they are alone.
- Do not hand out your telephone number indiscriminately.
- If the caller claims to have the wrong number ask him to repeat the number required. Never proffer your number and never reveal anything about your situation.
- If you receive an abusive or threatening phone call, put the receiver down by the phone. Come back a few minutes later and replace the handset. Don't listen to hear if the caller is still there. Don't say anything - an emotional reaction is what the caller wants. If the calls continue tell the

police and the operator and keep a record of the date, time and content of each call. If you can record the calls.

- A spate of wrong numbers- change your number, inform the telephone company and if you are suspicious seek police advice.
- Both Family and staff not to reveal any information.
- Keep a mobile phone in the bedroom over night - Get callers to leave their name and number and phone back.
- Be wary of contest winning, surveys, give-aways. These are what we refer to as 'pretence' calls.
- If you are a female alone you may wish to consider using a male friend to record your answer machine message.
- If you are a lone female you can still record a message which says *"I'm sorry we're not able to come to the phone right now....."*
- Don't record . *"we're not in at present...."*

Family Issues

- Coordinate itinerary/schedule with spouse and check-in.
- Do not discuss family future activities, travel and the like in front of small children as they invariably 'share secrets'.
- Discuss safety issues for school, work, shopping etc.
- Children not to leave school with strangers.

- Coordinate children's whereabouts and explain why.
- All family members and household staff to be alert to loiterers.
- Ensure all financial paperwork, bills, statements are destroyed before they go in the bin. The same applies to any paper which contains travel matters, holiday dates etc.
- Instruct all family members in the use of emergency telephone numbers.
- Fire precaution drills learnt by the family.
- Make contact with neighbours who can keep a 'friendly eye' on the property in your absence.
- If you employ domestics ensure they are vetted.
- Tell your family about security issues, but do not alarm them with it.
- If you have an alarm fitted ensure you include 'panic' buttons in strategic places, particularly the bedroom.
- Make sure babysitters are familiar with all procedures, answering the door, phone etc.
- Don't put children in downstairs bedrooms.
- Change locks if keys are lost or you move to a new home.
- Use net curtains and blinds to obscure view from outside when the curtains are drawn back.
- Establish or join a NHW scheme.
- Don't put keys in a safe! place. Your 'secret' hiding place will be obvious to someone who is bent! If you have to leave them, leave them with a responsible, trusted neighbour.
- Never give keys to workmen or tradesmen as they can easily have copies cut. Never have too many keys and know where all are.
- Close curtains or blinds before turning on the light at night - do not sit in lighted rooms at night with the curtains open.
- Suspicious callers bogus official, bogus sale person, bogus adult and child.
- Protect your property whilst you are on holiday nb. 8 out of 10 burglaries occur when the house is empty therefore make sure at all times that your house has that 'someone in it look' - the illusion of occupancy. Ask a neighbour to keep a 'friendly' eye on it whilst you are away or advise the local police who may patrol.

Practical Measures

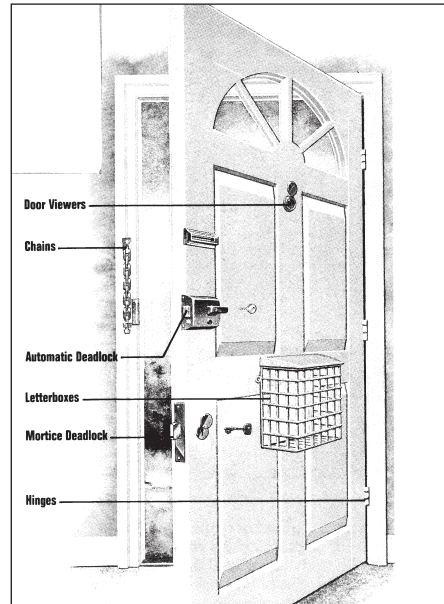
- Exterior Lighting see below.
- Remove/Cut trees and bushes near the house itself - hiding places!
- Fit padlocks to side gates.
- Keep dustbins, if possible, in an enclosed yard.
- Property marking is good practise and your local Crime Prevention Officer can help here. Also photograph any items of value and keep a record of any serial numbers.

- NB There is also the practise of Theft, Burglary, Robbery and obtaining Property by Deception.
- Go to the local Crime Prevention Officer (CPO) for advice in your particular situation.
- A burglar needs an exit - If he has come through the window and can't open any mortise lock he can only leave with small items or break out through a large window! Therefore do not leave spare keys in kitchen drawers.
- Get into the habit when you leave your house, be it for a few minutes or a few weeks to routinely check that you have locked every outside door and window and also garages, outhouses and gates.
- Don't leave obviously valuable and portable possessions on view through windows. - Also, don't always close curtains if you go away. They are a give away during the day.
- Consider using net curtains which restrict the view from outside.
- Never keep too much cash at home.

Physical Measures

1. Doors

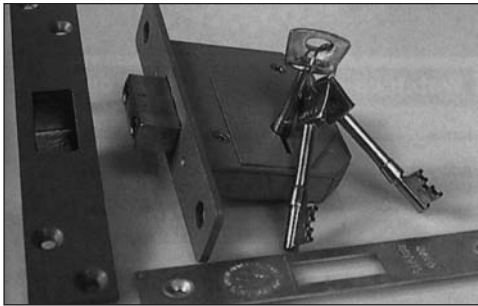
Front doors should be solid timber in construction and have a 5 lever mortise lock fitted. A strong door is pointless, however, if the frame into which it fixes is flimsy or in poor condition.



Good physical protection starts at the door and a number of specific items should be considered which add value to its security.

2. Locks

It was the Egyptians who first used a locking principle requiring a key. The principle they used of wooden pegs was used by Mr Linus Yale in 1844 - and this locking principle is found on 90% of our front doors. It was the Romans who developed the use of bronze and produced the first recognisable metal lock and key, but the modern lock was first made in the middle of the 18th century in Britain with a number of patents being taken, as in the patent of Robert Baron and that of Joseph Bramah - the first lock in the world capable of millions of permutations.



A typical Chubb mortice lock - best used in conjunction with a rim lock.

In 1817, Portsmouth was shocked by a daring burglary with the aid of picks and rewards were offered to the inventor who could design a pick proof lock. Even the 'pick proof' locks of Chubb and Bramah both failed to resist the efforts of a Mr Hobbs an American safe salesman in 1851.



Many modern rim locks have lockable handles - a thief would need a key!

Make sure all locks and chains conform to BS 3621. This British Standard gives methods of tests and requirements for thief resistant locks suitable for attaching to hinged doors of business offices, shops, and domestic premises. Remember, though a lock is 'only as good as the

door it is attached to' and where you have a Padlock 'only as secure as the locking bar to which it is attached.' With outside doors it is a good idea to also put in 'barrel locks' top and bottom. If you have a key keep it nearby when you are in the house in case you have to get out quickly in the event of fire

Door Chain

It allows for you to sign for and receive mail.

It will give you a feeling of safety.

It gives you good resistance to a kick against the door.

Remember to make sure:

You always use the chain and

That manufacturers instructions are complied with.

That it is a good strong chain.

That screws used to anchor fittings are at least 30 cm (13/16") long.

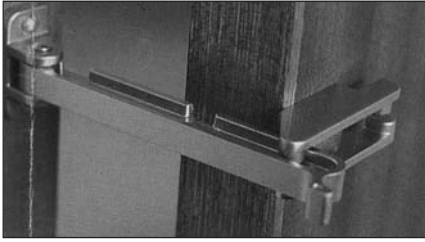
Use it even if there is a door viewer.



Door chains are fine if they are of solid construction and solidly built into the door and door frame.

Door Limiter - The door limiter -has similar benefits to a chain.

It usually has more resistance than a chain to physical assault.



A Door Limiter is often a better proposition than a chain.

Door Viewer - A small lens which fits into the door like a telescope. The door viewer allows the occupant to get a good look at the caller before opening the door. It should be positioned at the eye level of the occupant.



Are you inviting crime?

Look at areas outside the house first of all e.g. Fencing, walls, trees, hedges, etc. All should be in good condition with no breaks and tall enough to prohibit surveillance of the house itself and inhibit climbing. Physical security involves consideration of the following;

1. Perimeter.
2. Lighting.
3. Garages, sheds.
4. Doors.

5. Side paths - NB. Burglars like an easy opportunity. If they have to make a lot of noise e.g. on gravel they will not bother.

6. Windows - good frames, good locks and sound fittings.

Pay special attention to ground floor windows and consider the use of shutters. There is a comprehensive survey form below to assist in assessing the merits of the above.

7. Alarms and signalling.

Exterior & Garden Areas

We all like a certain amount of seclusion and privacy, particularly in high density building areas. However, in the creation of such areas with trees, shrubs, hedges, it can give a bonus to a would-be felon in the way of camouflage and concealment. That having been said it is always good to be behind high walls, trees or hedges as it prevents surveillance from the outside.

The following are pointers to reduce risk, yet still allow yourself some privacy:-

- Cut back tree, shrubs and hedges as much as aesthetically possible, particularly close to the house and drive.
- Consider a comprehensive lighting programme for the garden and house shell - take professional advice - see below.

• Fencing, or walling around the immediate garden - personal taste/requirements will determine the compromise. In Close Protection work the recommendation is an outside wall of at least 7 feet and nothing on top of the wall to aid climbing or concealment.

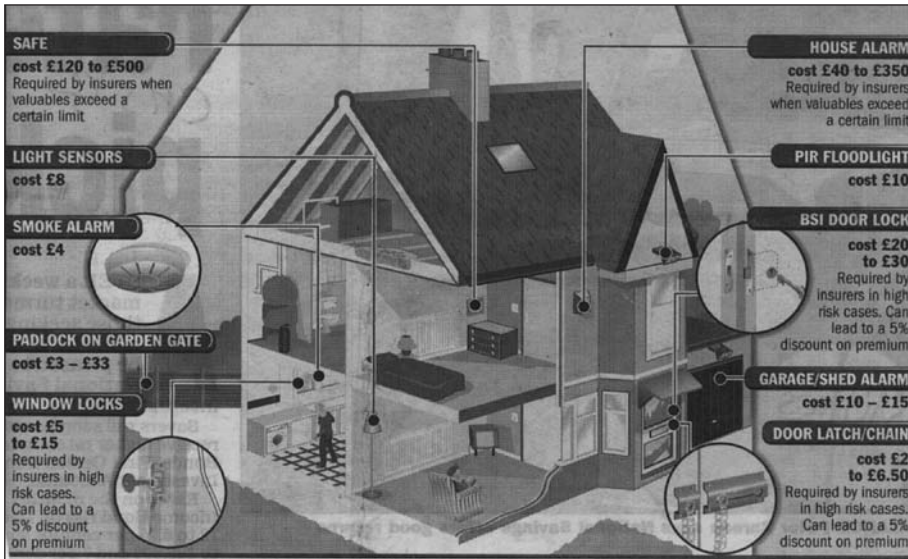
Gravel paths that crunch under foot.

Physical Defences - walls, fences, doors, bolts, locks and alarms.

Procedures - family issues, answering - door/phone, suspicious activity reporting, emergency procedures.

Lighting - to make the first two effective after dark.

Given time an intruder will penetrate any defence system - the deadlock on



Comprehensive household security need not be expensive, but security products, as with most other specialist products, are rarely cheap. If they are of good quality. Often this is better to do nothing and keep your wits about you than buy cheap products which will fail.

Your guard dog outside! as an alarm system.

Vett any part time handy man/gardener.

Lighting & Lighting Positions

Lighting forms an important part of a system of defence. A system consists of:

a door, or a safe combination - but, the stronger the defences, the more time he needs.

During the day, the intruder relies on the general activity for cover. He hopes to pass in the crowd but risks detection if he lingers too long. Neighbours can help by reporting any strange faces

seen entering or loitering around empty houses. By night there are fewer people around, the risk of detection is lower and, under cover of the darkness, there is more time to defeat the security provisions. Lighting can remove that cover and make the intruder vulnerable to detection and possible apprehension.

The principles of security lighting are simple:

- To provide light to assist in detection of intruders.
- To avoid creating shadows that could offer concealment.
- To deter the intruder by creating a feeling of uncertainty.

As we pass a house, with all its lights on and the curtains open we can see people at their various activities. But, looking out from inside of the house the picture is very different. A few meters from the house is darkness and there is no way of knowing who may be lurking there. Because the viewer is adapted to the brightness of the room the shadows appear even darker.

If the curtains are drawn for privacy, as they should, the darkness draws closer and there is no longer a pool of light around the house. If, someone knocks at the door, can they now be inspected before the door is opened?

Door viewers are recommended, but, at night can a caller be clearly seen? Is the front path or back garden a place where a person can feel safe after dark? Can anything be done to make the householder feel safer? The answer is yes - whether it is a mansion, a terraced house, or a block of flats - lighting can give added protection at little cost.

Positions

1. Can be bolted to the side wall to give better coverage (high up).
2. Position near the front door or inside the porch to illuminate the approach path.
- 3 Can be positioned on the rear of the house to illuminate the garden area surrounding the property.
4. To illuminate the area between the garage and the house allowing safe access as well as a deterrent to a would be intruder.
- 5 It should not be positioned above a garage with an 'up and over' door - it will be obscured when the door is open
6. Have adequate lighting, if you have to go outside at night to garage, stables, shed, etc.
7. Any outside lighting systems to have switches indoors or under lock and key, if outside.
8. Ground lighting is not as good as spots.

9. Ensure lighting does not provide 'tunnels of darkness'.
10. Lighting should be directed outward.
11. Consider the use of 'timers' to switch both inside and outside lights on when darkness falls and you are not in.

'Burglars like Easy Opportunities'

If they have to make a lot of noise, spend a lot of time breaking in, or risk being seen, then the chances are they won't bother.

Burglars dislike locked, double glazed windows, because breaking glass attracts attention and if your windows are securely locked they won't be able to open them after breaking in, they have to climb past broken glass, possibly in a hurry - unless that is, the keys are by each window and your spare door keys are in a kitchen drawer.

Windows

Generally windows are at risk are those at the rear of the premises, at ground floor level or where access is possible due to features of the building which allow easy access by climbing, e.g. flat garage roof. Although glass is easily broken it is noisy to do so. For this reason other methods of entry will usually be tried before resorting to breaking glass because of the attention which may be attracted. It is

comparatively rare for entry to be made through a broken pane, more likely glass will be broken to allow access to a handle or fittings.

Broadly speaking, there are six main ways in which protection can be achieved, namely by the use of:-

Bars and Grilles



Window grilles need not be unattractive.

Shutters



Shutters these days can be as comprehensive as you like. Here they are completely enclosing external roll shutters.

- Locks and fastenings
- Special Glass
- Glass substitutes
- Alarm installations

Patio Doors

For Patio doors where the locks are generally weak, use a timber insert or metal rod on the exposed interior rail as an added security - simple and effective.

In the UK we have British Standards which apply to security products and you should ensure that the following types of security products comply with the required standard

TO BS 3621 LOCKS

BS 4737 Alarms

BS 6707 DIY ALARMS

There is also a BS8220 'The Security of Homes' for builders and there is a BSI booklet 'A guide to The Security Of Homes'.

“Survey your home as a burglar would”

Household Security Survey

1. Type of House

2. Internal Features

a. Doors i.e. type and quality of locks, bolts, chains fitted. Physical condition of door and frame, design and location of letter box. Door viewer. Cat Flap
Front Door - construction, frame, locks, viewer, chain etc

Rear Door - ditto

Side Door - ditto

Internal - construction, frame, fire resistant.

b. Windows i.e. type and quality of

locks, frames, glass type, double or single glazed, blinds.

NB - Can any door or window locks be manipulated by breaking glass or a panel?

c. Lighting e.g. Lights that could illuminate the immediate area outside. Controlled ON/OFF, PIR, Timed etc.

d. Fire detection system - sensors and where, signalling, alarms.

3. Alarm System i.e. Yes or No, Signalling, alarm - linked to central station or bell only.

a. Internal - panic buttons, pressure pads, PIR's, doors, and windows.

b. External - boxes, stickers.

4. Garages i.e. attached/detached.

5. External Environment

a. natural boundaries- walls, fences, hedges and gaps and condition of same.

b. Landscaped - are you providing hiding places. Do you have wall trellises which may aid climbing?

c. Lighting - where, type, how switched on, where illuminated etc.

d. Outbuildings (Include reference to their security and general availability of tools, ladders etc which could aid a burglar).

e. Other areas.

6. Miscellaneous Security Features

Are motor vehicles garaged. Are personal possessions and pictures/works of art marked.

Recommendations - but first some data we should know before we embark on our own survey:-

Some Statistics
TRUE OR FALSE?

- 1. Most burglaries occur during hours of darkness **FALSE**
- 2. Violence during burglaries is rare **TRUE**
- 3. Some domestic burglaries are committed without forced entry **TRUE**
- 4. Approx 80% of burglars have no particular property in mind **TRUE**

NB.

Re 1 above- Studies of burglaries have shown that the majority of residential burglaries take place between the hours of 1000 - 1600, peak period between 1300 - 1600.

Re 2 above- If disturbed his primary objective is to escape a. without being seen and b. without physical contact.

TRUE OR FALSE?

- 1. The most vulnerable points of entry are the areas hidden from public view **TRUE**
- 2. Detached houses are more vulnerable than other houses **TRUE**
- 3. Semi's are more vulnerable than terraced **TRUE**

4. Purpose built blocks of flats are more vulnerable than any other dwelling **TRUE**

Re 1 above- Entry gained via front, back or side of a dwelling varies with the type of dwelling (det, semi, flat or terr), but, as a general rule, most house burglaries take place at the rear of a dwelling.

Re 2 above- Detached are most vulnerable, as it gives 4 possible sides of entry.

Re 3 above- Semi's without a garage are more vulnerable as they usually have a side access to the rear. . Linked with a garage are therefore less vulnerable. Terraced houses having a back to back garden are the least prone to burglary due to the degree of difficulty of in gaining access to the rear.

Re 4 above - purpose built flats are vulnerable, particularly if on the ground floor.

Risk Assessment - Outside
(tick how it applies to your dwelling)

Risk Assessment Form
Neighbourhood **YES** **NO**
High Risk
Medium Risk
Low Risk
(If not sure ask your local CPO)

Type Of House **YES** **NO**
 Detached
 Semi
 Terraced
 Flat

A skylight
 A cellar door

Burglar alarms do work in conjunction with other deterrent efforts. A determined burglar will not be deterred by an alarm and these days most go ignored. But as another piece in the overall jigsaw, alarms do work and help build up an 'unattractive' target for the would be burglar. In the UK make sure they conform to BS4737.

Points Of Entry **YES** **NO**
 Is your home accessible from :
 Front Only
 Front & Side
 Front & Back
 Front, Sides & Back

Perimeter Or Boundary
 OK **NOT GOOD**

Does Your Property have:-
 A Wall
 A Fence
 Railings
 A Gate
 Bushes, shrubs
 External lighting

If you find yourself confused and unable to assess the security requirements for your home call the local Police Crime Prevention Officer.

Domestic Violence

Still a large problem and one this book is unable to tackle. If you are a victim of physical, emotional, or sexual assault in your home or elsewhere you must call the police. They have the Domestic Violence Unit who you can ask to be put through to.

Ego!

Try not to let your ego get in the way of your personal safety -
 Former Radio 1 DJ Gary Davies told newsmen how his heiress wife was knifed by intruders during a horrifying attack on their home.

Is Entry Through:-
 A front Door
 A side door
 A back door
 French windows
 The Garage (attached)
 Patio Door
 Ground floor windows
 Windows available by climbing

The Express Wed 6/9/96

The gang escaped with valuables at least worth £100,000 after having slashed Lisa Davies arm and threatening the couples housekeeper, during the robbery at their home in London's exclusive Hampstead.

Police were studying the links between this attack and similar robberies in exclusive parts of London. The month before the Earl and Countess of Dudley were attacked in their Kensington home by two masked raiders who escaped with a fortune in jewellery.

Police believe gangs deliberately target wealthy couples after checking the pages of society magazines like Tatler and Hello magazines to identify victims. Ego Eh!

Best Practise

It is standard procedure when we have a client for whom we are providing Close Protection to advise against any photographs of their homes and offices. There can be nothing worse than to appear in Hello, with the photos showing the aerial view of your home, views of the principal rooms and the Rembrandts on the walls and the smiling family decked out in their finest and most expensive jewellery.

If there are any family dogs they are usually in the shots and if they aren't

it's pretty safe to assume there are no dogs- Ego EH!

Credit Card Fraud

In 1996 thieves and fraudsters ran up a bill of £97 million on debit and credit cards belonging to other people. There was an average of £400 spent on each card with £300 being spent before it was reported - which means the holder is not necessarily entitled to get the money back. Always report a stolen card the moment you know it has gone. In 1996 462,000 Barclaycards were stolen or lost world-wide and 377,000 Connect cards. About half the cards used fraudulently were stolen in burglaries, car break-ins, muggings and pick-pocketing. With one car being broken into every minute in the UK cards left in vehicles are particularly at risk and, in fact, one in seven Barclaycards or Barclay's Connect cards stolen was taken from a car.

Credit card fraud doesn't require the offender to physically have hold of your card. Remember, all your credit card details are on a transaction receipt and people leave them in all sorts of places. Often they are left in shopping trolleys, or thrown away and there are instances where receipts have been pulled out of dustbins. Once a crook gets hold of your credit card details he

can buy by phone or these days over the Internet, always coming up with a convincing reason to the retailer as to why the delivery address is different from the card address. Still, though, 60% of fraudulent transactions take place over the counter, but many organisations like Barclays track spending trends of clients and may ask for a 'person check' if a particular purchase is out of the ordinary.



Now you're about to lose your credit cards, cheque book, keys and other personal details.

What You Can Do:-

Sign new cards immediately they arrive and cut up your old cards when they expire.

- Don't write down your PIN and never disclose it to anyone, even if they claim to be from your bank or the police.
- Never leave cards unattended in a bag, briefcase or pocket in a public place. Keep your bag or briefcase on your lap and if you leave it on the floor secure the strap.
- When using your credit card, ask for and destroy any carbon paper from the transaction. Don't throw it in a public rubbish bin - crooks may retrieve it and use your number, but be sure to keep your own copy and check it against your statement
- Report lost or stolen cards to your bank or building society immediately by using the 24 hour emergency telephone number on your statement.
- Consider registering with a card protection scheme- particularly if you have several cards. The level of insurance cover is good for the premium charged.

Fire in the Home

Every year in the UK more than 14,500 people are injured and 700 die as a result of fire in the home. It would be remiss of me not to include a section on fire prevention in any book on personal security. Over 100 fires break out every day at an estimated cost of £640 million each year.

Many of the 65,300 domestic fires each year could be prevented

1. Chip pan fires are one of the most common causes of fire in the home in 1993, in the UK. There were nearly 17,200 such fires in the home leading to 33 deaths and 3,600 non-fatal injuries.

- Never fill a pan more than one third full of fat or oil and do not leave it unattended when the heat is switched on. If the pan does catch fire, don't move it and don't throw water on it. Turn off the heat if it is safe to do so, cover the pan with a damp cloth or towel and leave it to cool for 30 mins. (If anybody who is reading this book actually cooks chips at home you need to read "Fit To Fight" and think about changing your diet -tubby!)

2. Remember 1 socket - 1 plug! Sockets can overheat and start a fire if several adaptors are being used. Always make sure plugs and adaptors have the correct fuses for the appliance and look for worn, or fraying flexes. Know the danger signs - fuses blowing, lights flickering, or brown scorch marks on sockets and plugs. If you have any doubts call a qualified electrician.

3. Switch off and unplug electrical appliances when they are not in use and never leave them on overnight. Some appliances are, however,

designed to be left on and if you're not sure check with the manufacturer or the shop where you bought it.

4. Fires from cigarettes, cigars and pipes lead to more deaths than any other causes. In 1993 there were over 6,000 fires in the home caused by smokers materials, leading to 172 deaths (32% of the total number of fatalities in the home) and over 2,000 injuries.

- Do not leave a pipe, cigarette, or cigar unattended and make sure you stub out any materials before going to bed. Avoid smoking in bed (any reader who smokes or smokes in bed needs a serious dose of intellect, or read 'Fit To Fight', practise some of the drills and then have a fag!)

5. Always keep portable heaters away from furniture, furnishings and flammable items such as clothing and newspapers.

6. Children, because of their natural curiosity, can be at great risk from fire. Children should not be left alone in the house, or alone in a room where there are portable heaters, cookers or an open fire. Keep children away from matches and cookers and always have a fixed guard around an open fire.

7. Do not rest clothes or put newspapers on a guard around an

open fire - they can catch fire or get too hot to handle and cause burns. Get the chimney swept every year and rake out the fire at night.

8. Electric blankets cause nearly 2,000 fires each year in the UK.

Have your blanket serviced each year in accordance with the manufacturers instructions. Never use a blanket which has singe marks or exposed elements and ensure it has British Standard BS3456 and BEAB on it. When you buy a new blanket check for 'overheat protection' which causes the electricity to cut out if it gets too hot. Unplug blankets when you get into bed unless they are marked as being suitable for use all night.

DIY - The majority of fires are caused by carelessness or ignorance. If power tools smell too hot or they spark excessively then take them to a specialist repairer for an overhaul. Soldering irons should not be left unattended when on and always use a proper rest or cradle. Always clear away wood shavings and rags and check that tools are properly wired.

10. Do not tackle a blaze unless you are sure its safe to do so - get everyone out and call the fire brigade. If you are trapped by fire, shut the door, put a blanket or carpet at the bot-

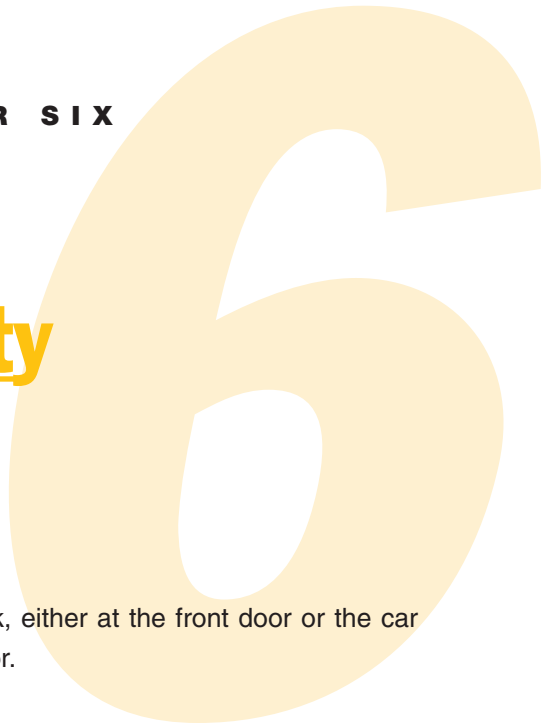
tom of the door and call for help from the window. Know your escape routes in advance and make sure those routes are clear.

Finally get a smoke alarm, for over half the deaths are due to smoke inhalation. An alarm won't cost you much money and is easy to install. Many fires happen at night, so if you don't have a smoke alarm there is nothing to wake you up, apart from the clanking of the Pearly Gates closing behind you.

First Aid

It is important that one or preferably all adults and children are versed and up to date in emergency first aid. There are now many very good 'short' courses available in most communities that there should be no excuse for ignorance in this area. I don't want to 'pad out' this book with first aid tips as in the UK every home should have a copy of the excellent First Aid Manual authorised by St. John Ambulance, St. Andrews Ambulance Association and British Red Cross. At the time of writing it is in it's 6th Edition and is first class. Also every adult should take the time to attend at least a one day 'save a life course' .

Vehicle Security



Any reader who has the Modern Bodyguard, or who is familiar with Close Protection procedures, will be equally familiar with the distinction between 'Vehicle Security' and 'Mobile Security.' The former is to do with the security of the vehicle, essentially, when it is static and your own personal security in relation to the vehicle.

In Chapter 1 there was reference by the Nashville Metro PD about '**Transitions**' i.e. the changes we make from, say, the home or office to the street, from home or office to a vehicle, from the vehicle to being on foot and vice versa. Transitions are statistically dangerous times as it is at these points when we become most preoccupied with the mechanics of the transition i.e. fumbling in our purse or pockets for keys, getting the key in the

lock, either at the front door or the car door.

Kidnappings, as an example, occur in or near the vehicle close to the home. This is as a result of a number of factors favouring the attackers. First, they will 'track' your routine i.e. travel timings and routes. Second, your route probably presents some good opportunities, but third and most important you will be 'switched off' in the relative safety of your car, having just left, or about to reach the comfort of your own home and when you feel secure.

Mornings are worse as people usually take the first mile or so to sort things out e.g. radio, misted screen, seat adjustment, car phone, etc. They mentally 'surface' about 5 blocks away and then concentrate on the journey. This is why so many accidents occur close to the domestic residence.

Basic personal security, as it relates to vehicles, concentrates on one basic issue- attitude. I went on at some length in Chapter 2 - Awareness, about all the reasons we 'switch off' and this is more applicable when in a vehicle than anywhere. We have a mistaken belief that we are secure in a car. The next chapter should dissuade us of that assumption, but in this chapter the concern is basically concentrated on two aspects:-

1. How we leave our vehicle
2. How we return to our vehicle



A 'transition', such as getting into the car is always a risk. You are pre-occupied with the mechanics of the event and your attention is drawn away from your surroundings. Here, the risk has been increased by thoughtless parking.

This sounds simplistic and quite rightly it should be if we can get our subconscious '3rd EYE' to work for us and not to lapse into 'Condition White'. Stage 2 - 'how we return to our vehicle' is almost solely dependent on the intellect and fore thought we have applied to stage 1.

If we get the first part wrong you will see shortly, how we can create some 'nightmare scenarios' for ourselves when we return to the car.

Think & Plan Ahead

These days in the age of 'Health and Safety' we talk about a 'safe working environment.' What we are trying to achieve here is, very simply, a 'safe parking environment.' To achieve this we need to Think Ahead! Our 3rd Eye, should become schooled in the 'risk analysis' of trying to imagination the

circumstances which will obtain when we return to our vehicle.

You know your own town or city well enough to be able to identify those areas where you would not want to leave your car under any circumstances - either because you could expect vandalism and theft from or of the vehicle. Also most

people are shrewd enough to know a 'bad area' i.e. one you would not like to park in and then walk through. This isn't difficult, but if you are unsure or the city is new to you then endeavour to find out -use your intuition if you cannot be certain. There are 'no-go' areas in all major cities of the world. If you park

your vehicle in a side street and walk passed broken glass on the floor, you know you are in an area where car break-ins occur.

Once again our main problem is not the patently unsafe areas, one because we rightly avoid them and two because as we know them to be bad we adopt a more considered approach to what we do there. It is, again 'the place we feel most comfortable that we are most at risk!' This is with our every day routine. What do we need our 3rd eye to do for us? Very simply it needs to analyse what our vehicle and it's surroundings will look like on our return to it. If it is 2 o'clock on a sunny, Tuesday afternoon when you park and you are going to come back one hour later, things will look pretty much the same.

If, however, you will not be back for 6 hours and it is Tuesday the 8th of January it will be 'pitch black' (in the northern hemisphere at least). What you should actually do when you park is make your analysis on the basis of your best guess about how your vehicle will look 6 hours later. If you have parked in in a 'downtown' commercial area of the city, in some back street, you probably had to fight for that one parking spot. There would be many cars about as well

as people, many professional or office workers.

The Omissions

However, as you return at 8pm the place has become a 'desert.' There are few if any people around and those that are now may seem a little unsavoury (solicitors and accountants accepted) and the area has taken on a very 'secondary' feel about it. You now begin to realise some very significant mistakes, or omissions you made earlier.

At 2pm in the sun you took no cognisance of the street lighting, although you now realise it is poor to



You've seen this before, but its a reminder about parking near points of concealment.

nonexistent. You also realise that your car is not parked under one of the few

lights in the street and is almost in darkness.

More importantly some more serious factors may have a part to play. As you look at your car you suddenly realise that you have parked next to what is a very dark and threatening alley on the same side as your drivers door and you will have your back to it as you get in. It may be that there is no alley, but there is a large builders skip alongside your vehicle, and again you will have your back to the unknown as you try and get in. For the skip or alleyway, substitute a wooded area alongside the road, bushes, dark doorways. Essentially you have created 'an unsafe parking environment.' To create the opposite you need to have a few simple things in place.

These are that you have:-

1. Ability to have a 'visual' of your vehicle at a good distance as you approach it.
2. That your vehicle is well lit
3. You have not created the opportunity for hiding places close to your vehicle.
4. You have created the opportunity to abandon your vehicle should your awareness create suspicions as you approach
5. Be aware and suspicious if people and other vehicles are close to your

car (a lone car parked next to yours when the rest of the street is empty should make you suspicious), particularly if there are people in it.

Lets expand on some of the points. A good 'visual' means that you are able to obtain an 'all round' view of your vehicle. This is as much to do with your method of approach as how you park it. When you return to your car, the following golden rule must be paramount-

'DON'T BE SURPRISED BY YOUR OWN VEHICLE'.

For example if your approach to your vehicle requires to turn a corner off one street into the one where your car is parked, then the above rule demands that the car needs to be parked some reasonable distance down the street you have turned into and not just around the corner. If the vehicle is only 10-15 feet away when you first get a visual you are too close. A hiding place for people who are waiting to rob you or worse on your return to the car may be on the ground at the rear or at the side of the car, practically underneath. This will be the preferred place if you have also parked in a corner e.g. a multi-storey car park .

Distance Creates Time!

At 10-15 feet away, the one area you

have no view of is underneath. To be able to get a good view of this area you need to be at least 30-50 feet away. At this distance or further you have perfect 'inter-visibility' all round. At this juncture let me jump to point 4 above, because points 1 and 4 interrelate. The purpose of achieving your all round view of the car is so you can 'evaluate' potential threats. You know that after 'evaluation' the next stage up on the 'Threat Pyramid' is Flight. By creating a good 'visual distance' you buy time! and time you must have for

Lets go back to the car parked just around the corner. As you turn the corner you are confronted by your vehicle and 4 youths around it. Two are busy vandalising you car whilst the other two are keeping a lookout. For your part you were doing as you were told in as much as you have your keys in your hand, but as you turn the corner you are confronted with the scene as described.

Your actions and expression tells the whole tale. You will stop as you take



The 'traffic lights' showing Condition White more correctly indicate the mental state which applied when the vehicle was parked.

in the scene, you are shocked and surprised and it shows because you freeze, not knowing what to do, whether to challenge them or not or turn and get out of there. If you are a single female (and also a single male I would submit) you only have one option, which is to get out of

both the evaluation period and escape. So you see someone under your car from a good distance you can abandon it and seek help. Find a populated area and phone the police - do not return to your vehicle alone.

there. Only now you have been seen and their attention is drawn to you and away from the car. You are now by your actions associated with the car as they can tell by your surprise it is yours and you have no means of escape.



“Surprised by your own vehicle” and too close and startled to pretend its not yours. If you are isolated you may be a better prospect to them than the vehicle.

This is better! A good distance at which to evaluate the situation without breaking your stride and compromising yourself. Even if you draw some attention you have distance on your side.



Now you can ‘avoid’ and abandon the vehicle. Find people and a police officer as soon as possible. Don’t immediately go to a phone box as you will be trapped and followed.

You are too close to be able to get far if they come after you. Flight has now turned to fight.



A well lit and spacious multi-storey car park. A good choice.

If, however, you turned that corner and your car is some 30-50 yards away, then the scene that presents itself is at a distance which allows assessment, evaluation and the ability to divert without drawing attention to yourself -



What seems like a good idea ie. parking near the lifts or stairs is not - too close, too soon!

you can abandon it. So think about the route you may take to get back to where you have parked your car - if there is a choice pick the one which creates a good visual.

Multi-Storey Car Parks

How do you solve the problems of being able to see your vehicle as we have described above and the rule must still apply -

‘DON’T BE SURPRISED BY YOUR OWN VEHICLE’.

If you remain guided by this, then the first point is don’t park your car immediately close to the lift or stair doors. This seems contrary to what you might think, but the rule must still apply. If you walk out of the lift or stairs and you are immediately confronted by your vehicle you have lost any opportunity of evaluation and, probably escape.

First, always get off the lift or out of the stairs on the floor below where you have parked. Then use the ramp to access the floor where your car is parked. The benefit of this should be obvious if you think about it - by so doing you are able to see not only

underneath your vehicle, but also underneath any adjacent car or van. It is impossible for anyone to be hiding and not be seen, but to make this work in a large car park you need to get your car near the 'up' ramp.



This is no better - you still cannot see underneath the vehicle. If these two were ducked down out of sight you'd have no visibility underneath.



This is better - use the access from the floor below to enable you to see underneath (P.S. - there are actually two legs showing, but not with my photography - PC).

Know how good or bad the lighting is in the multi-storey you are going to use. Be familiar with the layout. City centre multi-storeys can be a desert at night, lighting can be poor to very bad and they can become dangerous places

for the unwary. Never enter a multi-storey if you believe you are being followed. Also never park in a multi-storey or underground if there are people there who make you uncomfortable.

Choose a car park which has an element of security

e.g. patrols or video surveillance on each floor. If lighting is bad park in such a way that you gain from any 'borrowed' light from adjacent street lighting. Do not isolate yourself on the very top floors-they usually fill up last, but empty soonest. If the pay stations are manned do your best to park in proximity to them, but failing that be as close to the ground floor as possible. If you are working late in the office, consider moving your car out of a multi-storey at an earlier hour e.g. 5 - 6pm and park it closer to the office. You will probably find a meter



If you are going to be kidnapped, it will probably be into a van. So this isn't the way to get into your vehicle if one is parked closeby and if you have any suspicions.

at that time, it makes the walk to it later on much shorter and removes the risk of the dark, deserted car park and creates 'a safe parking environment'

Approaching Your Vehicle

Given the broad guideline about a good visual distance, you still have to stay 'switched on' as the approach to your car continues. Your risk increases as

you close with the car and are about to enter it.

- Things you should take into account are any other people or vehicles nearby.
- Be especially cautious about vans parked alongside your car, particularly if they have a sliding door and it is alongside the drivers side. It is the most common method of snatching someone off the street and you could be dragged in in seconds.
- If you are unhappy, but not to the extent that you wish to abandon your car then think laterally. This advice applies with the dark alley, rubbish skip, bushes etc and this is 'get in the car on through the passengers side!'. This way you can keep your eyes on the area of concern and can lock it the moment you are in.



Better - 'switched on' to the potential risk and keeping her eyes on where the threat may present itself not the doorlock. It may be inconvenient, but its safe.

- As you approach try to see if all your tyres are sound. Tyres can be punctured so as to make you stop and leave the vehicle at some point further on.
- Look for tamper marks on your vehicle.



With the rear door closed and in poor lighting conditions, you won't see him in the rear footwell. You must look and look hard - acquire a key fob 'Mag-Lite' torch and use it. Hiding in the rear footwell is standard procedure.

- Always have your keys ready when you are close to your vehicle and use the remote to unlock it if your car is so equipped. If not have your key ready and try and 'know' instinctively where the lock is - don't end up 'fumbling' for the lock with the key which over-occupies you.

- Don't put parcels or a briefcase on the roof or bonnet while you open or close the door
- As you reach your car you must include a visual scan of the interior, in particular the rear footwell, as someone could be lying flat out of sight

in the dark. A small 'Mag light' type key ring torch is ideal to assist in this inspection.

- You should have remote opening so that you don't need to occupy yourself with finding the lock and getting the key in it in the dark.

- As you get into the vehicle make sure

you get in backside first. Bodyguards are taught to do this instead of putting



The moment you are in, lock your doors before you do anything else, otherwise you are at risk.



A 'transition' into a vehicle usually means you enter one leg first. This makes you face forward and loses you vital, all-round vision.



This is better - the 'bodyguard' entry. By getting in backside first, your body is oriented outwards as is your vision.



This can be the result. Many serial murderers use the vehicle transition as a point to strike.



Also your main weapons ie. your feet, are both still available to use effectively.

one leg in first which people commonly do. One leg first orientates the body into a forward facing profile, so breaking visual contact with what may be coming towards you from the side. Backside first, keeps you facing the direction of any possible threat and keeps you with both feet on the ground longer.

- The moment you are in **LOCK THE DOORS** as your very first action. Now comes the hard part- which way have you parked? By that I mean have you 'nose parked' which means you have gone in the lazy way when you parked which is nose in first or did you do it correctly and park rear end first which probably took more time.

Nose parking is lazy and a dangerous habit. One, it is impossible in restricted parking spaces to actually get stuck going in nose first when you come to get out. Two, if someone approaches your car as you get into it you want to be able to get out of there quickly and with the least amount of fuss. In a panic trying to back out of a tight space can be problematic and dangerous. Women are the worst offenders in this regard and also the most at risk.

The following are some of the Do's and Don'ts, but I will say it again knowing them doesn't mean you will

automatically apply them unless you stay switched on and plan;

- Never leave your house keys in your car, particularly if there is an address and identity as well, e.g. vehicle log book . Whoever steals your car can also break into your home, because he knows you are not at home. He will phone to see if anyone else is. He may not do it himself, but phone an accomplice.
- Check petrol, oil, tyres prior to all long journeys - in good nick - well serviced - always check in daylight in a safe place. If used regularly check oil and water once a week.
- Always have ample fuel at least half a tank.
- Check tyres before every journey.
- Listen to the engine, If it doesn't sound right have it checked.
- Make sure the brakes are working efficiently. If you need to brake to avoid a threat better braking gives more distance gives more time.

Guard Your Transport

A comprehensive report containing some startling statistics was produced by the working group on car crime in the UK chaired **Mr John Curtis, OBE**.

The group found that between 70 per cent and 90 per cent of all private car thefts were believed to be opportunistic and that most car crimes

were committed by young people under 21, almost exclusively male. Going back some years in 1987 figures showed that over a third found guilty of, or cautioned for, car crime offences were aged between 10 and 16. In total there are some 550,000 vehicles stolen each year, i.e. is 1 in 45 vehicles stolen of which, according to 1996 Home Office and Scottish Office figures 263, 732 are never recovered

Although nearly one million hours of police time a year are taken up with car crime and 98 per cent of car thefts are reported, only 30 per cent of thefts from cars were recorded. The 1984 British Crime Survey estimated that the net loss to motorists was £270 million a year. These days new cars come with an array of anti-theft devices, some of which work and some simply 'window dressing' by manufacturers. Many such installations do not prevent the skilled thief. Don't help the thief to help himself to your vehicle, particularly if its loss leaves you stranded in dangerous or unfamiliar surroundings. You know all the rules and I'm not going to repeat them here, but it's up to you to do all the correct things to prevent your car becoming a target.

Consider a system such as Tracker and TrakBak, which essentially are

cellular tracking systems to enable the police or a central station to track the vehicle. Anti-defeat systems are built in to prevent the thief disabling such a device, from a separate battery to an anti-surge unit to prevent the thief attempting to 'flash' the system. For lone females there is also a breakdown location service.

As good as these systems are and if you can afford them I recommend them, the experience from the States should act as some sort of caution. Thieves there, conscious of the hidden presence of tracking systems now steal a vehicle and abandon it shortly after. They return to the vehicle 24 hours later and if it still there they then steal it properly as they know it doesn't have a tracking system installed.

Preparing For Your Journey

- Plan your route and if it is a long journey that you would not usually do prepare a route card and leave on behind with family, friends or colleagues. People must know your estimated time of arrival (ETA) and they must also know to expect a call from you to confirm your arrival.
- Try to avoid deserted country roads, choose the widest, fastest route.
- Always carry a torch in the car.
- Carry change and phone cards in the vehicle as well as a mobile phone.

- Try to avoid travelling alone at night.
- Have your car keys ready as you approach the car. This allows you speedy access to your vehicle, but equally as important it stops you fumbling in your purse or pocket and so taking your eyes and therefore your attention of your surroundings. It can also serve as a reasonable improvised weapon if attacked.
- Check the back seat and rear foot well.
- Lock all doors immediately you are in the vehicle before you do anything else keep a visual contact with your surroundings as you get into the vehicle - don't lose contact with what's behind you and get transfixed with simply the interior of the car.
- Do not leave your handbag or briefcase on the seat, either put it in the boot or put it well out of sight. The same goes for your mobile phone. You can be attacked when stopped for any valuable item in sight.

Keep the windows closed when you are stationery or in slow moving traffic Always park your vehicle in a busy, well lit street. Not only will you reduce the risk of personal attack but also the risk of your vehicle being targeted for theft or vandalism

- Avoid multi-storey car parks. If you can't- heed what we have said already.
- Make sure nothing is left on display in the vehicle. It has been known for a

vehicle to be broken into for a child's anorak and a plastic carrier. Apart from the mess and cost it could make you more vulnerable. Before leaving it make sure all doors are locked and windows closed.

- Check the surroundings, BEFORE getting out of the car. Take a moment or two to 'scan' the surroundings, particularly in multi-storeys.

We seem to spend an increasing amount of time in our vehicles so 'switch on'. Attacks on or near vehicles are on the increase as you will see in the next chapter, but even before we embark on a journey we are at risk if we act in a mindless way.

Mobile Security

At the end of Chapter 8 we looked at some 'pre-departure' preparations. To these we can now add the following. We are now safely in our car and travelling down the road. We have a choice to make and that very simply is to switch off or stay in control and use the opportunity to get some 'commentary' work done. You will be surprised about how much of an improvement the practise will make to the standard of your driving. You will be more alert to both other road users and also the actions of pedestrians. You will see situations developing well ahead of you and you will feel that much more in control.

There are some basics with regard to route planning and those are highlighted in the list of Do's and Don'ts at the end of the chapter. Before we get into the meat of this chapter lets

look at some other peoples painful experiences.

Highway Robberies

In the mid to late '90's, a resurgence of highway robberies has begun to occur on Britain's roads. An antique dealer robbed on the motorway and a secretary attacked on a Welsh by-road are victims of Britain's latest crime.

Mr Robin Udall 55 was attacked shortly after midnight when driving from Cumbria to an antiques fair in London. *"I thought my time had come"* he said still bearing the marks of his attack - cut marks on the chin and face from a flick knife and a swollen left eye.

He had stopped to change a flat tyre on the M6 near Keele, Staffs. when he was attacked and robbed of £106,000 worth of antique clocks and silverware. Detectives believe the thieves may have tampered with the tyre when he

had stopped at a service station some minutes earlier and followed his Citroen in a Ford Transit. He thought he remembered seeing a similar van parked nearby at the service station.

Shortly after he stopped the van pulled up and two men got out - one punched him in the face knocking him down then knelt on his chest drawing a knife several times across his face. In minutes the gang were speeding away with the antiques towards Birmingham in the van, with the plates obscured.

In a separate incident a gang were equally as quick in Gwent Wales when they attacked a Mrs Williams 57, as she collected her company's payroll. She had become suspicious of a white Citroen following her. Suddenly it overtook her and a Ford Capri took it's place. The Citroen screeched to a halt forcing her to brake hard, the Capri ramming into her from the back. Although traffic built up on both sides of the road, unsurprisingly, no one came to help until the end of the attack.

Three men wearing light blue ski masks and armed with a crowbar and truncheon then approached her. She described how three men jumped out, one stood in front of her car, one by the passenger door window and a third by the drivers window. *"The third man kept*

smashing a bar against my window, but it wouldn't break. I opened my window about 2-3 inches and passed the money through the gap, then they were gone." The gang fled in the Citroen and left the ford at the scene. Mrs Williams described herself as a 'marked woman'. Earlier in the week a Mr Dennis McMahon was robbed of £8,000 in wages when he was attacked in his car by a gang near his home in Middlesborough.

With both the wages robberies, there was an element of planning and the gangs would have known that payrolls were being carried. There have been incidents, though of lone females in expensive cars where a 'fake' accident has been staged and the victims robbed of cash and jewels. to make these robberies work the thieves need information, particularly for the wages snatch. They may be getting that information from your business!

Information Security

There is a golden rule about information security and that is that if the information is important and you think it is secret then you must also still believe in the tooth fairy. Someone, somewhere will have told others about your payroll run, even if in all innocence. You must plan your travel on these occasions on the basis that

the information is likely to be known to others and then vary times and routes so as to prevent a pattern emerging. It is grossly unsafe and highly questionable to send any member of staff on a wages run where large amounts of cash are involved. It is done in the belief, incorrect in many cases, that they are being covert and that nobody knows how it is done.

Road Rage

It has become a feature of the increasing stress and pressures of driving on UK roads that we have now begun to accept 'road rage' as a common occurrence. On any day it would be hard not to see one example of the phenomenon as two drivers exchange aggressive gestures and silent invective. On occasions, both they and their aggression spills out onto the road and violence can ensue - even to the extent of men physically attacking women.

What concerns more than this aspect of a more fundamental underlying problem is that there are untold numbers of people who are on a 'knife edge' and are basically, walking time bombs. They have reached a point of stress and frustration, so much so, that an overload occurs to the mental 'governor' which would normally keep a cap on such explosive behaviour.

The 'knifewoman' who was described as 'going berserk' in the Jobcentre is such an example. Even 'normal' people can be taken to the point of becoming unhinged.

The point I want to make is that you should avoid being the 'catalyst' which tips these otherwise 'normal' people over the edge. They are on a very, very, short fuse and if it is you who tips them over, it will be you who is on the receiving end of what seems a gross over-reaction to your particular problem with them. This can happen in the car, a queue, whilst at work either with colleagues, or more likely, with a customer- if you are in a 'service' type business. We will look at the **'Recognition and Resolution of Conflict'** in the work environment in Chapter 8.

I just wanted to make the point that you do not know who you are 'waving your fist' at and the mental state of that individual. Remember there is only High Risk or Unknown Risk - there is no middle ground when you don't know someone and don't be fooled by appearances. The film 'Falling Down' starring Michael Douglas gave a very good portrayal of the 'Mr Average' who reached the end of his rational tolerance - so don't be the trigger which fires these people in your direction.

That having been said we can now concentrate on the wider risks of travel. This is not a book about safe driving, but if we do not touch on this then we are ignoring the most fundamental contributor to personal injury and death - road accidents. Before we look at some driving issues in relation to our security from attack, assault, robbery, we need to see how we drive. The better we drive, the better we should be able to avoid violent incidents, however the remote possibility may be.

Commentary Driving

What is primarily required is to apply the awareness training we have highlighted in Chapter 2. I adapted 'commentary driving' training for use in the street and elsewhere, so lets export it back to where it came from - the car. Commentary driving is the verbal articulation of what we observe is happening in our 'environment' when we are driving and that encompasses a complete 360 degrees, in a logical and methodical way. That environment includes also the interior of the vehicle, e.g. - the gear we are in, the speed we are doing, revs., oil pressure, and what we are intending to do e.g. "*approaching traffic lights on red at approx 200meters, I intend to slow down using the gears, now checking the mirror and*

changing into third to 'pace' my approach to the lights and looking ahead I see two cars stopped at the lights. My speed is now 20 and I am still slowing with the gears and moving down into second, to my sides are parked vehicles and a few pedestrians who show no intention of crossing the road. Looking ahead I see a group of youths waiting to cross at the lights and looking behind I see a car coming up at speed which will box me in if I have to stop etc etc."

The important thing here is that the 'commentary' work has created enough awareness to make you think about pacing your approach to the lights so that they just change as you get to them and you are not stopped and boxed in, so making yourself helpless should the youths turn out to be a threat. A vehicle's security is best when you are able to go somewhere in it, that is move. All other times, when you are stopped, it is a security risk. Any sequence you use to create a pattern of commentary is OK, but '**AHEAD, BEHIND, INSIDE, SIDES**', is a good working way of creating the full 360 degrees. This way you have a sequence which conditions you to move from looking ahead, to behind, to the vehicle state from your instruments and gear position and then both sides and back to ahead. Commentary work

is often referred to as ‘**Read Ahead**’ driving. The better you get the further ahead you will start to analyse what it is you are approaching. More importantly you articulate the process by which you are forming decisions about what to do as the journey unfolds.

What you can do the next time you drive is to try it yourself, but don’t do it during a ‘rush hour’ period, otherwise you will overload the system-i.e. you! Try it during a quiet period and see how you cope. Commit yourself to do it the whole journey, but don’t pick a journey that is 200 miles - pick one that will last some 10 minutes at first. You will also want to do it when you are on your own - simply due to the high embarrassment factor. You will quickly understand how difficult it is - one, to be methodical and two, to decide what is ‘important’ data to highlight in your dialogue and what is not. Lets take pedestrians - ten pedestrians who are walking toward you on the pavement, some ten feet from the kerb, probably need no commentary reference. In contrast, one pedestrian who is walking with his back to you and whose direction would seem to be toward the kerb needs ‘reference to’ as he or she could have the potential to step off the kerb into your path without looking and intuition will

then tell you the appropriate time to sound the horn.

Be selective - on a busy road with many vehicles and pedestrians there is too much happening for you to describe everything - so you must select items which have potential to cause you problems . This may be one car in a line of six coming towards you who ‘gives off’ all the signals of impatience to overtake i.e. a sports car. As you approach trucks and buses, look underneath the front to see feet- this may be the only piece of someone's anatomy you see before the rest of their anatomy ends up on your bonnet. You must learn to do this some distance away as the closer you get the less inter-visibility you have underneath. Commentary driving and commentary walking for that matter solve the problem of looking, but not seeing.

As an objective aid to better sight you may need to be more conscious as to how you position the car. Remember you’ve paid to be on the road so use it. This book is not the place to teach advanced driving skills, but without weaving all over the place you can probably make better use of positioning to make prior observation of potential risks happen sooner. Read Ahead commentary doesn’t mean that

your sole concentration is directed ahead. Ahead, Behind, Inside, Sides, conditions you to avoid the fixation with the end of your bonnet to the exclusion of all else, but also ensure that you are bringing into the commentary important 'environmental' detail. Not least of these is weather and the condition of the road. Sufficiency of natural light and changes as you drive along should also be included and the general changes to the type of physical environment and how it is changing. This is where you move from urban to rural, to built up high street, to wooded, to climbing or descending. In anti-kidnap the changes in the physical environment are critical to be aware of as an attack will happen in quieter, more remote locations, with few witnesses and little room for you to manoeuvre or where you are slowed by hills, or constricted by narrowness or forced to stop e.g. railway crossing.

You will soon notice how your attention is directed to the task in hand - your environment and it's potential to 'bite' you. You will also begin to feel like Wellington on his country rides, being able to tell what the road will look like 'over the hill' and 'around the bend.' On unfamiliar roads where you do not know the sweeps and bends the road will take, then look for clues i.e. treelines, telegraph poles, street

lighting- where they go there is a good chance the road will also go.

Anti-Surveillance

So now you are alert, you are aware and, more importantly, you are in control of your environment where nothing should surprise you. Now you can direct part of your attention to other, albeit more remote possibilities, of attack or robbery. Your weapon in this is the practise of good 'anti-surveillance' drills. A quote you will find in the Modern Bodyguard book about *anti-surveillance describes it "anti-surveillance is the actions taken by those concerned with the protection of a potential target of terrorism, or crime, to detect and in certain circumstances to defeat terrorist surveillance."* In this instance the person concerned with the protection is you as Bodyguard and Client. For a complete review of the procedures read the BG book, but it is sufficient for most peoples security who have no 'specific' threat to simply be aware.

For 95% of the population intentional attacks on the road will be a rarity. For those people whose wealth is more obvious- cars, house, jewellery, media exposure, then the risks increase. You are identified as a potential target by what you drive, wear, and where you live and what you have may be wanted

by someone else. To get these it may be that their plans are based on your vulnerability whilst you are on the road. You may not though have to qualify as wealthy to have your window or windscreen smashed or your door pulled open whilst you are stopped at lights, to have your purse, briefcase, shopping or mobile phone snatched and you punched and manhandled. You should also have seen it coming. If, however, you are effectively 'blind' due to being mentally elsewhere as you approach the lights, you will not have seen the two unsavoury characters by the kerbside.

If you are switched on you will not only look at them 50 meters out, but you will 'see' them as well. As you are then in 'condition orange' you should pace your cars approach so as to reach the lights or the back of the queue as they change. What if it just isn't possible to slow down that much, that far out! What you should then try to achieve is to ensure you leave enough room when you stop to manoeuvre. Some very simple rules on this 1. Always look for an 'escape' turn off which is close to the junction or lights. 2. It is within your con-

trol not to get 'boxed in.' To prevent this you need room to be able to move and you know that the car behind will close up to you within a few inches. It is therefore up to you to not similarly close up to the car in front. If you cannot see the very



Too close - there is no room to manoeuvre, particularly if the car behind is up close.



This is better - if you can see the rear tyres, you have room to move.

bottom of the tyres of the car in front you are too close and will be unable to move away.

Stop far enough away so that the bottom of the tyres are visible and you will have enough room to turn out of the line of cars.

Mobile

- Make sure that your cars fuelled and regularly serviced. Each week check, Oil, Battery, Water, Tyres, Screen washer fluid. Seasonally check Antifreeze and Screen De-icer. Before a long journey double-check Lights and windows are clean, all lights are working, Fuel level, oil level etc.
- Always have at least 1/2 tank of fuel.
- Select well lighted, busy, clean service stations.
- Carry a mini-flashlight.
- Plan your routes and alternatives .
- You should be a member of a motoring or breakdown organisation.
- Carry the number of an approved taxi firm with you.
- Make sure you have coins and cards to phone but always carry a mobile if possible.
- Let people know where you are going and ETA etc.
- Don't pick up hitchhikers male or female.
- If you are approached at the lights by a group of people or two people,

you may need to make a decision to run the lights - if you do take great care and do it slowly.

Motorway

- If you break down on a Motorway, you may read differing advice as to whether you should stay in your vehicle after you have phoned the emergency services or stand by it. However, pull over to the hard shoulder if a fault develops and put the hazards on, whilst trying to 'coast' to the next phone box.
- If you do have to walk for a phone follow the arrows marked on the road to find the closest phone. Stand behind the box as you phone and face the traffic and make sure they know you are on your own if a female.
- First don't walk to the roadside phone if you don't have a mobile, or it doesn't work at that spot. Eventually you will be seen by a police vehicle. Remember that many deaths on motorways in the UK occur on the hard shoulder.
- Never reverse on a hard shoulder to get to a phone you've passed.
- It is essentially unsafe to sit in the vehicle and it is probably better to stand on the grass bank, by the passenger side with the passenger door open. If another vehicle stops and a male gets out then sit back in the vehicle and lock the doors. This can

create the illusion of having a companion Use the 2" rule to talk and the best they can do is phone for help for you.

- Accept no other assistance. Use your common sense when deciding to accept help from a woman or a woman with a male companion, but NEVER, NEVER, TRUST TO APPEARANCES!
- Never cross a motorway to use the phone.
- If hassled use your horn and lights.
- Never accept a lift from a man on his own and certainly not one who has other male companions.

NB Many women when interviewed by police in the north of England believed



You just never know! There is only ever high risk or unknown risk.

They did not know that the boxes were connected directly to Greater Manchester Police.

Some more Do's & Don'ts



This looks innocent enough and you may be tempted to stop and help. Things, however, may not be as they seem and certainly if you are a lone female, don't.

- Be prepared to crash - at slow speed
- if kidnapped in a public area.
- If forced to go somewhere act SOONER rather than LATER.
- If someone or something is blocking your way, stop well before the obstruction to assess how you can safely drive out of the

the phone boxes on Motorways were only for those people who were members of motoring organisations.

situation without putting your personal safety at risk

- If it appears to be a road accident or

breakdown it may be safer and more practical to drive to the nearest safe parking spot and phone.

- If you think you are being followed - stay calm and in control of your vehicle. Do not let yourself be forced off the road.
- Alert other drivers by flashing your lights and sounding your horn.
- If necessary keep driving until you can get help. Head for a busy, well lit area with people. Obviously an open police stn, fire stn, hospital A & E.
- Avoid leading a following vehicle to your own home even if you do not live alone.
- If you are followed home lock all doors and attract attention with the horn or car alarm.
- Don't be forced to stop by someone in another vehicle who tries to indicate

your vehicle has a problem. Even if you feel it is genuine drive to the next petrol forecourt.

Carjacking

This is not a prevalent crime in the UK, but there have been incidents and in the States it is growing. In some African countries like Kenya it has reached epidemic proportions. The following are some aspects of the problem:

1. Carjacking is an easy theft method, particularly with the sophistication of today's alarms.

2. What is the carjacker looking for -

- Nice car maybe.
- Vehicle is stopped and isolated.
- Occupant(s) are no threat.
- He will need an area of concealment if he is to wait for your return.



This is just asking for trouble, but its easy to forget what you should be doing, particularly at those familiar times you feel safe and secure.

- Unlocked door or fully open window-doors locked at all times and when stopped open only 2".

- He needs an escape probability - his best time is when a person is entering or leaving the vehicle.

3. Typical approach scenarios.

- Tap from rear.

- Walk-up approach at a junction, lights or your driveway.
- Get you to stop by deception or faked accident.
- Tampered vehicle - punctured tyre, blocked exhaust .
- Don't put down convertible tops at night or in crowded pedestrian areas.

Surveillance

This next section is equally applicable when you are mobile in a vehicle, on foot, leaving your home or office. We have talked elsewhere about surveillance in general. Surveillance is not just the preserve of international terrorists or criminal kidnappers.

Anyone who takes an unhealthy interest in you as a person has begun a 'surveillance mission'. Be it a street mugger, carjacker, rapist, stalker, they all have to embark on a period of watching you.

So why is it done;

- Target selection Who, Why! What is it that makes you a victim!
- To pinpoint vulnerability.

Surveillance Detection - Why/How

- Make them select another target.
- Make it difficult to pinpoint your vulnerabilities.
- Be alert, aware, and OBSERVANT.
- Be less predictable & avoid patterns.
- Reduce their probability of success.

Being able to detect someone who is watching you is the key to personal safety. If you can spot people or vehicles which make you unhappy, then you must, by definition, have been 'switched on' which is good. A stalker, mugger, would-be rapist, or robber has gone through the process of target selection surveillance, however brief or detailed.

Even the opportunist has need to identify you as suitable for his purposes, so remember, if he can see you - you can see him- it is just a question of being alert and intuitive about people. Someone who is following you on foot or in a vehicle will do things which cause him to be vulnerable. In the Modern Bodyguard I go into some detail about surveillance vulnerabilities, but here, suffice it to say that you will only spot people if you are conditioned both to look and see.

Security at Work

Whilst at the office or our place of work we should rightly assume that we are safe. However, these days, there are just too many incidents of assault by customers, robbers, co-workers and unknowns for us to be in any way complacent. As a consultant I lecture on the Recognition and Resolution of Conflict in the workplace as well as delivering programmes on how to provide a safe and secure working environment. The following are extracts from these various programmes which are applicable to what way comprise the bulk of this readership. Many of the programmes I deliver, and advice I give, are to the senior directors of businesses and centre on how they can best change the working environment. Much of that advice I have excluded from the book as it is not

relevant to the bulk of the readership who are unable to influence change.

The general **Office Security Procedures** that affect all our safety revolve around the following areas;

- Parking Areas.
- Company visitors.
- Isolated areas.
- Locking doors and access control.
- Toilets in public areas.
- Personal items.
- Reporting suspicious activity.

If we are simply employees with little or no influence over these matters then we must make the best of what might be a poor and unsafe working environment. It might be that the company you work for are one of multiple tenants in large complex with little influence to affect improvements by the landlords. If you are reading this and are in a position to make some improvements, all to the good.

Parking

- Establish clear parking criteria - who is allowed to park there and clearly separate staff from visitors.
- Use a windscreen ID badge system.
- Effective lighting, particularly 'hiding' areas.
- Don't allow landscaping to provide 'hiding' areas.
- For females at night and working late ensure an 'escort' system with a male colleague.
- Distance to and visibility of entrances - endeavour to allow good line of sight from the entrance to the vehicles.
- Consider preferential female parking in closer proximity to the entrance.
- Conscious visual scanning for suspicious persons loitering or occupied vehicles.
- If suspicious - call security and wait for others.
- Ability to run? - items carried, how dressed etc.
- Quick decision making to give up the car.

In Chapter 6 we looked at the 'vehicle approach' procedure and when you are leaving work do not let your guard down because you think it is a safe environment- it is unsafe for the very reason that you think it is safe.

You have been told to approach the car with the car keys in your hand and that is good, but if as you approach the vehicle late one evening, you see someone suspicious moving toward you from the direction of the car. You will have to abandon it and seek refuge where? -the office building you have



As you make the transition from the work environment to go to your vehicle, have the car keys to hand - however that's not the end of the story if you need to abandon the vehicle and seek the safety of the building.

left, but if you have to get in quickly you won't be able to, probably because when you left the building you allowed the door to lock behind you and your office keys are in the bottom of your



However, if the door is closed and locked behind you and your office keys are in the bottom of your bag, you're in big trouble. When you make a transition from a safe environment to the outside, make sure you can get back in quickly if the risk dictates.

bag. So, a new rule - if you leave a 'safe' environment and you are in 'transition' then make sure you can get back in to your safe environment quickly.

Do not park near any object e.g. rubbish skip, bottle bin which provides concealment and give your vehicle a full 360 degrees before you close with it and get in.

Company Visitors - this may not be in your hands, but if you can influence matters ensure all visitors are issued with a temporary badge for the duration of their visit and that they are escorted at all times. Decisions should be made about the following

1. Type of workplace - who is allowed in and when.

- Customers/clients on property?
- Employees only on property?
- Public Access?
- Open hours (vs) Closed hours - Access policy.
- 2. Access Criteria** - How are people granted access?
 - For employee only areas?
 - I.D. badges/keys/card access?
 - Visitor control/I.D./logs/appointments/other?
 - Delivery/ maintenance and service?
 - Areas of public interface/barriers, observation, communication?

On a physical front consideration should be given to the usual alarms and surveillance equipment and effective lighting. In occupations where by the nature of the work violence

always has a potential e.g. psychiatric nursing there should be a 'panic alarm' system on a wireless basis installed.

Common Areas - Special Caution In or Near

Anywhere the general public are allowed more or less free access additional care should be taken and sensible precautions adopted.



Use the mirrors to get a quick visual of anyone who may be inside.

1. Public Toilets

- All toilets to which the public could gain access, but to which they are not allowed must have a key pad, coded entry system.
- Be observant - don't be followed in.
- If there is a suspicious person observed inside - leave!
- Quick, immediate scan and make use of the mirrors as you enter.

- Abandoned items - don't touch, report.
- Don't leave your items unattended.
- Call for help/panic alarms.

2. Stairwells/Elevators

- Stand near elevator controls when inside.
- If attacked in an elevator push the emergency button and as many floors

as possible. If you are not close to the control panel you won't be able to.

- When leaving an escalator check the corridors.
- If a suspicious person enters - leave/don't get in.
- Stairwell doors often lock so take extra care and avoid there use as a 'short cut' - report

any observations.

- Do not use stairways when elevators are available.
- If an elevator arrive and the occupants look unsavoury then don't get in.

3. Public Lobbies

- Should be open and observable/monitored.



Avoid isolated, rear stairwells and certainly don't go any further if this is what you see.

- Barriers for protection/signal capability - a 'silent alarm' should be at the reception.

4. General

- Never leave keys, wallet or valuables in coat pockets.
- Never leave, the above on or in an unlocked desk.
- All empty office locations, cabinets, should be locked when not in use.
- Secretaries desks should be placed so that they can observe all activity entering and leaving the office area.

Workplace Violence

The UK's Health & Safety Executive (HSE) - defines violence to staff as: *"any incident in which an employee is abused, threatened or assaulted by a member of the public in circumstances arising out of the course of his/her employment."*

Employment related does not just mean occurring in the workplace and for example an attack on a shop assistant in the street following an incident in the shop is work related. In the UK we have had incidents of hostage taking of senior personnel and their family's to extort compliance for robbery.



"Don't get in" - would be the advice, but you must judge the situation at the time. Don't let bravado be an element in the decision-making process.

In the UK we have good legislation such as the Health and Safety at Work Act Sect 2 (1) 1974 (HSW Act) which

puts broad, general duties on employers and others to protect the health and safety of staff. In particular, sect. 2 of the HSW Act gives employers a duty to safeguard, so far as is reasonably practical, the health, safety, and welfare of their staff.

Employers also have a common law general duty of care towards their staff, which extends to the risk of violence at work. Legal precedents (see *West Bromwich Building Society v Townsend* [1993] IRLR 147 and *Charlton V Forrest Printing Ink Co Ltd* [1980] IRLR 331) show that employers have a duty to take reasonable care to see that their staff are not exposed to unnecessary risks at work including the risk of injury by criminals. In carrying out their duty to provide a safe system of work and a safe working place, employers should, therefore, have regard to, and safeguard their staff against, the risk of injury from violent criminals.

If you feel your work environment is not safe - say something. All employers are required by the Management of Health and Safety at Work Regulations 1992 to assess the risks to the health and safety of their staff and of anyone else who may be affected by their work activity. This is so that the necessary preventative

measures can be identified. Both employer and employee have an interest in reducing violence at work. For employers, violence can lead to low morale and a poor image for the organisation making it difficult to recruit and retain staff. It can also mean extra costs, with absenteeism, higher insurance, lengthy litigation and compensation payments. For employees, violence can cause pain, suffering and even disability or death. Physical attacks are obviously dangerous, but persistent verbal abuse or threats can also damage employees health through anxiety or stress.

The HSE issue many guidelines on safety at work and one area in particular bears outlining

Robbery

Definition “*a person is guilty of robbery if he or she steals and immediately before or at any time of so doing, and in order to do so, uses force, or puts or seeks to put any person in fear of being then and there subjected to force*”. In summary, robbery is stealing aggravated by violence.

The Scale of the Problem

The Criminal Statistics for England and Wales show that the total number of robberies was 57,845 in 1993 and that numbers have grown by some three-quarters since 1989. In the UK most

robberies take place in metropolitan areas. Over four out of ten take place in London's Metropolitan Police District and in London retail outlets account for 45% of all commercial robberies. The overall risks are also above average in the West Midlands, Gtr Manchester, Merseyside and West Yorkshire.

Survey

The first Commercial Crime Survey by the Home Office shows that - when compared to other forms of commercial premises - it is retailers which face high risks of robbery.

The British Retail Consortium (BRC) annual survey of crime against retailers showed that, in 1993, there were 6 robberies for every 100 retail premises. There were some 14,400 robberies against retailers and the average loss (excluding those from Post Offices) was £1,287 per incident. Recoveries after robberies are very low.

As with any crime of this nature the physical consequences are much more damaging than the financial. Staff in retail outlets are quite frequently, physically assaulted, and have sometimes been killed, during robbery attacks. The fear and anxiety these incidents create can continue long after the incident itself. The BRC

surveys do not separately count the number of retail staff hurt during robberies, but these are amongst the 14,000 retail staff known to have been subjected to physical violence in 1993 and over 100,000 subjected to threats of violence.

Off-licenses are most at risk from robberies and other shops in particular are grocers and chemists. These sort of business's are open later than most other types of retail outlet and this most certainly adds to there risk. The ratio for off-licenses is 15 robbery incidents per 100 stores.

If you work in a retail environment ensure that your company provides courses in 'Armed Hold-up.'

Working Alone

It is acknowledged that there may be situations when it is not possible or practical to work with other members of staff, for instance in petrol filling stations, video rental shops, delivery services, cash carrying . In these circumstances an employer must ensure that working alone does not make staff more vulnerable. Some safe working arrangements should include

- Ensuring the person is capable of working alone. Consideration has to be given to both routine work and

foreseeable emergencies which may pose additional physical and mental burdens on the individual.



If you are alone at night, don't make any 'transition' unless you are sure it's safe. If you are unhappy, lock your office and phone for assistance.

- Providing training to control, guide and help in situations of uncertainty. It will be important to avoid panic reactions to unusual and risky situations.
- People working late, must alert a responsible party
- Ensuring that solitary staff fully understand the risks involved in their task and also what safety precautions will need to be taken. Some examples for mobile staff would include ensuring that they are contactable; portable

phone/radio; varying the route and pattern of work; pre-arranged calls.

- Providing training for lone staff which outlines the specific risk involved and how they can play a role in deflecting or minimising the risk.
- Establishing emergency procedures in the event of an incident, including quick access to a safe area, or exit from an unsafe location, evacuating other staff and informing the appropriate authorities, police etc.

It helps to summarise the types of incidents that can occur in the workplace:

1. Disgruntled employee or customer/client acts out in a violent manner.
2. Domestic turmoil unfolds in the workplace.
3. Employees victimised by criminals entering the workplace - robberies.
4. Internal problems turn violent - drug related/labour related/theft related.

Some examples from the States may help illustrate the problem;

U.S. Post Office Aug.20th 1986 Edmond, OK. A Patrick Henry Sherrill age 44 killed 14, wounded 6 and then shot himself. He had been a part-time letter carrier who had been warned of a poor report.

General Dynamics - San Diego. Jan 1993. A Robert Earl Mack, 44 who following a 25 year career was terminated for performance deterioration. He had refused counselling despite a loss of self worth and desperation. Following a reinstatement hearing he shot and killed the Human Resources representative and wounded a supervisor. He had planned suicide, didn't carry it out and is now serving a life sentence. There was also the added problem of substance abuse.

Both of the above are examples of the disgruntled employee syndrome, but it applies equally to clients and customers:

Petit & Martin - San Francisco July 1993 A Gian Luigi Ferri who was a failed businessman and former client of the firm. He obtained a 9mm pistol killed 8, injured 6 and was eventually trapped in a stairwell by police.

Whilst matters are not as bad in the UK trends can be seen to emerge. Some quite frightening statistics emerge from the States:-

- 75% of violent incidents are gun related and the second leading cause of death at work, some 42%. It is the leading cause for females.

It is the fastest growing murder rate.

35% of all married couples have regular incidents of domestic violence (National Institute Of Mental Health).

- Drugs - U.S. 6% of the worlds population, 60% of world drug use.

10% of workplace uses

half of that 10% sells

75% of those in treatment are employed (1988 - Chamber of Commerce).

60% could have been identified as potentially violent (Society of Human Resource Management).

The following are some Consensus Opinions about Patterns and Causes:-

- There is a very general 'profile' of a potentially problematic worker.
- The potentially violent employee sends warning signals of any vengeful intent although not about any berserk action.
- A rigid, authoritarian supervisory or management culture frequently contributes to the problem.
- There is usually a 'Triggering Event' - traumatic experience or a series of them - professional or personal.
- *"Their life is their job, when their job is in jeopardy their life is in jeopardy".*

In the States a '**Profile**' has emerged over time. Here in the UK you could probably identify some of these traits in an employee you know:

Male in late 30's or 40's

Often a loner with no support system.

Finds identity entirely within the job.

History of people problems.

Difficulty accepting authority and repeatedly violates the rules.

Increasingly angry and irritable and blames others.

Persecution verging on paranoia and intimidates co-workers and supervisors.

Braggs about violent acts in past or hints at the future.

Reading and viewing habits feed fascination with weaponry.

Identifies with a major violent act.

There is a characteristic problem progression, but this book is not the place to deal with the very intricate specifics of this situation, suffice it to say that any planning to deal with such matters must be a mixture of both Proactive and Reactive measures. Here in the UK much of the violence in the workplace is perpetrated by the public on employees and predominantly those people who are in 'service' related occupations, many of whom are women.

When it comes to dealing with aggression of others we need to understand what aggressive behaviour is and the best response to achieve a positive

effect. Aggression is an emotional state consisting of different types of behaviour.

There are many causes of violent behaviour. Some may be easy to identify, such as frustration, anger, misunderstanding, stress, communication problems, conflict with authority and theft or robbery. In a work environment incidents can happen because of poor service, or inferior products. People can become excited and tensions and inhibitions are let out, increasing the chances of verbal or physical abuse.

How you, as staff react to these could determine whether a situation is inflamed. For example, an unsympathetic attitude may result in increased frustration, anger etc, leading to a violent incident, even though we know that poor service by staff does not justify violence. There will be particular incidents where it will be possible to analyse why a person behaved in a particular way, but it will still be possible to think of ways of preventing or alleviating such situations. Accepting there are risks and wanting to find a solution is vital in dealing successfully with this growing problem.

It is generally accepted that frustration often sets off aggression and it may not simply be that your product, company or your attitude is what is responsible for aggressive behaviour to you at work, but simply the trigger. Many people walk around all day only a hairs breadth away from seriously aggressive and seemingly over-reactionary behaviour to the circumstances they and you become involved in. Both verbal and non-verbal communication by the aggressor and the recipient are important factors towards the outcome of the situation. In, say, retail environments many issues can bring out anger, frustration and violence in customers such as:-

1. Product knowledge and customer care - in terms of a lack of it results in not being able to satisfy the needs or questions.

2. Attitudes by staff - this is usually a reflection of the companies general policy to customers.

3. Personal feelings of staff e.g. - when unwell, personal problems, break schedules, lack confidence etc all create intolerance.

4. Poor product - when it doesn't do what it claims or breaks down .

5. Understand policies re refunds, law, guarantees and company policy on problems.

Always try to identify where it was a situation deteriorated - was there a particular point where the meeting changed for the worse - analyse!

Aggression is generally seen as an attempt to put someone down and intimidate and influence them by attempting one of the following - shouting, insulting, ignoring and violence. These are all reflections of aggression and are designed to cause others -intimidation, fear, anxiety, distress and worry

It is a sad fact that customers, shoplifters and robbers are all becoming increasingly violent. It's important to look at how acts of aggression effect us:-

FEAR (When we talk about fear we really encompass arrange of emotions and we are better thinking in terms of worry, trepidation, concern, nervousness, fearful) -

of the person.

of your own vulnerability.

for your safety.

of the incident being repeated.

SHOCK

loss of control of feelings or self-esteem.

adrenal responses associated with feeling frightened.

ANGER

at the person.

at the authorities.

at yourself for your inability to control the situation.

at your employer for your exposed position and lack of preparation.

GUILT

for having allowed the incident to arise.

for being incapable of controlling it.

STRESS

loss of motivation.

sleeplessness.

repetitive illness.

frightening 'flashbacks'.

When Incidents Occur

When an incident occurs you must keep mentally active and not become fixated with the aggression or anger of the other individual. Do not become like a rabbit caught in headlights. Some general Do's and Don'ts:

- when you are frightened ask yourself is this persons anger/hostility directed at me, the organisation, or themselves?
- are you in danger If you feel you are, then leave and get help immediate. You can always make a cogent excuse for this
- are you the best person to deal with the threat. If you find the particular

situation difficult perhaps someone else could handle it more effectively - if you are a female get a male colleague to assist. This is a positive step not a cop out.

- Never underestimate the threat. An angry person is either an Unknown Risk or High Risk and you have no way of knowing.
- Do not respond aggressively - this will increase the chance of confrontation.
- Don't swear or shout.
- Never turn your back on someone who is getting increasingly aggressive.
- Stay calm, speak gently, slowly, clearly. Don't be enticed into further argument this will not be easy as aggression does incite anger in others.
- Do not hide behind your authority, status or jargon. Tell them who you are, ask the persons name and discuss what you want him or her to do. Try to talk things through as reasonable people. Many people advocate a study of the principles of Transactional Analysis, in order to defuse the situation but, remember your first duty is to yourself.
- Avoid aggressive body language - stance, crossed arms, hands on hips, a wagging finger or a raised arm which will challenge and confront. Particularly small gestures - looking upwards, a raised eyebrow, a 'tut' or a shake of the head and pursed lips all

send out provocative and dismissive signals. It's what we used to refer in some children as 'dumb insolence'.

- keep your distance and avoid 'looking down' figuratively at your aggressor.
- never touch someone who is angry as it could be taken as an aggressive move, which in turn could lead to a charge of assault.

A person on the brink of physical aggression has 3 possible choices-

To Attack

To Retreat

To Comprise

- You need to guide them to the 2/3 option. Encourage the person to move towards a more open area of the office reception or store where you will be seen by other staff. Often a compromise such as talking through the problem &/or talking to another member of staff.
- If the threat of violence is imminent avoid potentially dangerous locations such as stairs, restricted spaces, or places where there is 'equipment' which could be picked up and used as a weapon and isolated areas in your store or office.
- Try to brainstorm potentially dangerous areas within your work environment.
- Getting the person to sit down may help reduce the aggression level.
- Keep your eyes on potential escape

routes and keep yourself between the aggressor and the door.

- Never turn your back ! If you are leaving move gradually backwards and allow the person to go first and 'invite the direction in which you wish them to go.
- Never remain alone with an actively violent person. Be prepared to move quickly if necessary.
- If you manage to calm the situation gradually reestablish contact, Take care with your words and actions making a cautious approach. Consider the situation carefully before denying any further requests from the aggressor to prevent any further potential violence.

Definition - *"Violent Behaviour is the Malicious Threat Of Words, Actions or Conduct or The Application Of Force to Another Without Consent"*.

Rarely does violence flare up out of nowhere in the work environment. The majority of situations grow and develop some slowly and some more quickly. Tensions build up, temperature of events gets hotter, until just below boiling point. Then it only takes a small thing to set off what seems a gross over-reaction. There is always the opportunity to intercept the process and reduce the heat of the event. Defuse anger as early as possible - always be able to recognise

your own degree of anger. There are always, however those situations that cannot be defused then -

The Priority Is To Stay Safe!

- Recognise the verbal and non-verbal signals along the way such as:
- Ritualistic Repetition and
- De-Personalising Language

Early warning signs:-

- Noisy, banging and voluble entry.
- Restless, agitated and anxious behaviour.
- Eyeballing, fixed stare or the reverse
- avoiding eye contact.
- Talking out loud & complaining to others e.g. patients in the waiting room.
- Leaning over the counter or desk, invading your space.
- Tapping fingers.
- Voluble sigh of impatience or frustration.
- Any signs of possible unpredictable behaviour e.g. - alcohol (smell), unsteady gait, bad language.

‘In your work environment you should know potential triggers of violence’

This could be in a:-

Nursing situation.

A tax officer.

A policeman..

A bank assistant.

A rent collector.

Etc.

In a work context physical contact is failure! **‘Thumping’ a client is a reasonable indication that something has gone astray in the interpersonal relationship.** Also physical defence isn’t like it was when you practised it in class and it must be avoided. You must be aware at all times of how your ‘body language’ may exacerbate the situation.

- Walk away from real danger and defend yourself only when absolutely necessary.
- Remember meeting aggression with aggression only leads to increased confrontation. In a work environment, or anywhere for that matter your primary concern should be to get away. For many workers who end up in violent situations there is the feeling that if somehow they have caused it to happen they must see it through and solve it. Someone bent on violence will not be deterred. More to the point he will feed off you to fuel his necessity to get angry so as to be able to perpetrate what he has in mind.

It helps to know your environment so always be AWARE, ALERT, & AVOID trouble.

Skills you need to deal with aggressive behaviour:-

- Improved verbal communications skills.

- Use of body language to improve communications - as we have highlighted above.
- Awareness of potentially difficult behaviours.
- Assertiveness skills.
- Improved confidence.
- Identifying & managing stress.
- Don't ignore bad behaviour. Don't on the other hand rush in where angels fear to tread. If you do nothing, however, it will continue to become the normal way to behave - Doing nothing is not an option!

Dealing with violence

Self; Following a 'personal agenda' in a confrontational situation can mean getting angry oneself, feeling intimidated and upset. When this happens you cannot but help take things personally which leads to a loss of control and makes things worse. The "you can't talk to me like that" syndrome.

Structured; By following, however, a set corporate agenda in a detached professional way you avoid getting emotionally involved and therefore taking things personally. The result means you can keep control, keep asking questions, listen to answers and offer alternatives to the problem.

Tell; Wanting always to tell someone what to do, without prior questioning

shows little empathy for their problems. Those students of Transactional Analysis will recognise this as the parent talking to the child which only serves to infuriate. This approach is likely to achieve an adverse reaction.

Ask; Questions achieve a number of things.

- Whilst waiting for a reply you have time to think and plan your next move or question.
- The antagonist has to stop his or her tirade to think which may reduce the temperature.
- Asking questions also means the other person has options which don't back them into a corner. If you back someone into a corner with tall walls, to get out they only have one way to go and that's through you. By questioning you give them some equal part in the discussion, you seem concerned and they have a back door through which they can leave without losing face.

The result is that you should manage to stay in control without taking power and status from the other person.

Body Language

Substantial communication goes on at a non-verbal level. The complex subject of body language is discussed in some detail in Chapter 13. Also you should be familiar with some of the communication systems such as

Transactional Analysis and Neuro-linguistic programming. A study of both these subjects may help you 'match' the antagonist and stay more in control and be better aware what you may do to exacerbate matters.

Stress Response

It's difficult to make sound judgments in stressful situations. Normal intuitive & cognitive skills become blocked under the pressure of high stress. We normally require to be in a relaxed state for our intuitive skills and sound reasoning to work best for us. When we face antagonistic people we need to maintain as far as possible the whole range of our normal reasoning processes if we are not to react either badly or inappropriately.

A process such as that below may help:-

- C**alm & Controlled
- A**lternate Choices
- L**oss Reduction
- M**easure Effectiveness

Calm

Under stress it is easy to lose control of your bodies feelings and so lose control of the situation, but there are some things you can do to keep in control - remember your body will do what your mind tells it to, therefore it is your mind which you need to work on. Keep calm by telling yourself to "keep

calm/stay calm'. All statements, such as these must be 'positive'.

- Take deep breaths, which can have a significant effect on your bodies over-response to stress.
- It is equally as important to breath out deeply as when under stress or having received a shock the tendency is to take in deep breaths, but, conversely only to breath out shallowly. This eventually restricts the amount of oxygen you receive.
- Being able to stay in control takes practise. The problem is, of course, that you do not want to face the problem just so you can gain the necessary skills. The way to overcome this is through 'visualisation' practise. 'Role play' scenarios in your own mind as to how you would deal with such incidents and practise what you will say. The practise of verbal skills should be no less important than the practise of physical skills.

Remember always to keep assessing the level of risk.

Alternate choices

Assess the level of risk - it cannot fit a set category and your intuition and experience will be you best guide to how you judge the seriousness of what you face. You may be a shop worker, doorman, bailiff, policeman - it matters not because confrontation looks the

same to everyone when the stress hits home.

You have 4 options which you can employ. These are:-

Talk

Summon Help

Accede (comply)

Physical Action

The above are dynamic in that at any moment the best option may change depending on the reaction you get.

Talk

Two alternatives present themselves when we look at how to talk to an aggressor and neither should be considered mutually exclusive. You can mix & match the two approaches which are:-

Assertive

Calm, reasoning, dissuasive

To be assertive you should address the following:-

Be Clear

In what you say and in what you do.

Know what you wish to achieve.

Monitor your own anger.

Who do you feel this towards.?

How angry do you feel?

About what exactly do you feel angry?

Be Honest

With yourself and others.

Identify the feeling you have - sometimes we are acting as though we

are hurt, when in reality what we feel is only annoyance - don't 'rise to the occasion'.

Be Succinct

Refer to one particular problem at a time and sort that out first - don't be sidetracked.

Deal with the incident as soon as possible - people kept waiting can boil over and the passing of time can distort memory.

Repeat the message if necessary.

Be Precise

Sort out what you want to say beforehand & keep it short - allow the other person to answer or discuss it before you move on.

Be Positive

In what you say and the way you say it.

Give alternatives "what I would like to happen is ___".

" we will only continue if you stop swearing and shouting".

Be Correct

Without being blase remind yourself that you have a right to express yourself, but in an adult way, don't fall into the 'Parent/Child' mode.

In Summary

LOOK IN CONTROL

SOUND IN CONTROL

& YOU WILL FEEL IN CONTROL

The calm, reasoning, dissuasive approach, takes skill and judgment so as not to sound patronising. You can affirm to them how angry and upset they are and then ask questions designed to allow them to see your predicament in the affair whilst at the same time reducing their own temperature in the matter. We are talking about empathising with their problem and not sympathising. If you sympathise you have simply acknowledged that only they have a point and they may, in fact, be in the wrong. Empathise with their emotional state not with the problem if you know them to have misunderstood matters.

If you are able to create more physical barriers between customers and staff all well and good. I am not of the school of thought that it is better, from a customer relationship point of view to, achieve a removal of the separation of environments. A physical barrier which provides safety from aggression does not mean an automatic diminution in customer relations.

From 'talk' you have to decide on whether the situation has deteriorated to require assistance i.e 'Summon Help'. Don't see this as a copout. There is safety in numbers and you may have slipped into a personal agenda and are getting angry. If you

can involve a 'superior' you are giving the impression that the matter is being dealt with as important. You will find in most work environments that it will be impossible to accede to the request being made, as this is likely to be unreasonable and outside your mandate to agree, so the reasoning, dissuasive approach is probably all you have.

Calming someone down is a 'process'. It is unlikely to happen with just one thing you say, but over a period you may be able to reduce the temperature. The goal is to bring the person in front of you back to being a 'rational human being'. Only when they are back in this state do you truly have communication. You have to 'de-escalate' the temperature build up which itself has taken time.

Physical Attack

The last resort! For most people in a working environment you should concentrate on the psychology of relationships rather than a few hours of 'bag work' each week, but what you should know are probably some breakaway techniques which we touch on in Chapter 14.

The Fear Factor

FEAR - Friend or Foe? Fear is not something we ever care to admit to or talk about, but fear is essential to survival. Fear is a natural self defence mechanism, in-built into the human 'organism'. Without it man would have survived in this world only four minutes, not the four million years we have supposedly walked the earth.

Without fear we would simply put ourselves in situations of dire consequence and do things which would cause us harm. We don't attempt to climb a vertical rock face, in winter, with no equipment and no ropes.

If you have no fear, you essentially have no regard for consequences. Without fear the sabre toothed tiger was something you might have thought about stroking, not poking in the eye with a sharp stick.

Our fear is a better indicator of something threatening than looking for anxiety in others. Often we can use fear as a source of information. If the hairs on the back of our necks stand up, look around you because it is a natural indicator of things maybe not being as they should. As you walk home late at night down a lonely, dark country lane (a thing, by the way you actually shouldn't be doing) you will usually experience the effects of trepidation which we use as a lesser term to describe the feelings of being fearful.

The planned and calculated use of violence to create fear, is a weapon of the criminal. Anger and rage are also powerful human emotions which can also motivate a violent assault. This threat of violence or violence itself, causes fear and fear is another powerful emotion which can adversely effect our ability to act. Dealing with

fear in a negative way can have tragic results. It is the emotion of fear that causes people to 'puff up' due to insecurity and often leads to physical violence. As a citizen or police officer you must understand that at times you may be afraid. There is nothing wrong with fear and it has been said that ***"courage is understanding you are afraid yet still operating effectively"***.

Fear makes us act in rational ways by preventing us doing stupid things, at least some of the time. Often though, because a person is blind to the potential dangers in adopting a certain course of action, the fear response never gets a chance to work. It is necessary to have fore knowledge that there are dangers in adopting a certain course of action for our natural fear responses to come into play. Until you see someone dragged from their car at traffic lights and beaten you probably never locked your door when you got in your car.

Fear As Negative

Fear, though would always seem to have far more negative connotations than positive and I would agree that unless fear is 'managed' it can be devastating when it comes to action and staying in control. An attacker uses your fear and surprise to create confusion and terror inside you. He

knows it will cause panic, diminish resolve, make you feel helpless and off balance so prevent your mind from functioning. He knows - **'Fear Freezes The Mind.'** This is the negative aspect of fear and it is the aspect of fear that, if you'll pardon the expression, we fear the most.

We are all, unfortunately, given unequal amounts of tolerance to fear in general and fear of specifics. The latter can become phobias such as a fear of spiders, heights, going out, people, enclosed spaces etc. To many of us such fears seem groundless, but to those who are afflicted they are life and death issues. Few people are immune, however, to the fear of violent assault - big or small, strong or weak, physically skilled or not - when faced with aggression and the threat of violence the best go weak at the knees.

If you want to get a book on how to handle fear in general then you can do no better than buy **Geoff Thompson's - 'Fear'**. It is the only book I know which tackles clearly the sensitive issues of the subject properly. In this chapter I am concerned at getting an understanding about how fear can debilitate us and how we can come to terms with the problem, when we face violent or confrontational situations.

Facing Fears?

We are told that to overcome our fears and concerns we should face them by putting ourselves into those situations we fear the most. My preference has personally been just the opposite!. As I detest exposed heights I have avoided like the plague, anything to do with climbing- sod that! That having been said I realised in my early twenties a basic insecurity with my martial skills. Did they work? and would I have the resolve to be able to act if the situation required?. This was despite a reasonably successful competitive Karate career, having at that time been on the Gt Britain and England Karate teams for some years. I was an aggressive and attacking fighter, but that was in the controlled environment of the Dojo or the competition arena. I knew the street to be different and that nobody would blow a whistle to stop it if things went wrong.

I am also passive by nature, slow to anger and didn't spend my life looking for trouble. I would presume that such a description would apply to 99% of the population and, like them, I have an innate inability to understand how one person can inflict violence on another, particularly for 'the fun of it.' But, being 'normal' puts us at a disadvantage. Violence comes hard to us and in many ways we come to see

it as a character deficit, not a plus - the result being that when confrontation arises the 'normal' citizen is immediately disadvantaged in his or her innate reluctance to resolve the escalating problem with violence, whereas the other person is not and may even be looking forward to it!

The only solution I could think of at that time was to 'work the doors' and I did non-stop for eight years, six years on one door. For many years it was four nights a week and on a busy Saturday night we could turn away as many as 120-150 people who we may have considered undesirable, for whatever reason. Most took it with good grace, some argued, some argued persistently (usually university students) and some went further. The whole exercise is one of man-management and conflict resolution, but get it wrong and you can turn the most passive people aggressive and very non-compliant.

A rare few actually come looking for trouble and they would look to start it with door staff or simply cause it to happen within the club, usually by instigating a fight with someone. With experience you get a feel for a person. Someone can walk past you and you will say to yourself 'troublemaker'! There is no rational explanation for it,

but often in their attempts to remain innocuous to you, they do just the opposite. Others run the ploy of being over-friendly when they first come into the club, not to the point of being boisterous, but they make a point of talking to you in a way which is patently false. Groups of lads would split up prior to getting to the door and come in in twos. Often a pattern would start to emerge and if you stopped two getting in ten would leave, who had already managed to get in in pairs. If you didn't see the pattern and it eventually 'kicked off' with one or two of them you could pay for your lack of intuitive skills earlier.

I learned to 'people watch,' during those years and I also learned to accept no one at face value. Some of the worst incidents I remember occurred with the most unlikely, insignificant individuals, who, when they 'kicked off', almost went berserk - men and women. This taught me to never let my mental guard down and not to prejudge how someone would react to what you had to say. There was no common pattern as to how a person would react to being asked to leave the club, the ones you expected trouble with went like children and others ended up requiring four or five people to tie them up and put them out.

'There Is Only High Risk And Unknown Risk'.

Alcohol

Alcohol and emotions don't mix. One of your first assessments to make of someone who is aggressive, either on the street or in a social situation, is the level to which they are drunk. You will rarely defuse an escalating situation with someone who has had too much to drink. You see policemen attempting this all the time, often with little or no effect. People's emotional responses are heightened with alcohol and they become more reactionary, argumentative, fixated on one subject and aggression is never very far from the surface. When faced with someone who has been drinking be prepared to act sooner than otherwise.

Don't fool yourself into thinking you are in control- you aren't. What they agree to one minute, they will go back on the next. Alcohol dulls many of the emotions, fear not being the least of them. A person who would be reticent about getting into a fight when sober is not so reluctant when drunk - 'Dutch courage'. Alcohol also amplifies other character traits such as aggression and in university students - 'stupidity!' and we often say the true character of someone comes out when they are drunk and I can agree with that when it

comes to aggression. Drunks are also far more prepared to 'go along with the crowd' and be encouraged to violence.

My general plan of action when facing aggressive drunks is, in the first instance, to try a humourous approach. When working the doors, or in any 'contact' environment, it is essential that your first approach to the problem should be to try and have a 'bit of a nobble' with them. Often humour can diffuse the situation, but not always and what I learned as another golden rule was not to try and 'psyche out' a drunk with aggression. It can work well as a ploy with countless others, but when alcohol has numbed the fear response, being aggressive verbally, even if you are good at it, can have the opposite effect.

Keep Up The Mask!

I'll talk about it more in Part 2, but once you have tried to psyche someone out with aggression and it doesn't work you have 'shot your bolt' and forewarned them that you may now fight and are capable of being aggressive. You have let the mask slip and they have had a glimpse of what you might be capable of. Your main ploy at all times is never to portray at what stage you are at emotionally, or what you are really thinking. If I am going to take him by surprise then I

need him close and I won't achieve that if I am aggressive. The more aggressive you are the more cautious a person gets and the more prepared they are to react if you strike. Also you force them to use more subterfuge in their efforts to attack you by surprise and the one thing a drunk usually is not, is subtle, so try and keep him that way.

Fear - A Barrier To Action

By far though for me, the doors taught me about fear and its other associated responses. We wrongly believe fear is an emotional state that we should, in some way be able to exercise control over. All our emotions start at a purely chemical level even fear, psychologists tell us!.

What does fear do. It effectively stops us acting in a way which we would wish. We would like to be able to act decisively in a conflict situation, but seem to be frozen into immobility. Fear makes us delay correct action and fear makes decision making almost impossible.

When we talk about people 'going to pieces' and 'frozen to the spot', it is usually at times of great stress or fear. There is no absolute state of fear. We use such words concern, trepidation, nervousness, apprehension, fearful, or

terror struck, to describe the range of emotional states. All are the product of us facing or knowing we are going to be facing an aggressive, or unknown situation which contains within it risk.

A policeman who makes a 'stop' either on foot or in a car, does so with many unknowns and on occasions, the result can be extremely violent as we have described elsewhere, but as he concludes to make the stop his emotional state alters. My greatest gains from working the doors were that I learned to 'act' under fear and stress i.e. do something and keep functioning, in the knowledge that I was more capable than them when it came to the physical side, but more importantly that it would be me who would stay in control and make it happen on my terms not theirs.

The Key To Fear Control

By far and away though my greatest success was coming to the realisation that by separating two complimentary effects which happened to me in confrontations, I was able to 'master' myself. This was to distinguish the emotional effects of FEAR from the chemical responses of ADRENALIN and associated chemical releases. It took me a good few years before the penny dropped, but when it did I had found the key. The key I had found was

what was required to allow correct action, at the correct time.

What we are coming to now is the real hub of self defence and that is preemption. I have too much experience now to be taken in by those people who believe and teach passive inactivity and then to resort to blocks and counters. They are to a man, people who have no practical experience and who because of that, do not factor fear into the equation and its debilitating effects. What I found in my early days on the door was that even when I knew a situation was going inevitably to end in a physical confrontation I left it too long to act and on occasions nearly paid a high price.

However, we all recognise the situation where, with the best management of your environment, you end up facing off with someone who is going to rip your face off - or so he tells you. In such circumstances, where escape has been impossible, the best you can hope for is that your awareness has meant you've seen it coming. The overt looks, the obvious reference he's making about you to his mates the pointing, head nodding, are all signals that send your Adrenal response into overdrive and your fear quotient off the meter.

This is an appropriate moment to dwell on these two reactions - fear and adrenalin. The latter is a generalised and common term for the chemical response and release - over which we have very little control - when we are faced with stress, shock and fear.

The Chemical Cocktail

The more immediate the incident, the more immediate is the release of adrenal hormones. To be precise, it is Epinephrene and Norepinephrine, Dopamine and Cortisol which are released into the bloodstream and act as the booster fuel for 'flight or fight' and the release is unavoidable. Adrenalin can, however, be released over a long period and in this instance, it becomes your enemy, not your friend. The incident in the bar, or nightclub, where you perceive that you are the focus of attention and the intended target of all the visual signs described above is one where your adrenal glands will be releasing chemicals over a long period. A policeman 'called' to an incident where there is violence has, during his journey to the incident adrenal releases, possibly over many minutes, but it remains in the system unused.

You will physically sense this happening and its attended by a heightened awareness and nervousness, drying

out of the mouth, increased heart rate and, despite the fact that more blood is sent to the musculature and the blood sugar level is increased for greater effort, you actually start to feel weak. The moment, however, your 'opponent' starts to walk towards you with his mates, you get what we describe as the 'adrenal dump' - this is the huge release of adrenalin and is your major assistance for action. Unfortunately, there still isn't any action - you can't run and as yet, you can't fight because they are still 12 - 15 feet away and coming towards you with, as yet, no clear intention as to violence, but we've all been there before and know how things will turn. If you are a policeman you can't attack, but must endeavour to 'control' the situation with your authority.

Verbal Martial Arts

Even when they get to you, there still won't be any immediate action, rather, there will be a period of usually banal, meaningless, threatening, belligerent and demoralising dialogue. When we look later at the section on 'Ranges and Tools', we'll see that verbal skills for this part of the process are as much a combative skill as kicking and punching. Whilst all this is going on, you are still rooted to the spot with all this unused adrenalin rushing round your system and by now, the physical

aspects you feel and exhibit are those commonly associated with the clinical symptoms of mild shock - in particular Vaso Vagal shock, which is that associated with psychological difficulties. Your blood is now being drawn to your core, away from the musculature and you definitely begin to feel weak and ineffective. Your pallor is going grey and you can start to feel 'detached'. This is the very dangerous 'disassociation' which seems to separate you from your surroundings and events - it is a highly dangerous state as it encompasses 'tunnel vision' and a very submissive feeling - you feel it may be better simply to give in.

This is the time when 'we start to feel small and all the opponents look big' - 'we start to feel impotent and opponents seem to display untold depths of aggression' - 'we start to feel unskilled and opponents look like seasoned professional boxers and street fighters, who have only been deprived of a shot at the world heavyweight title by dint of certifiable, homicidal insanity'. And all this before a fight you are just about to win! Lets look in some technical detail at the constituents of the 'Chemical Cocktail'.

Adrenaline (Epinephrine - USA)

The hormone that increases the heart rate, air supply to the lungs and blood supply to the muscles, also promotes the supply of glucose into the blood for immediate energy. In effect it prepares the mind and body for immediate action and help it to counter some of the effects of fear, stress or violent exercise.

The adrenal or suparenal glands are situated above the kidney. The adrenal cortex produces steroid hormones and the adrenal medulla produces adrenaline. Both adrenal and corticosteroid hormones are secreted directly into the bloodstream.

The activity of the gland and sympathetic nerves normally increases in response to stress as generated by powerful emotions such as anger and fear etc.

Endorphins

Described as natural painkillers which are produced by the body. Endorphins are produced at times of stress such as trauma and also during strenuous exercise e.g. fighting and even running a marathon. Opium drugs such as Morphine have a similar chemical structure to that of endorphins.

Dopamine & Norepinephrine

A chemical formed from an amino acid called Tyrosine that in turn helps to

manufacture brain neurotransmitters called Norephrine and Dopamine. These natural 'uppers,' bring the brain to full attention, helping the individual to perform mental activities such as concentration when under stress. They also speed up nerve impulses - in part the brain that controls muscle contractions.

Noradrenaline

A hormone present in the extracts of the Suprarenal Medulla, causes vasoconstriction and raises both the Systolic and Diastolic blood pressure, but does not stimulate general metabolism. The main function is to mediate the transmission of impulses in the sympathetic nervous system. Also has a transmitter function to the brain.

Cortisol (Hydrocortisone)

A naturally occurring hormone of the Adrenal Cortex which is thought to reduce the effects of shock. For many people a mild 'psychological' variant of shock will onset at times of great stress and fear and many of the physical sensations we feel can be laid at the door of a mild form of shock.

For & Against

There are both advantages and disadvantages caused by this chemical cocktail release. They are as follows:-

Advantages

The adrenal hormone and other chemical actions will increase the heart rate and increase the blood supply to the major organs, such as the brain, lungs and major muscles. Glucose is released into the bloodstream for immediate energy, thus preparing the body and mind for action and helping the mental process to cope with extreme stress caused by powerful emotions. Other advantages include;

- **Additional Strength.**
- **Increased pain threshold.**
- **Increased awareness** and detailed focus on the immediate danger.
- **Increased Sweating** - warms the muscles for action.

Disadvantages

Like most things in life, there is a balance and the results of the chemical release can have some negative effects. These include;

- **Dry Mouth** - fear and apprehension results of chemical action.
- **Decreased Blood Flow to The Skin** - also musculature.
- **Increased Pupil Dilation.**
- **Broken or High Pitched Voice** - nervous tension - betrays you state!
- **General Clumsiness** - fumbling loss of motor skills.
- **Muscle twitching and Shaking**- "I could not stop shaking".

- **General Muscle Tightening** - It is the almost immediate mixture of these two chemicals and the sodium in the muscles which causes them to tighten. Potassium, an electrolyte, is the only chemical found in the human body that can alleviate this effect. It also helps maintain normal nerve functions and prevents overheating. However there is no body mechanism to provide for the rapid release of this chemical. No amount of preventative measures (eating bananas - a natural source of potassium) will increase our abilities in this respect. It's also hard to imagine carrying around a bunch of bananas just in case you get into a fight.

This loss of 'fine motor' skills means that small and minute motor movements are difficult and this can affect particularly police officers who are attempting to perform complex handgun operations, from gripping correctly, sighting and trigger control. Of extreme importance is that a threatened individual will lose part of his or her peripheral vision. Criminals will use 'diversion' tactics to focus the targets attention in one place, as the real attack comes from the 'blind flanks.' Complex martial arts movements most certainly fail at this point.

To counter this, head sweeps and glances, must be incorporated into

training and also the requirement to not get 'fixed' in one spot, but rather to move and break the 'tunnel vision' from coming on. Tunnel vision is also very much linked with something we know as 'Positional Fixia' i.e. 'rooted to the spot' - so force yourself to move to try and break both conditions. Other stress/combat symptoms produced by a dangerous encounter are;

1. Visual Slow-Down

Also known as **Tachy-Psychia (speed of the mind)** is the distortion of time and spatial relationships - 'spatial time distortion'. I have mentioned the distortion of time many of us have experienced in near car crashes. What actually happens in seconds seems in our minds to be extended and almost 'slow motion' and this is the separation between '**real time**' and '**tachy-psych**' time. This is usually accompanied by a hot flush and an adrenal rush. You will experience this effect when the fight starts not prior to it or when action suddenly erupts in front of you and the attack occurs without warning. The main defence is always to see 'it coming.'

2. Auditory Exclusion

Auditory exclusion may be defined in a number of ways. The first may be described as a high pitch ringing in the ears at the moment of crisis. Other

sounds such as tyres screeching, people screaming and even gunfire seem to fade into the background. The high pitched sound is predominant. This factor is partly due to physical reasons, the adrenalin and dopamine in your system dilates the blood vessels in and around the ears, making it physically difficult to hear

Another reason for the hearing loss is mental. Cognitive Dissonance prevents the mind from prioritising sounds. As a result of this action you may be able to hear a colleague 15 feet away, but not a man 10 feet away. There is no method to control auditory exclusion.

3. Psychological Splitting

This condition is best described as an 'out of the body' experience where the threatened person sees himself outside of his body, yet still dealing with the situation. Psychological splitting has been reported during a number of stressful and dangerous situations, but is not a common occurrence.

4. Cognitive Dissonance

Basically the threatened person cannot remember large details of the situation or event, but he or she does remember the small minute details. This is apparent from eye witness

accounts of violent situations. The victim can recount exactly what happened in minute detail, but is unable to recount the gross events taking place at the peripheries of the event. Witnesses, on the other hand can remember few intricate details but do remember the general or large occurrences surrounding the event.

The Combined Effect

Try to imagine the results of all or some of these factors on the untrained individual and you can easily see how the 'Freeze Factor' we have referred to previously occurs. Usually there is no opportunity for either Fight or Flight simply Freeze! The victim is locked into sensory overload. He or she is living on the "Shock Load" at that precise moment and remember the common post incident victim or witness statement- "I just froze." In both civilians, police officers and military personnel this is the individual who gets either himself or others seriously injured or killed. This is **Operational or Assault Stress.**

The mental effects are :-

- Impulsiveness and over-reaction.
- Uncertainty and confusion - slow or poor decision making ability. Mental confusion - pressure and stress overload.
- The inability to make any decision - once again, the shock and stress effect

- chemical and stress overload.
- Rigid thinking - resort to dogma exacerbated by the fear of making a mistake.
- Failing to understand or missing important information - lack of mental concentration and part denial due to overload.

So moments of extreme danger and stressful conditions do effect both the mind and body. The effects of stress will effect the way in which you as a civilian or police officer handle violent situations. Other effects of stress will cause emotions that will also influence your individual decisions and actions. They include:-

Emotional Influences

Anger

An emotion stimulated by words, physical actions, a scene, a distressing sight.

Rage

- a. An increased degree of anger which may become uncontrollable with complete loss of reason. This can result in a violent and uncontrolled assault on the other person. A frequent cause of “unreasonable” force in a self defence situation.
- b. Complete loss of control is known as the “Red Rage, Red Mist, Berserk and Running Amuck”. In criminal related

cases this rage may be narcotic or alcohol induced.

Fear or Fright

- a. Fear of the consequences and the unknown - fear of injury or death, also the consequences, as we have said elsewhere, of your actions.
- b. A powerful stress induced emotion that is one of the triggers of the adrenal gland, could result in fight, flight, freeze or rage actions.

Shock or Terror

Not strictly an emotion, but is an induced state of mind as a result of extreme circumstances and could be a result of extreme emotions. May be induced by extreme fear.

Post Incident Fatigue

A serious side effect of the huge chemical cocktail which has been released into the system, together with the effects of any mild shock and physical trauma which may have occurred. At this juncture you will make a poor witness in your own defence and think of this linked with cognitive dissonance, you can see how the post incident effect and this can conspire to seriously, damage your version of events. Do not be drawn into recounting events until you are fully in control of yourself and all elements are back in their chronological order.

Differentiate

Unfortunately, we've not yet touched on fear, although, in many ways, we have **because the chemical responses we experienced through the lengthy or immediate release of adrenalin are all those we would describe as the physical consequences of fear.** This is because the two are inseparable and, in many ways, indistinguishable. Without being trite, what we truly fear is fear itself. Its the stigma of fear which is the most awful aspect of what happens to us mentally in a conflict and also the fear of failure. The single most important aspect I ever learned about confrontations when 'working the doors', was to be able to differentiate between fear and the physical effects of adrenalin.

For most people, it can be the most important aspect of combat. Fear is not an absolute item - by that I mean it is something which comes in degrees. When does being concerned turn into being fearful? And when does a high state of anxiety turn to fear and when does fear turn to stark terror? For most combat situations it's a thing which grows, particularly in those situations where a potential incident seems to escalate over a period, similar to the one we describe above or equally like the wait to go into battle.

It starts out as concern, turns to worry, anxiety, then into a 'low fear' state. What you must remember, is that the way you feel physically is usually NOT a consequence of fear but the adrenal release - so forget about that - its something you can't do anything about if it onsets, but what you can and must control are the mental responses which fear or anxiety produce, exacerbated by the signals your brain is receiving from your body about how bad it feels and the chemical changes.

Fear and Adrenalin as a 'Stopper'

What you must guard against is the deterioration in your 'resolve for action', the 'negativity'. Remember, there is no such thing as **self defence** - it should only ever be **Self-Attack**. Others start the conflict, but you must start the physical resolution to that conflict, that is, by means of a pre-emptive strike. For this to happen you can never let fear nor anxiety weaken your resolve, but where it will, in fact, have an effect is when you are consciously trying to make a 'decision to strike'. The parallel would be like trying to 'psyche' yourself up to a 1,000 foot bungee jump. You are in the wrong mental state to try and make decisions, particularly if the execution of that decision requires you to be positive, confident and in charge and

with 3 'scum' in front of you who all have a face like a 'robber's dog', you'll probably feel none of those things. As a consequence, you will need to develop the 'ACTION TRIGGERS' we will look at in the next Chapter 13

Get angry - anger can suppress fear and can be born out of fear. Believe it can happen i.e. 'expectation' and get in the mind set to always fight back. This is 'conditioning yourself to not 'getting on the back foot.'

Inaction

I knew, when working the doors, that I was leaving it too late and if I separated the mass of emotions I could trace it to the following:

FEAR

CHEMICAL RESPONSES

CONSEQUENCES & DENIAL

DECISION MAKING (Lack of under stress)

CONFIDENCE & COMMITMENT (Lack of under fear)

What I want to do is deal with both Consequences and Decision Making in Chapter 13, because they are more correctly to do with the action, but at the time you are facing a very dangerous situation, possibly multiple opponents, the principle thing to overcome is inaction. The individual ability to cope with mental and physical

stress differs from person to person and the following are some of the factors which have a part to play:

- The size and physical condition of the individual.
- The individual state of mental alertness and the ability to handle stress.
- Experience - the training and motivation of the individual. And with a police officer the unit or team morale.
- The actual circumstances of the assault - post traumatic physical and mental stress.

Remember the stress related effects

1. The Denial
2. Inability to make decisions
3. Loss of judgmental power
4. Lack of commitment

What if.... What if.... What if.....What if..... What If.....

Self Defence & The Law

Wherever you are in the world you should make yourself aware of the Law of that country as it relates to defending oneself. As a professional Bodyguard I cannot afford not to know my rights in the geography where I am working, that relate to my ability to protect both myself and others. A word of caution though, knowing what the law states is not the same as feeling secure in relying on it. As a foreigner and a western foreigner your chances of that country's laws 'being on your side' are nil and you should know that 'hit and run' will be your only option -don't stop for the de-brief.

However without this knowledge we can have no 'strategy of defence' and no clear idea as to our recourse under the Law in times of threat and danger.

I have talked elsewhere of how 'consequences' and mental 'log jams' disable decision making at the wrong time and being unsure as to whether you can strike, or strike preemptively or not, is the last thing you want to have on your mind at that time.

This section of the book will deal with the law as it relates to the UK, but certainly in Europe it has been my experience that, broadly, matters of the law and self defence are the same as here. That having been said I questioned some Dutch Police officers who were helping me with another matter about the law in Holland, as it related to preemptive strikes and all three could not agree on the legality of such action. The law in the UK says that a person charged with a crime may plead that he acted to protect himself, or his property, or others from attack or to prevent a crime. This is, strictly speaking, not a "defence", but a

justification for the defensive conduct which, if successfully pleaded, makes the conduct lawful.

The present legal system in England and Wales traces its origins back to the twelfth century and the subsequent expansion of institutions following the conquest of England by the William, Duke of Normandy in 1066. Unlike Europe, where countries based their Law on the codified Roman system, English 'common' law developed quite uniquely. This system was based upon two principal courts, the Commons Bench and the King's Bench. As the system de-centralised there arose in the regions the major court of common law (the 'assizes') which survived up to 1972 with the advent of the Crown Court.

The law in England and Wales is divided into two, the Common Law, which is made up of general customs which have been regarded as laws in the land from time immemorial. The Common Law develops from the decisions of the higher courts. Certain rules of conduct have by custom become laws and offences under these laws are termed 'common law offences'. A substantial proportion of Common Law is termed '**Case Law**', built up from historical precedents and we will look at some significant cases in

this chapter as they relate to self defence.

The second area of law in England and Wales is Statute Law, which includes all the laws made by direct order of the State and set out in Acts Of Parliament (statutes) or subordinate legislation made under the authority of these acts. Many offences which were originally Common Law offences have been dealt with by an Act of Parliament. However, an offence can be both a common law and a statutory offence, although often common law offences are abolished by statute.

In the UK we have to look at both the Common Law and the Statute books and our first port of call is the '**Criminal Law Act 1967 Sect 3 (1)**' - this states - '**Any person may use such force as is reasonable in the circumstances in the prevention of crime, or in effecting or assisting in the arrest of offenders or suspected offenders unlawfully at large.**' Sect 3 (2) - concerned itself by repealing the common law powers which conveyed the use of force etc in defence of ones property, family etc which was classed as an 'Excuse for Crime.' We see written here most of the subjective aspect of the whole matter and that is the phrase "reasonable in the circumstances". To whom?, from what perspective? and under what condi-

tions must a persons actions be deemed reasonable. Recently in the House Of Lords decision in the case of Private Lee Clegg, states that the test of whether the force was reasonable is objective. Thus if the prosecution shows that, in fact, the force was excessive then the defence fails. There is though, Court Of Appeal authority for saying that the decisive factor is **‘whether the force used was reasonable according to the defendant’s perception of events’**. Either way, however, as **Lord Morris** said in a case in 1971 **“a person cannot weigh to a nicety the exact measure of his necessary defensive action”**.

The Law Commission has recently proposed a test which blends subjective and objective elements to discover whether the force used by someone was reasonable. The key question would be whether the violence was **“reasonable in the circumstances he believed them to be”**.

Obviously at some point you may have to convince a Jury that what you did was **‘reasonable in the circumstances’**, but that is not what the law means in terms of the perspective. It is us that must initially be our own jury as to whether our actions are reasonable and in the cold light of day what we did may seem

very unreasonable to someone, detached from the event who did not feel your terror and fear which caused you to act in a way which may have saved your life. So it can only be ourselves who can determine what ‘in the circumstances’ is reasonable, because it is only us who are right in the middle of ‘those circumstances’, as recognised by Lord Morris above.

The real problem is that the application of the Law is vexed by a variety of regional and local interpretations by the police officers of what amounts to reasonable conduct by someone (paradoxically) trying to uphold the law. The issue is further complicated by inconsistencies in regional Crown Prosecution Service (CPS) practise and further made fraught by unpredictable juries.

Such tragedies to the British justice system as the case of the ‘scum’ Joseph Elliott who in July 1993 was out, high on drink and drugs, when he slashed the tyres of a car. The brother-in-law of the car owner saw this and armed himself with a hammer and challenged Elliot. In the ensuing struggle Elliott stabbed and killed the man and at his trial for murder successfully and, in my opinion very tragically to the whole legal system and natural justice, successfully

pleaded self-defence. The then Home Secretary said after the Elliot case that he would review, but as yet we are still waiting and scum like Elliott are free to use the law as an excuse even for murder. He had a previous criminal record and has subsequently been arrested for carrying an axe in public. It wasn't the first and it probably won't be the last such case and the murder of the undercover policeman in the Brinks Mat case is another example of the lack of true justice in the plea of some of self defence.

Essentially what we need to be able to convince others is that ***“we had an honestly held belief that the use of force we found necessary to apply to protect ourselves or others from harm, was reasonable and necessary to avert that danger.”*** This was essentially the old, unwritten common law. But, how when the stress, fear and uncertainty of the event grips us can we precisely and instantly determine the niceties of how much force to use. Many times on the ‘door’ I tried to measure impact, only to find it had been woefully inadequate to subdue the attack. Your life may be on the line and the array of pressures you face mean fine judgment is not always possible. To help us better understand where we stand with regard to the law in these matters we need to look at

those legal cases which have gone before and which judgments have determined case precedent from which we can gain some moral support.

Self Defence

R v Beckford 1988 (AC 130)

Where **Lord Griffith** in applying the use of force to the question of self defence said -

“The common Law has always recognised as one of these circumstances the right of a person to protect himself from attack and to act in self defence of others if necessary to inflict violence on another in doing so. If no more force is used than is reasonable to repel the attack, such force is not unlawful and no crime is committed. Furthermore, a man about to be attacked does not have to wait for his assailant to strike the first blow or fire the first shot, circumstances may justify a preemptive strike. Neither does he, or she have to retreat before using force.”

Continuous Link

Remember that there must always be a ‘continuous link’ in the actions of the ‘offender’ and your necessary and reasonable defence. Should you have occasion to physically defend yourself and you ‘reasonably’ put the other person down - you cannot ‘put one in’

for good measure, because he has spoiled your day. The link has been broken between the assault and your defence, any further action on your part is unnecessary and illegal.

In support of pre-emption remember that for a 'common assault' to occur it is not necessary to have been physically touched or physically assaulted for the offence to occur. Threats of violence and the intimacy of the person to be able to carry out the threats is sufficient. 'Actual Bodily Harm' and 'Grievous Bodily Harm', require degrees of physical damage to have been occasioned for the offences to have occurred.

The above, clearly outlines the legality of preemptive action, should circumstances dictate, but too often have the reasonable actions of people who have defended themselves and others, become the subject of Police investigation and prosecution. According to the media it has been reported the punishment inflicted by the court on a citizen is sometimes greater than that dealt out to the criminal. Public opinion is roused and, rightly so, to indignation in such cases particularly where the TV and News show pictures of smiling villains leaving court and giving it two fingers.

Having defended oneself and subsequently being assured by the Police "not to worry", that the investigation is "just a matter of course" is ill-advised assurance because, ultimately it is the much vilified Crown Prosecution Service that will take the final decision to prosecute or not. The CPS plays percentages. It prosecutes those cases where it has the best chance of success, balanced against a limited budget. For example it now is failing in its duty to protect Rape victims, where in 1985 there were 1800 reported rapes and 450 successful prosecutions against 1996 where there were 6,000 reported rapes and only 600 successful prosecutions. The CPS know the villains and rapists have lawyers now skilled to the last degree in the blatant manipulation of juries and the circumstances to achieve a high degree of success in getting their clients off. It is not 'playing the percentages', therefore to prosecute these, expensive cases.

What the CPS know, however, is that the common man in self defence trials does not know 'those lawyers' and will be too honest a witness when he comes to trial. The rape prosecutions is now so bad that in September 1997 the Federation of Police Superintendents openly criticised the situation and the current

Home Secretary, Jack Straw has promised a review of the whole procedure.

On the self defence side it even a level of concern in 1995 that the then Home Secretary Michael Howard, was moved to announce a review of policy on prosecuting victims of crime who use their right to self defence. He warned that too often such victims went through the trauma of being arrested and charged with assault , only for the charge to be dropped later. he said - *"It is in the interests of no one, not the Police, nor the CPS and certainly not the public for criminal proceedings to be started against those who have done no more than was reasonable to defend themselves, their family and their property"*. Mr Howard stressed he was not encouraging members of the public to *"take policing into their own hands"*. Press coverage of the case was often exaggerated he said, but went on - *"the press coverage does reflect a real unease on the part of the public about the way in which the criminal justice system deals with these cases. The impression is sometimes given that the victim is treated more harshly than the villain. This can never be right."*

Daily Express 4/10/95

So again we ask what is reasonable at the time and again at the time to whom must reasonable be judged, onlookers?, the villain?, or the victim?. Lets look at an example of -

Genuine Belief of Imminent Danger

R v Hegerty 1986 (12NIJB25)

In Northern Ireland a Police Officer on duty fired a baton round from a riot gun at short range. This struck the victim on the chest and caused injury to his heart which proved fatal. The defence was based on the fact that the victim had been seen to be about to strike other officers from behind with a stave, in a riot situation. The defendant explained that he fired at the man because because he thought the two officers were in danger of serious injury from him.

The prosecution argued that the weapon was fired without an order to do so, it was not aimed as directed by force instructions and it was at a distance of less than the minimum mandated distance for discharge of 20 metres.

Result - HELD

The judge came to the conclusion that ***"it was probable the defendant acted almost instinctively to defend***

his colleagues without having time to assess the situation in the light of the knowledge of Police regulations relating to the use of riot guns and without having time to balance the nature of the injury which might be caused to the deceased against the nature of the injury which might be caused to one or other of the two Police officers”.

What is so important about the above judgment is that it accepts that a judgment made to act, in a split second as a reaction to escalating events in a dangerous circumstance, does not contain within it the possibility to take into account the very broad range of other factors involved, consequences not being the least of them. In the above case it was weighing action against mandated rules of engagement with that particular weapon. All regulations were breached, but even though such regulations are constructed to be ‘reasonable’ in most circumstances, quite clearly the imminence of danger alters, very much, the definition of reasonable and there is only one person at that moment who is able to make any judgment on ‘reasonable and necessary in the circumstances’ and that is the person who must act to defend him or herself.

So the interpretation of the above case is that ‘Thus while it will be a question of fact in each case, depending on the particular circumstances, any Police officer/member of the public who strikes a person in order to protect him or herself or another will only be justified in doing so if they have a GENUINE BELIEF that there is an imminent danger which justifies the force being used if the force is reasonable on the basis of that belief’.

Sometimes, however, mistakes can be made, particularly in stressful and fearful circumstances where judgment is impaired, given that judgment is arrived at almost instantaneously -

Honest Belief/Mistakes as to Facts

R V Williams 1984 (78 CAR 276)

Lord Lane, Lord Chief Justice -

“In a case of self defence, where self defence or the prevention of crime is concerned, if the jury come to the conclusion that the defendant believed, or may have believed that he was being attacked or that a crime was being committed and that force was necessary to protect himself or to prevent the crime, then the prosecution have not proved the case.

If however, the defendants alleged belief was mistaken and if the

mistake was an unreasonable one, that may be a powerful reason for coming to the conclusion that the belief was not honestly held and should be rejected.

Even if the jury come to the conclusion that the mistake was an unreasonable one, if the defendant may genuinely have been labouring it, he is entitled to rely on it” .

The interpretation of this case is that there is a clear authority for both Police officers and members of the public using reasonable force in defence of themselves or others and they are entitled to rely on their honestly held belief as to the circumstances to justify their use of force. We have been mentioning Police officers during this look at the law because it is, unfortunately, not only the public who have found themselves up against the system, officers facing both disciplinary action and prosecution, over acts of self defence. Now, however, the tide is turning and British Police officers are being given sound training in all the conflicting aspects of this area. The introduction of such guidelines as the ‘**Confrontational Continuum**’ which is a tool to assist in the correct approach in terms of ‘officer reaction’ to a perceived level of threat. Sometimes the ‘continuum’ is ‘graphed’ with ‘**Assailant Actions**’ on the vertical scale and the officers

‘**Force Options**’ graphed on the horizontal scale - Pre-emptive strikes are at the extreme end of the officers force options in accordance with the rising level of the assailant’s threat. Officers are now schooled as to how all factors should be taken into account , both at the time in terms of the appropriate reaction and now with what weapon and after with regard to justifying their actions.

Use of Force Report

Such factors as the size, sex, aggressive and verbal threat from the assailant, numbers of attackers, weapons, physical skills, distance between parties, immediate environment, response to commands, ground, officer exhaustion and physical state eg injuries, imminent danger, knowledge of individuals eg violence, potential for disorder, proximity of support. All these factors must be recounted during the ‘wash up’ when under pressure, as a Police officer, from superiors to justify your force option or, under pressure from a Police officer when, as a citizen, you are under pressure to equally justify your use of force in your defence.

An officers ‘Use of Force Report’ has a number of useful points which we as citizens should bear in mind if we are ever held to account for our actions.

The sentiments of **John Bowden** of the **Orlando Police Department** are as apt for civilians as they are for police officers- ***“You fought a good fight, now write it right”*** .

Some of the points you need to record are:-

- Be certain to indicate the causes for your action, including all reasonable suspicion and probable cause.
- Quote the aggressor directly, if possible.
- Quote your statements as accurately as possible.
- Show the totality of the circumstances (V.Important- PC).
- List all the factors that contributed to the incident, particularly -
 - the aggressors behaviour.
 - Details of the aggressors actions.
 - Details of your reactions (even if only subjective ie fear).
 - Grounds for ‘Honestly Held Belief’ of imminent attack.
 - Specify the care rendered to the subject after - if possible (you may have fled the scene). If you have, you must report the incident to the police ASAP.
- State your perceptions at the time of the incident all emotions eg shock, fear, adrenalin, concern, feelings of weakness, inadequacy and effects of aggression.
- Detailed description of the scene.

- Be specific with regard to the force employed, areas to which it was directed and also what was employed in place of other force options.

There were some other points which were only relevant to Police officers, but the remaining list above works as a good aid memoir for any citizen who needs to give an honest account of an event of self defence where force has, regrettably, had to be employed. Before finishing the look at the law it is necessary to consider also :-
Breach Of The Peace

R v Howell 1982 (QB 416,42)

“There is a breach of the peace whenever harm is actually done, or is likely to be done to a person, or in his presence, his property, or a person is in fear of being so harmed through assault, an affray, a riot, or other disturbance. Public alarm, excitement or disturbance is not in itself a breach of the peace, unless it arises from actual or threatened violence”.

Stopping A Breach of The Peace

Albert v Lavin 1981 (1AER 628)

“Every citizen in whose presence a breach of the peace is being, or reasonably appears to be about to be committed, has the right to take reasonable steps to make the person who is breaking or threatening to break

the peace refrain from doing so.

These steps must include the use of reasonable force. Once again what force is reasonable will depend on the particular circumstances.”

Breach of The Peace Must Be Imminent.

**Moss V McLaughlan 1985
(149JP 167)**

“Provided they honestly and reasonably form the opinion that there is a real risk of a breach of the peace, in the sense that it is in close proximity both in place and time , then the conditions exist for reasonable, preventative action”.

If, therefore you are present and protecting your property you should explain that you are either -

preventing a Breach of The Peace i.e. owner present or preventing a crime (see Sect 3 Criminal Justice Act)

In most cases where damage is imminent your first step will usually be to issue a warning first. The use of actual force would depend on the probable extent of the damage that may occur and whether you can have time to warn, or reasonably believe a warning would be ignored.

All the above may seem as dry as dust, but knowing it may mean the difference between acting in an unreasonable way and facing the consequences or, knowing that when you are in imminent danger, the law of the land is on your side, in your reasonable, defensive actions, given the circumstances.

”You must take the confusion out of self defence. It exists where you are unclear about the law and its implications”.

Knowing how you stand in relation to the law should mean you remove another aspect of confusion at a time when your safety or others is at risk. The law is not a mandate to strike first in all circumstances regardless of consequences and, hopefully, I have sufficiently emphasised enough times that when we talk about pre-emptive action that we are talking about in extremis circumstances and the inevitably of immediate harm.

My percentage of pre-emptive strikes on the door was in a ratio of one in several hundred of incidents which had been resolved by means of humour, man management, and good dialogue. But, on those occasions when it had to happen, there was no other option available, other than to wait until the

inevitable happened and he attacked, by which time I would have put myself at the disadvantage and could have faced serious injury.

Even unarmed we have at our disposal a large armoury of weapons, but often people are unsure how far they are allowed to go in protecting themselves and with what 'tools' they can employ. I tell people that if you have to bite to save yourself from serious injury then do it. Often members of the public have attended self defence classes where the police content has been less than honest as to what weapons of the body you can employ, leaving the person confused as to what they can do.

Let me quote from a police bodyguard training manual. However, before I do that, remember that the law with regard to police officers is no different from that we are all responsible under - (The following quotations from the manual are all in Italic) This is headed:-

Maximum Force Potential (note there is no mention of 'minimum force potential - PC). *"Concentration of the greatest proportion of your strength against the most vulnerable area of your opponent's body will achieve the best results"*.

Controlled Reaction *"The degree of attack will dictate the amount of force required to stop it. There is no need, under these circumstances, to protect the VIPs image or consider public opinion. You do not have time, further - no serious complaint is likely to be entertained where an armed assailant is seriously injured by police warding off a vicious attack on them or their VIP"*.

The manual goes on to talk about vulnerable points and states - 'the body has many anatomically weak areas, but only a few can be termed truly vulnerable in the context of unarmed combat.

Primary Points

The eyes, the throat, the testicles (in the manual they actually spelt testicles wrong, whatever that tells us! - PC). The manual goes on to talk about: *"combining these areas of attack and that two at one time are better than one."* (As we know, strikes to the throat can kill quite easily - PC). Possibly of more importance, however, in all this, is the list of the following quoted in the manual:-

Potential Body Weapons

The manual goes on to talk about the following being useful in attack/defence.

HEAD - to attack the face, nose etc
ELBOW - to attack kidneys, stomach etc.

TEETH - to attack nose, cheek or neck (jugular vein).

The manual after this included a note: *“In view of the diseases which are known to be blood transferred, the teeth should only be used as an absolutely last ditch method of obtaining release.”* The manual also talks about *“striking through the target”* and about *“dispersing all the force into the target area.”*

Its interesting to note that the only caveat on biting was in relation to the problems of transferring diseases, not the injuries that may be suffered. My congratulations go out to the officer who wrote the instructions because he knows the reality of dealing with a vicious assault and he knows the law. He knows that if occasion demands, the head, teeth, elbows, feet are all legitimate weapons if they are all that is left to possibly save your life or prevent serious injury - good!

The author also knows that when violence erupts there is *‘no time to ponder rationale, methodology, consequences, finer aspects of the law and application of ‘minimum force’* - that’s why they only talk about maximum force because they know full well minimum won’t cut it! This is some of the most sound advice I have seen in any police manual, but I know it is so

only because they are protecting people of importance and the ‘backside covering’ will necessarily have to be less if they seriously injure an attacker when protecting the Prime Minister say. For the rest of us and that includes the ‘bobby’ on the beat we will never enjoy such license. For doormen in the UK police guidelines are far less ‘open’ than those to the Met’s BG wing. One such training document from a particular authority has a page headed ‘Minimum Force’ and amongst a range of sound advice it throws in- *‘You cannot justify injuries caused by punching or kicking, particularly to the head or neck’*. It must be sound advice for a number of reasons, many of which we have covered in this book not to punch and certainly not to kick to the head, but it is wrong to say that ‘You cannot justify...’ such actions. Any police authority, if it is involved in the ‘Door Supervisors’ licensing schemes must endeavour to restrict force options, particularly as any court will view a doorman from a prejudiced viewpoint, so from a common sense aspect, if for no other reason, other options than punching to the head and kicking are advisable, but if you need them and your life is on the line - use them!

The same authority also set out to help door supervisors meet levels of

aggression with the correct force option and in this regard it is a useful ‘tool’, but one which must be put in context. What has been attempted is to transplant the police’s own guide to ‘The Confrontational Continuum’ ie ‘assailant actions’ as against ‘force options.’ For the doormen the ‘**Conflict Resolution Model**’ was simply adopted for their use without any modification for the particular and unique circumstances. It is useful for all of us to see how this is presented as it gives an insight into a certain way of thinking about aggression and it’s control, but remember it is predicated on the basis that you hold the authority of a policeman when dealing with people and what you say they will, broadly, listen to. For doormen and the rest of us this is a vain hope.

The first part of the ‘model’ was the:

Profiled Offenders Behaviour

‘Depending on how your offender acts, it will dictate the amount of action you can take. These levels may escalate.’

1. Compliance - lowest level. Subject will comply with instructions.
2. Verbal Resistance and Gestures - both occur together.
3. Passive Resistance - subject stands/sits still.
4. Active Resistance - subject pulls away from attempts to control.
5. Aggressive Resistance -
6. Serious/Aggravated Resistance - subject is armed with weapon or is

carrying out an assault which may cause serious injury or fatality.

Impact Factors

‘An Impact Factor is anything that will have a bearing on what level of force is used. These factors apply to both the subject and the door supervisor. They can include anything, but generally you should take the following into consideration:- Gender, Age, Size, Relative Strength, Skill? Injury, Drunk, Deranged, Multiple Aggressors, Imminent Danger, Proximity to weapon/firearm, Drugged’.

So again you can see emerge many of the factors we listed earlier in the book which we should have already ‘computed’ under our reference of ‘**FRAME**’. The sooner you do this the better, because when he’s screaming in your face it’s too late to be engaging in some mental balancing act to assist you in action. The ‘Conflict Resolution Model’ concluded as follows:-

<u>Offender Action</u>	<u>Impact Factors</u>	<u>Response</u>
Compliance	All the factors as listed previously	Conflict resolution/ Tactical communication
Verbal resistance & gestures		Primary control skills
Passive resistance		Secondary control skills
Active resistance		
Aggressive resistance		Defensive tactics
Serious or aggravated resistance		Lethal force

‘The model is not prescriptive, but totally flexible.’

‘The doorman chooses the most REASONABLE RESPONSE option anywhere on the scale, assessing ALL available information and IMPACT FACTORS, moving up or down accordingly’.

Quite clearly the police authority have simply copied across their own ‘resolution model’ as I’m sure if they had written a specific one for door supervisors they would have missed out the use of ‘lethal force.’

On a more general front whilst the attempt to arm door people with such a model is laudable it is in many cases unworkable. Those individuals whose sole objective when they go out to clubs is to cause suffering do not fit any of the Offender Profile. Nor can many of the Impact Factors solely be ‘objective’. It is more relevant HOW a person says something than WHAT a person says. Intuition, experience, that ‘feeling’ about someone count for more than ‘relative strength’.

In Manchester, in the middle of writing this book two young men were murdered in the town centre over a weekend. One was kicked to death and one was stabbed to death. In Manchester at the present time there is

a gang which tours from club to club causing trouble, both with doormen and more problematically with innocent people simply out for a good time. Very sadly everyone knows who they are, but are afraid to do anything.

They will not fit the profile of the aggressor as there is no escalation of violence simply a gratuitous act ‘out of the blue.’ Only years of experience and a very ‘subjective’ feeling as to the possible extent of the danger will warn a doorman that he is facing a very dangerous situation. To any onlooker there would be no suggestion that there was any danger in the situation and herein lies the problem. It is the same for all of us in the street. Someone who has come up close to you, put a knife to your stomach and asks your wallet with a smile on his face looks to any observer like an old friend.

Remember your actions need only, in the final analysis be reasonable to you.

Basic Principles of Self Defence

With the best will in the world and despite your best 'management' practises to attempt to control your environment to advantage you may one day have to fight. Although we are looking at various 'management' aspects of self defence, in other words all the wider issues that are part of what I call the 'big picture'. All too often self defence concentrates too much on the 'face to face' encounter and ignores the the **'Why' & 'How'** of what you are actually doing there in the first place.

More attention to the awareness and personal security factors would prevent 90% of most encounters ever turning physical. But, and despite your best efforts, you may one day have to rely on your physical accomplishments. Is a physical response, however, the best

course course of action? or, may it cause your attacker to hurt you more.

Personal Make-Up

Remember, how you conclude what is the correct, will be a decision based on your own personal character traits which we alluded to at the beginning of this book. There is probably little I or anyone can do to change your mind, but if you incline to believe a reasoning, non- aggressive response is the only answer you are probably reading the wrong book. Reasoning may be the place to start, but if it doesn't work immediately then you will need to resolve matters by other means.

There is enough evidence, particularly with, say, incidents of rape that not to fight back seldom improves your chances of avoiding physical damage. Preparedness to fight also sends out a very clear signal - **'no easy target'**. This chapter has to deal with the

physical side of confrontation from certain assumptions. These are that you have not been taken by surprise in that your awareness factors were sufficiently active to allow you to perceive the onset of the problem. Also the assumption is that you are also mentally prepared because you operate under the permanent umbrella of anticipation that an attack is a possibility, however remote. A lot to ask, but in actuality the bottom line of what your avoidance procedures should achieve.



“Lose to survive”

Remember awareness and expectation come together in **ALERTNESS**.

The purpose of the attack will determine your course of action. If it's a mugging then the 'lose to survive' principle should dominate - in other

words lose or give up what they want to survive and not, you hope, be injured. Remember, however, that compliance may not guarantee that they won't inflict violence and often they do, if only as emphasis that you should comply - even if you had planned to and also to keep you off balance and frightened. The sad tale of 'Lisa' in Chapter 6 should convince you of that.

Personal Choice

I'm telling you here what I know you should get as correct advice, although it's not what I'm personally prepared to do. Whatever I have that they want, they will pay a very high price in their attempt to get it. Most street attacks rely on shock and surprise. Once that's lost then they may break off, but even if they press it they may not be prepared for a battle in the street. I have little to lose by fighting and, possibly, a great deal by not doing. That's my advice to me though, not to you the reader.

Lets look at some basic principles first and also address some of the do's and don'ts. I've said it elsewhere that something we say Don't do and something we say Do can, depending on individual circumstances be reversed, so don't simply adapt - adopt!

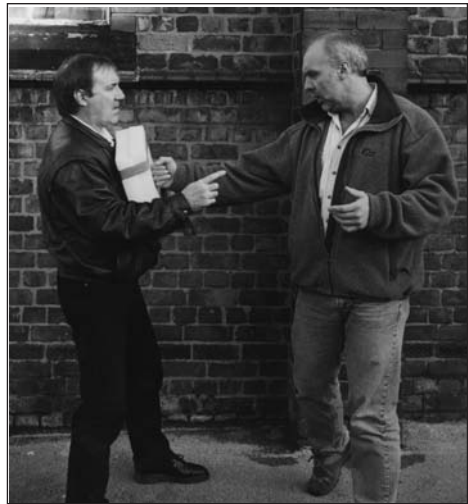
If you remember nothing else from this book remember this:-

“ADOPT BROAD STRATEGIES NOT NARROW TACTICS”.

What this means is not to get caught up with a ‘tactic’ for every physical action i.e. a technique for a kick, punch, head butt, strangle, grab, lapel grab, rear grab, hair grab, low punch, round punch, knife, stick, elbow grab, etc etc. This is the approach that most self defence books adopt because they have approached the problem from a martial arts background and include everything the writers have come across and seen as a technique - the principle being the more they can include the better it will be. 99% won't work, certainly if you are a female, and they only breed confusion as to the precise technique you should use if the attack is not quite as you expected it.



If confronted, one ploy is to feign acquiescence! Keep ‘talking’ with your hands, so he gets used to them.



..... And then - do exactly the opposite to what they want, such as a pre-emptive strike. Here, delivered to an impact pad.

Remember the ‘egg timer’ - you will have a ‘technique log jam’.

A good ‘broad strategy’ is - Run or Pre-empt! A ‘narrow tactic’, is to wait until an attack takes place, rely on exceptional reactions, block what comes and employ a restraining arm lock to make him cease the attack - Good Luck. The simpler your options the better your chances of coming through the experience relatively unscathed.

Some of the following are general points you should bear in mind:-

- Upset your attackers plan of action. A street robber has a simple plan of action (POA) and it works on shocking you into submission. To do other than is expected of you will shift control away from him.

- Ladies and also men don't forget to employ your best weapon at all times - your voice. What our American cousins call 'acoustic warfare' scream Rape! Help! Fire! anything, but make a noise.
- The timid nature of the majority of women and the lack of confidence in



Don't make this complicated! If you can be convinced that 'action beats reaction' you will have a chance.

physical confrontations makes having to resort to actual combat very difficult, but not impossible.

- Never show your attacker a weapon.

Even a broom you may feel can be brought into play don't telegraph its potential by lifting it threateningly. A broom is no weapon at all once its been seen as going to be used.

- Act quickly - it confuses if you do the reverse



Now run - don't try and wrap up the arm - it won't work!

of what's asked. Also the 'hostage mentality' soon sets in (the longer it goes the harder it gets to act) as it is no longer instinctive but actions are thought through and decided upon, which results in no action, also the better they can secure you whilst you weaken physically and mentally, you lose anger and so you lose dynamism.

- Keep your distance from a knife and look for an escape.

- Hit & Run - Don't stay to finish.

- If we think of our bodies as a gun with our hands and feet as the bullets and our mind as the trigger you will soon realise the problem when

you find your mind no longer works to your command - the gun's useless.

- The truth is that every assault situation is unique. Effective self

defence means having as wide a range of options as possible with which to address each situation, but remember keep the options to Broad Strategies (options may include a calm, firm verbal command, yelling, fleeing, pre-empting, eye gouging etc) all as warranted by the intelligence you gather from the developing situation.

- A gang rape won't happen in the middle of the street, but people have been dragged even hundreds of yards into buildings and waste ground where the assault happens. Other people won't help and whilst on the street it's your last chance to break free. If you stay stunned you won't and then you will be isolated - don't simply resist - fight.
- Verbal assertions and simple evasive techniques e.g. wrist release, break-aways may be sufficient in social, work, home situations.
- Any device designed to injure can be used against you, so don't be the one who provides it e.g. weapons or sprays.
- The thing you must solve is how to avoid the adverse effects of stress produced whilst under a violent attack and how to harness the useful ones.

Bad Advice

If you are trying to find good material on self defence be careful to avoid those 'on the bandwagon' books

written by someone with a made up name and pretending to disclose 'secrets' to you. You may find some good points brought out, but they are potentially more damaging than of value. You can tell what you have got hold of because you will see the drawings where two people are squared off in 'fighting stances' prepared to do battle. This is bollocks.

They are teaching you how to fight! not how to defend yourself. If you let it get to that point you will probably lose. Learning how to fight in a 'square go' with someone takes a long time. You also receive erroneous advice such as -

- *'empty your bladder before you get in a street fight'* - bollocks! empty your bladder before you get out on the street

- *'Never face an opponent square on'* - good advice in a fight, but it may be you are caught square on and if its the best your given you should deal with it

- *'A good stance will present the strongest side to your opponent and allows forward and backward movement'* - again this is about fighting and not self defence. In self defence you can't teach people to move around like boxers or martial artists.

- *'Going for the one punch blow and says it leaves you over extended'* - bollocks, only if you don't know how to

do it and can't generate impact. Teaching combinations is all about fighting.

- *'Don't get over-excited* - you will be frightened to death, never mind over-excited

- *'Any boxer will tell you it is better to counter-attack than attack'* - true, because boxing is a point scoring sport which is held over ten rounds.

- *'Clinch if you are hit with a stunner, you are simply a target if you stand there'* - you probably were just standing there, because you had accepted the advice to wait and counter-attack!

I hate being critical (no I don't), but the above is rubbish and dangerous rubbish at that.

I want you to remember one thing and it is the most important you should take on board about self defence -

'ACTION BEATS REACTION'

At the range you have in the street when someone is threatening you 'blocking and countering' is just simply bollocks. Over 33 yrs of Karate practice I must have thrown a million blocks or more in practise, in the street I can't remember throwing one. That's the reality of how it happens.

Attack was only ever the best means of defence - and remains so. Later we

will look at techniques, but for the moment we need to stay with some broad concepts of combat. It isn't actually the techniques which win the day it's what's behind them that count. The techniques are just the tip of the iceberg and to use an analogy - it wasn't what they could see of the iceberg that sank the Titanic, rather it was the large mass which went unseen below the waves. My approach to this has been through my own development of **FRAME**:

- F** actors
- R** ange
- A** ssessment
- M** ethod
- E** xecution

The above are headings which we will look at and which contain the massive amount of data which we should have before we act in combat. These are not awareness factors, they are all the other things that regrettably we ignore or take for granted, but which have substantial influence of whether we have the whole picture and will succeed in our endeavour.

1. Factors

Numbers of opponents, how dressed (you), terrain (even or uneven, wet and slippery) footing, footwear, restrictive clothing, lighting, natural weapons,

escape routes, enemy territory, friendly forces (help), **PURPOSE!** (what you are doing there), witnesses, your physical condition or level of exhaustion, opponents physical build and how clothed, proximity of other assailants, your physical skills, safe havens.

These are the 'situational' factors that are often ignored when combat techniques are shown in manuals. The typical military or police training video has 2 men squared off in a guard position, where one man has a weapon and the other looks suitably ready. To this day, I haven't a f-----ing clue as to where the assailant was supposed to have appeared from, other than to assume he just materialised out of thin air.

Whilst all of the factors mentioned above require consideration, '**Purpose**' demands a more detailed examination. If for example, you are a police officer, chasing on foot, a known, violent felon, who was surprised during a hold-up and who took off, you would have no doubt in your mind as to your purpose - essentially, in this case, your purpose is your occupation. You might not verbally express it at the time but it could be summarised as 'a desire to arrest the suspect', but probably a 'stronger desire to survive the experience'. You

are in little doubt as to your purpose and you would be in little doubt as to the other's purpose if, during the chase, he had hidden and then without warning, sprang out in front of you, armed with a knife and attacked.

The 'Wow' Factor

Contrast this with a civilian walking the same route when the same thing happens ie. a person explodes from behind a street corner or doorway and attacks you with a knife. In this instance, his purpose is blindingly clear and yours less so - you have still to come to terms with your purpose, which, if you have the time to recover your surprise, should be to flee. The difference is that ones 'purpose' at the time of the attack, means in one case you are expecting trouble and in the other it is the furthest thing from your mind. In both scenarios as described above the policeman and the civilian will be shocked, but it will be the policeman who 'recovers' first. We call the recovery delay the 'WOW' factor.

An even less clear distinction is in this scenario where, as you are walking along the same street, a person who you would describe as suspicious emerges from a doorway, fixes his eyes on you and comes towards you with one hand seemingly holding something in his pocket. Now both his

purpose and yours are completely unclear. You want to suspect the best not the worst, you will refrain from an attack to pre-empt the threatening situation and you will be caught still trying to make your assessment of the situation when he eventually closes and makes an attack. He may, of course, run past, take the change out of his pocket and jump on the bus he was looking at over your shoulder - **paranoia or preparedness??**

It doesn't really matter so long as you avoid the classic '**FREEZE**' - This happens because of being surprised and being unable to determine your **PURPOSE** ie. your role in what is happening around you. Only **Awareness and Expectation** prepare you for that. 'Purpose' is our answer to 'denial'. The quicker we come to terms with the event, the quicker we can stop saying "this can't be happening to me".

2. Range

Not only distance, but closing angle and speed of approach

This section is very much 'AWARENESS' based. Awareness of risk or threat 'buys' time! - The further out we perceive a possible threat, the more time we have for our assessment and fight or flight. In 'The Modern Bodyguard', I've put some flesh on the

bones of my principles of Self Protection which is the Awareness Pyramid:

AVOIDANCE
EVALUATION
AWARENESS

I don't want to re-visit this concept in depth in this chapter as I have done that early on in the book, nor the 'action trigger' to substitute for decision making, save to say the 'FRAME' commonly happens against a background of 'AWARENESS' - without it there is just shock, surprise and, as they say in the movies, 'a world of pain'.

Under the heading of 'RANGE', we obviously take in the actual distance, but also closing speed, angle of approach and weapons range. In street attacks it is the **closing speed** and **angle** that gives the game away - watch out for the '**walk past and reverse**' and the approach angle which is at odds with the pedestrian flow, - is he heading towards you or a shop closeby? Remember, an Olympic-standard sprinter is covering 100m in under 10 seconds - to cover 10m? - well work it out for yourself. For those readers who are familiar with 'Surviving Edged Weapons' you will know that the safe! 'control distance' for an armed officer to deal with a

'knife wielding' assailant is out to 21 feet - At 2.1ft you're as good as cut - Act before. This is what we now refer to as the Reactionary Gap. I have made some reference to the video elsewhere and a more realistic reactionary gap I believe exists.

3. Assessment

Opponent - size, build, aggressive, demeanour, body language, numbers, plus, the 3D's - drunk, drugged and dressed. Someone drunk or drugged has their fear response dulled. It is usually impossible to 'psyche' them out by aggression in voice and demeanour and the same with drugs, both of which can suppress the 'pain threshold' of your opponent. They are often nigh on impossible to subdue and I've seen five or six policemen struggle to subdue one well motivated drunk. Only 'sleeper' techniques are guaranteed to put him out. Clothing can be like body armour - the more layers someone is wearing, the harder they are to hurt.

A 20 stone, well built attacker, wearing a vest, a shirt, a woolly 'pully', a jacket and overcoat, who's had 12 pints of Guinness, is going to be hard to hurt with bodyshots!! So, immediately you should be computing other options, this is what Frame is for.

ASSESSMENT = DECISION TIME

This is where PURPOSE should be clearly decided - both yours and his - Don't remain under any doubt at this stage as to whether you have a problem or not - if in doubt - **Front Him or Turn and Get Out of There!** You can't afford to wait until the distance is closed and he's on you. If he knows you have spotted him and are prepared, he could simply break off.

ASSESS - DECIDE - REACT

4. Method

The psychology of conflict. The battle takes place well before any physical exchange. Simply making resolute eye contact can warn an intending mugger that you've seen him - once the element of surprise is lost, they could lose interest in you. Go too far, however, by glaring menacingly at everyone you think is a mugger and you'll end up with most coming back with the standard cry - "what the fuck are you looking at then". I have already talked about some of this in the section on body language above.

Method is also about 'acting'. You have a number of choices to make at this stage depending upon your assessment. You may be aware of one person, but muggers seldom come in ones. What can start as a 'one to one'

can end up with you battling against 2 or 3. So - BE CERTAIN!

Can You Bluff?

If conflict is inevitable, then you need to be a good poker player, as you may have to bluff, despite your inner feelings. You can exude aggression



Often, its better to appear uncertain and afraid, rather than aggressive. This way you can suck them in to a favourable distance and often, the aggressive approach won't work with drunks.

and even verbalise this in a torrent of powerful invective. If you're not up to that and you don't have a face like a robbers dog - (which helps with the bluff) - don't attempt it. As I have said elsewhere, aggressive bluff will not work on drunks and people confident in their physical skills. Also he will

lose face in front of his mates if you do manage to back him down.

Better to appear afraid and incapable, which subterfuge can build overconfidence in your opponent and serve to draw him in to your most suitable and preferred range. You need to practise both these postures and the dialogue which goes with them - they both work and have for me on many occasions.

The aggressive approach will, however, seldom work on drunks, or people whose rational thinking is affected by drugs or a complete loss of self-control and anger. Their imagination, as to what will befall them, that you're so graphically describing, is lost on these people - though it can work well with the casual street 'encounter'.

5. Execution

The **Fight or Flight**. Such facets as mental domination, attitude not to give



Bob Kasper (GCHA) leading a class of New Jersey State Marines (2/25) at John Kary's former training hall (New York). Photo courtesy Bob Kasper/Peter Robins.

up, the 'win' mentality, 'Action Triggers', massive impact and explosiveness, all form part of 'Execution.' The overriding factor, however, must be aggressiveness. This was recognised in WW2 and a quote from the USMC 'CQC' individual combat course reflects this. *"Training in this course is based on conditions reflexes through intensive practise so that aggressiveness becomes instinctive and fighting responses become automatic and instantaneous."*

What you do if there is to be combat, do you punch, kick, throw, strangle, choke, lock or do you run? Here you must have a simple strategy, with IMPACT being the watchword if you elect to pre-empt. Techniques should be based on 'gross motor' skills not 'fine' ones as the UK police are now recognising. I both agree and also disagree with the **PPCT (Pressure Point Control Tactics)** people, about how 'fine motor skills', when a persons pulse rate exceeds a certain level, break down -they do not, but it is only those people who have been doing a martial art for probably over half their lives to whom it doesn't happen. For a member of the general public or a police officer with limited time for defensive training we do know that fine motor skills break down under pressure. It is not pulse rate which causes the breakdown it is simply the

lack of a truly 'ingrained' trained response.

For Execution, substitute Explosion, which is what you must do. It should be over in a split second. I teach 'Attack' and it is many years since, with substantial experience, which convinces me this is correct - Wellington, when asked about his tactics in battle replied (with apologies for what he might actually have said) *"I have no tactics, I simply join the enemy and then decide what I'm going to do."*

Distance - Dilutes! by this I mean that doing techniques at a distance dilutes power and impact. You must be close to your opponent to gain most effect from natural body weight put into techniques, the same is true of being unarmed or provided with a range of police batons. The main features of Execution are the weapons as we have said hands! feet! combinations! takedowns, etc etc., but not forgetting that the glue that holds it all together is aggressiveness!

FRAME is just that - a Framework around which all aspects of a confrontation can be positioned and assessed. In Close Protection, for example, when we are in possession of all the facts about a job we make an 'appreciation' and its the same in

Close Quarter Combat (CQC). It demands, at the risk of repetition, that you are constantly aware as to how all the factors under each heading are constantly changing - ie. 'Situation Awareness' and how, as a consequence, our options and methods need to change.

Risk Compensation

This concerns us all because it is rooted in our basic psychological make up, hence we are unable to do anything about it. The principle of risk compensation is that we exchange a greater degree of risk in return for a psychological trade off of something else. An example is the result of statutory seat belt wearing in the UK. Designed to lessen injuries, the legislation in effect had no impact on the numbers of injuries which subsequently occurred. The reason was risk compensation in that when people put on a seat belt they drove faster and took more risks than they would when not wearing the belt.

The 'Magic Vest'

Police Officers are the same when given a stab or ballistic vest and a variety of weapons - lethal or not. There goes along with the vest and the weapons, an increased feeling of invulnerability and he or she will go into face situations he would not have

done previously. I say the same thing each time I'm teaching police officers "if you were to be sent naked to deal with a public order dispute, how careful would you be?". The answer is the same every time - very careful. I then make the point that despite the array of protection you have these days you should be no less careful. Training which concentrates on the techniques of the weapons and ignores the 'person' is going down the wrong path. The officer going to a 'public order' situation naked realises that as a person he is actually not that skilled in personal combat!

He or she realises that much of the feeling of security has come from the authority they have by dint of the job and, these days, an array of weapons. If a person has questions about their combative abilities more weapons are not the answer. If a weapon fails as the incapacitating sprays have on occasions, then an officer cannot simply 'work through' everything on the belt kit. It is now referred to as the 'magic vest' syndrome, a bit like the search for the Holy Grail.

All training must make the person combative, primarily. The reasons a person cannot move to action in a confrontation must be out on the table for examination e.g. fear,

apprehension etc, before you give him, as we are doing with our UK police, more weapons - it can only get more confusing as choice increases.

The second point I try to make here is that the reason you may feel uncomfortable going into a potentially dangerous situation without arms and armour is that it will be down to the individuals own unarmed defensive skills to save him and what most officers know is that their personal combative skills are probably insufficient. The same problem occurs with people who have taken self defence classes. They are inculcated with a feeling of invincibility and then go out and place themselves in situations which in many ways invite danger. It's almost as if they want to test their newly acquired skills. Remember the 'seat belts' and don't exchange more risk for untried and probably flawed skills.

Pre-Emptive Strikes

There is always controversy about pre-emptive strikes. Many people wrongly believe they are illegal, but as we have seen in the section on the law, here in the UK at least, we have sufficient case precedent to protect us from becoming victims. Even when a persons legal rights are known they often still exhibit a reluctance to act



Only dealing with reality will ever convince you about the need, on occasion, for pre-emptive strikes. Here, Geoff Thompson in former Doorman role gets one in first.

pre-emptively, rather they will evince a desire to defend and counter attack. When the German Blitzkrieg swept across Europe in the late thirties and early forties the counter attack which worked, and that was touch and go, was some 4 years later when the allies invaded the beaches of Normandy. By then 55 millions were dead and we had been at war for years. To 'wait and counter' asks for trouble.

I can't remember who said it, but whoever it was, the statement that, **'Appeasement is the father of war'** got it right (don't believe that you are

dealing with rational, honest, reasonable and inherently nice people - you are not). At the risk of nausea, Action Beats Reaction. At close quarters you will have no chance of blocking and consequently no chance of countering. The definition of Pre-emption in the Chambers Concise dictionary is ***“the act of acting first to forestall hostile***



Once again, get them used to your hands being out in front. The further forward your leading hand can ‘creep’ without being a threat, the better.

action” - not simply the act of attacking. We are hopefully all intuitive, if not experienced enough to know when a situation or confrontation contains certain inevitabilities within it. The only inevitability that I want to identify is that the person in front of me, at some undetermined, but inevitable time is going to attack. I judge that

situation is close to being reached, not by his actions so much, as by my own feelings and concerns, i.e. I feel to be losing control of the situation, am fearful and very uncertain as to when he will strike, although I know it is imminent.

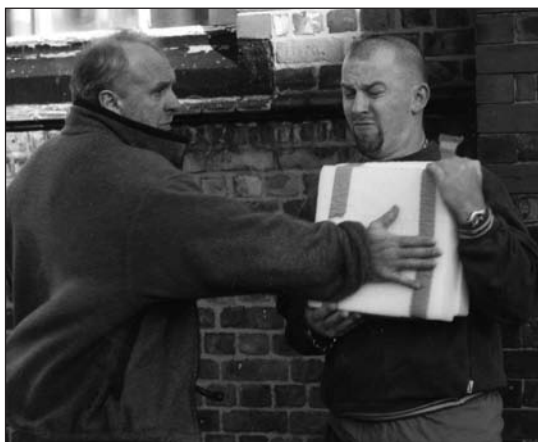
Bluff Or For Real!

If I feel less than this then I have a ‘bluffer’ in front of me who I know is trying to ‘psyche’ me out and make me back down. I have experienced this enough times to spot the difference, but for the average person in the street they will not be able to distinguish between the two and why should they. These people are both threatening, highly intimidating and fear inducing. Given this you have every right to strike first if you



Your lead hand is then close enough to pre-empt without any chance of reaction by the opponent. You could punch, but my preference has always been the slap - see next photograph.

honestly believe that you are in imminent danger remember only - Unknown Risk or High Risk. If you are a very good actor the bluffer can be psyched out himself, but if you are not



The 'Powerslap' showing the impact. Correct dynamics, double-hip, heavy hand, all contribute to a one-blow knockout capability. Unfortunately, we can't hold a pad against the side of the head to really get the full flavour - shame!

that good you'd better bluff with a good hand ie a fast 400 meters.

Why strike? It's a preference I have from experience, my martial arts background, my natural stature and physique. Karate was my home system and therefore I'm a striker before I'm a grappler. In my youth and when I was on the doors I was tall, yet lean and

going to a grapple was always my greatest fear in the old days. But I also recognised two things about grappling and these were that grappling in the street was a dangerous thing to do, but not knowing how to grapple was equally as dangerous. Let me expand on that .

To Grapple or Not?

Firstly what do I mean by grappling - essentially I consider grappling to be occurring when both your hands are involved in the manipulation of your opponents body or limbs, either when standing or horizontal on the ground. This doesn't mean to say that you have passed from striking , because at any time you can still break off from grappling to strike or stay with a hold and make your elbows, knees and head work for you, if that intermediate range for



Dave Barry, an old friend and self defence instructor tackles the 'Fall Guy' which is ideal to simulate grappling when no partner is available - Dave's the one underneath!

these weapons becomes available. This may be both whilst standing and on the ground.



Dave Barry, “Tough Guy” and on the right, Alan Carlisle, father and inventor of the “Fall Guy” and “Tough Guy” training partners. Also a Judo, Sambo and Russian martial art coach.

Whereas you may, if you're very lucky, be able to punch and hit 2-3 people in quick succession you will only be able to grapple with one. This is the biggest disadvantage. In the **‘Pavement Arena’, videos - Vol 3 - “Grappling The Last Resort”** - the failings of grappling as a first choice in the armoury is graphically illustrated. You are completely committed to only one opponent during which encounter you can be struck, kicked, clubbed, slashed and stabbed by his mates, both standing and on the ground. It's bad enough when you do it standing but when you go to ground then it can be deadly. Unfortunately though what happens in real life is that when a few, ineffective blows have

been thrown a grapple usually ensues. People who are unused to grappling and who maintain they will stay on their feet to fight are deluding themselves. Even the best can end up on the ground and if you have not been prepared to practise grappling, then you are in big trouble. People who are unused to grappling experience panic, stress, nervous tension to a high degree and nearly immediate exhaustion when it

occurs, particularly if they are taken to the ground quickly. For this reason you should have some grappling experience or have trained to ‘fight’ from the ground - not so that you become an effective ground fighter, but so that you are competent enough to both obviate panic and regain your footing. You cannot afford to stay there.

Your overriding single goal when you are taken to the ground is to recover your feet ASAP. However you achieve this is OK, but- get back up you must.

So the benefit of pre-emption is that none of this should happen, providing that is, that your opponent is in your

face, so to speak. If he's burst out of the bushes or from an alley then you may be bowled over and have no time to strike, but even then you should 'power' an elbow in if you have an opportunity or a head and teeth. You will often find that your assailant will use 'proximity' to intimidate you ie, he will try to crowd you and attempt to intimidate you with his physical presence and his verbal abuse and threats. This person is ideal for a pre-emptive strike as he kindly brings himself into range. Don't hesitate - strike, the level of aggression and threats are enough justification for action on your part.

Beware The Unseen Blade

These days you must also work on the assumption that he has a blade of some description and despite the fact that it is not evident there is enough justification given the increasing knife incidents to presume he has one on his person rather than to assume he doesn't. This single fact alone alters drastically your game plan. Even less can you afford to close and get a grip, even if you are wanting to remove someone from your store or office where you work. Don't believe that because you can see his palms that a blade is not easily to hand. You cannot afford to let him close with you. If he comes within range then you may feel

that a strike is appropriate. One shot only must do it. If you can achieve this then you limit the potential for damage to both you and him as your response in terms of force must be reasonable.

You need a one blow capability - for my money anyway. If one won't do it then 5-6 certainly won't - it means that very simply you can't deliver impact properly. My '**POWERSTRIKE**' system which utilises the unique 'Double Hip' multiplies impact into strikes and kicks three or four fold. It has many benefits, not least the result that you actually injure opponents less. A 'one blow capability' can render an opponent incapacitated, but with little or no residual damage.

We have looked at various 'management' aspects of self defence, in other words all the wider issues that are part of what I call the 'big picture'. All too often self defence concentrates too much on the 'face to face' encounter and ignores the the 'Why' and 'How' of what you are actually doing there in the first place. More attention to the awareness and personal security factors would prevent 90% of most encounters ever turning physical.

Male and Female Requirements

Any programme which treats men and

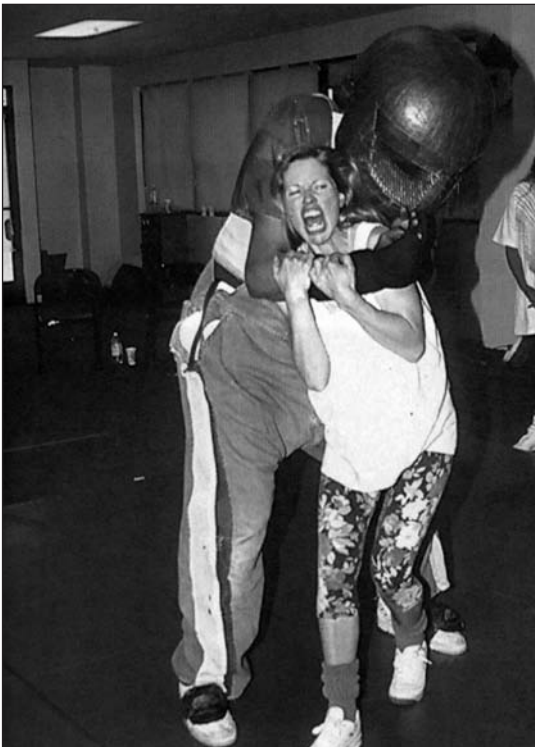
women equal in their requirements for an effective defensive system is practising deceit. Look at the homicide statistics earlier in the book and see how the deaths occur. For women, quite clearly the range at which violence occurs in its ultimate form is that much closer than it is for men. This is evidenced by the level of strangulation as distinct from male homicides by the same method which totalled only 5%. Male homicides are essentially at 'arms length' whereas as for women it is happening at close

grappling range where male strength will predominate. Without an extremely violent response of biting and eye gouging a female is not going to win an encounter when strength is allowed to dominate and initial injury has stolen the resolve to resist. Also, few if any women can take a strong blow to the face.

In the Introduction I mentioned one of the worst books I had seen on self defence, written by people who have no clue outside the dojo how violent attacks happen. You can contrast the

techniques in the above book with those taught on say, the **'Impact Personal Safety Programme'** in **Van Nuys USA**. It is a womens self defence programme based on reality, with a large man in an even larger 'impact' suit who insults and attacks his female participants with the reality of the street. A descendent of the **'Model Mugging Women's Self Defence'**, originally developed in the early 70's by American martial artist **Mathew Thomas**.

He was forced to reconsider the effectiveness of martial arts as self defence following the rape of one of his best female students, a trophy winning competitor. Thomas discovered in his subsequent research that men attack women differently than they attack men



Action from the 'Impact Personal Safety Programme'. This is the reality of teaching women's self defence, where size and weight predominate. This is not more 'martial arts in jeans' and this course, like the 'Model Mugging' deals with reality.

(we know in the UK from the injuries sustained that this is definitely the case), where instead of keeping a distance and exchanging blows they move in fast on a woman, smother her and grab. This completely negates most trained defensive tactics. Strength and weight predominate.

The Impact system is quite revolutionary in that it encourages, on occasions, women to go to the ground and kick. The premise is that a mans upper



It may seem a dangerous tactic, but in extremis, going to the floor is a tactic advocated on the 'Impact' course, as it exposes the attacker's centre line and makes him vulnerable to strong kicks.

body strength is impossible to match yet a womans lower body strength can generate enormous impact, even on the ground. For a man to reach a woman who is on the ground he has to extend and in doing so exposes himself to well placed kicks. When you have seen it done you can appreciate that the system and that of Model Mugging has the only real answer to womens self defence.

The Impact course gives women the opportunity to act out the nightmare of assault before it becomes a reality. In four or five sessions they are subjected to as many as 30 full force attacks by a powerful unarmed assailant. What they teach is not just technique, but fighting spirit to strike, elbow, nail gouge, but to add rage.

This is what will work for someone, not sterile pre-arranged martial arts drills. Such programmes do much more for women as they allow individuals to tap into reserves of aggression most women suppress. By doing this a more positive, less victim like person is produced whose confidence is based on her true and innate abilities not a falsely created myth.

It is often easier for a male to 'fight through' initial impact and trauma and there general upbringing has made them more resilient to 'contact' situations. Not so with a female who has had little if no experience at combative, impact sports. A solid hit to the face of a man may or may not put him down, but the same blow to a female will nearly in every occasion put her down. It is critical that self defence classes for women place the correct emphasis on what is actually required. The statistics quite clearly show that violence against females is likely to be by spouse or lover and rape a staggering 61% by someone known to her. A females attitude to being violent against someone she knows, even when being attacked is never going to be the same as it would be with a stranger and must be taken into account. It produces a high level of reluctance for her to fight back and cause injuries.

The gap as to requirement widens when you take into account where violence occurs. For females in England and Wales between 1990 and 1994 48% of crimes occurred in the home of the victim or suspect with a further 15% being indoors elsewhere. To fatuously advise females how to hit and run takes little cognisance of the fact that in the majority of assaults to which they are subjected they have no

where to run to. In these pages it would be impossible to create, in photographic form the way such teaching should unfold. Only a very suitable class can provide the training and duplicate the feelings induced. They are very few and far between

We could summarise the individual elements of self defence as:-

Personal Psychology,

Personal Awareness,

Personal Experience, personal practise,

Personal Fitness,

Personal Confidence - this latter being a sum total of the others.

Martial Arts Myths

amongst many other people decry the effectiveness of traditional martial arts in street encounters, although this statement must be put in context. Martial Arts is the raw material for street combat and defence, but in its unaltered, complex format it is a hindrance to safety rather than the answer. Traditional systems are overburdened with technique and each one vies with the other to compete on complexity. When violence erupts in front of you in the street, in the car or the home you must have simple, powerful, reactive techniques, which require 'gross' motor skills only. The more simple the action the more chance your brain has of bringing it into action.

The hundreds of techniques and combination of techniques which comprise such systems as Karate, Judo, Aikido, Ju-Jitsu, Boxing and the myriad of Chinese and other Asian

systems have no place in any part of your mind at this time. When your aggressor starts, or more correctly, you start, in order to finish it, you need ONE or possibly TWO techniques which must be instinctive and well honed. Skilled at hundreds probably means you are effective at none.

The Technique Log Jam!

It is like having an egg timer. In the top of the timer are thousands of grains of sand, but at any one time only one or two grains can pass through the neck. Any more, simply jam up the works. Its the same with street defence, any more than one technique in your mind clogs up the system, and this mental log jam results in inaction and confusion. In the cold, clear light of day and when you practise in the Dojo, if you believe it doesn't happen like that - you are wrong. When the fear, stress, panic, shock and chemical responses take hold complexity is

death. It is the 'Freeze' syndrome and whilst there are many contributing factors, having too many options to choose from certainly contributes to the inactivity. I know because I felt it many years ago on the doors when all I had was a traditional system with only competitive experience to fall back on.



Sparring like this won't translate to the street. Author and Stan Knighton 6th Dan Shukokai, Karateka.

Reality Of Training

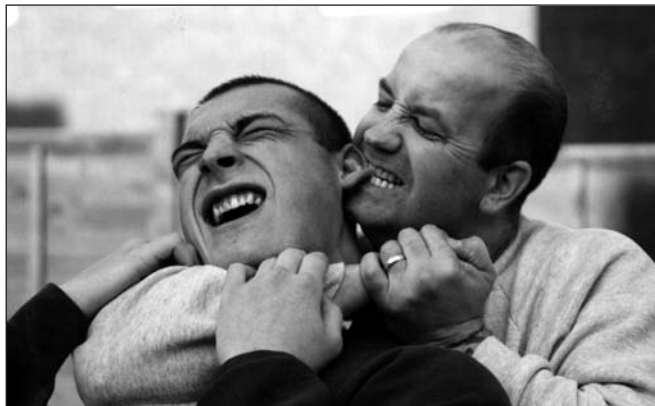
Stand in front of someone, with him screaming and shouting in your face daring you to do anything or if you happen to be a policeman, arrest him. He's spitting out aggression, 'head pecking', finger pointing saying "come on you fuckin t**t, put a fuckin arm lock on me then!" You probably won't be able to move from the spot and you feel he is finely primed to react to any

movement on your part, the reason being you have no confidence in your techniques, but worse you have no confidence in YOURSELF!

So are Martial Arts a waste of time? No, just the opposite. A good grounding in a martial art or martial arts, will give you a number of benefits. Primarily and most importantly it will put your mind in touch with your body. Practitioners of many years standing have good physical control, good balance, good timing, good reflexes and a good mind to body link. They have a much better awareness about themselves. Where the problems occur, from my point of view, is that the wrong technique is reflexed for the incorrect circumstance.

The major problem is that Martial arts instructors are poor self defence instructors. Essentially they are sports coaches, with few ever having had an ounce of practical experience of having had to make it work. If you wouldn't go to an athletic sprint coach for self defence lessons why assume a karate teacher has any better answer. In fact the sprint coach will probably be of more help as he will teach you a simple solution - that is to run and run fast - it wont be a complicated solution. Martial arts, even boxing is a sport and art. Both have referees, judges,

doctors present, bells, flags, whistles and someone to stop it if things get too dangerous.



Reality bites!

They are so immersed in their art and so defensive about any criticism or wider thinking on the subject that they seldom relate what they teach to the reality of how it happens in the street. They fail to see the ineffectiveness of complexity and believe such things as blocking will actually work at the one metre range. One of the biggest single problems with martial arts instructors is that they are 'Tribal', what I mean is that from the very early stage of their career they are 'brainwashed by their instructors to believe what they practise is the best there is for all things. This makes them narrow minded, negative, defensive and dangerous when it comes to teaching of techniques for reality. Also for many years it prevents them looking outside their own system for the best in others.

They refuse to recognise anything being possibly superior to what they do.

This is a generalisation and there are many good instructors instructors who recognise the above picture I've painted and adapt to the necessary change well. Many, however do not. I also know one very simple truth and that is, that it is the person that is effective and not the

system he practises. I can think of many individuals in the UK who are individually so competent that if they took up Origami (Japanese paper folding) as a martial art they would be dangerous men.



Another duplication of 'that!' self defence book, where they show a woman who locks up a man's arm whose grabbed hold of her. Bollocks! - it can't be done given the difference in strength.

The problem with these people is that others look at them and believe it is the system which is working and fail to see that is in fact the individual and that the system he teaches, in the hands of lesser mortals, with the limited time



Blocks and counters must be simultaneous and you can only ever close with the opponent.



Also, gain the maximum effect from each counter. Often, there is a reluctance to go for the eyes, but, if occasion demands, you must.

they have to do it, will not be anywhere near as effective.

An Organised Approach

In the UK in the early 80's the then 'governing body of British Martial Arts the Martial Arts Commission (MAC) became so concerned about the teaching of self defence by martial artists they developed what came to be known as the 'MAC-1 Self Defence' course. I will quote from the original announcement made about the course as it echoes much of what I have been saying:-

"The course is designed for coaches, to teach people who are of average fitness, who do not participate in sport and have very little, or no interest in martial arts, but DO have considerable interest in wanting to learn some techniques of a simple and effective nature to defend themselves against physical aggression".

The Commission instigated a review of the teaching of self defence, as a result of numerous complaints, both directly and indirectly. Some of the findings of this review were:

- 1. Some of the techniques being taught were to complex to be used effectively in an emergency.*
- 2. Many techniques did not 'immobilise' the attacker, but only*

'hurt' and there was some evidence to suggest that this invoked a greater response from the attacker, resulting in more serious injury to the victim.

3. A significant number of attacks resulted in the person being knocked to the ground and only a few of the systems of self defence being taught considered the ability to be able to 'Think' once on the ground as important.

4. Some martial arts clubs advertised self defence only as a means to encourage paying customers.

As a result of this review, the Commission set about producing a syllabus which was aimed at individuals who wanted, in the first instance, to learn, in a relatively short course (15-18 weeks) how best to defend themselves and are Ms, Mrs, Miss, or Mr normal. The result was the MAC-1 and attempts to ensure that what is taught is what is described, SELF DEFENCE.

The above fairly succinctly sums up the then state of self defence teaching in the UK. All the points I talk about formed the rationale for change although the MAC did not express their views as scathingly as I always have.

Whilst the initiative seemed laudable in reality what resulted was pretty useless and looked like a 'committee designed camel' i.e. six humps, five legs, stripes and a neck like a giraffe! I attended the first 'submittal' meeting where the thoughts and techniques from the various groups in the Commission were presented.

Most were completely 'style' based, bore no reality to how attacks actually occurred, but as every group exercised its political influence something from their system found its way in. This was committee designed self defence and it also had six humps. It was too technique based with little or no personal security content and significantly lacking in any street reality.

For me the main benefit to come out of the initiative was that a clear separation had been made between teaching the art and sport of martial arts and teaching self defence. Interesting also that a 'short' course should be deemed 15-18 weeks. To me 'short' should be one third of this length and any longer means you are teaching too many techniques. What was also excluded was 'fear' training. Fear was not something talked about in polite martial arts circles.

Fine Motor Skills

In a street encounter fear, adrenalin, stress and uncertainty all combine to make the use of 'fine motor skills' a non-starter. This is the first problem. Most systems require the application of complex, fine motor skills which under pressure fail the test. The British Police forces self defence system Taiho Jutsu falls into this category as does Wing Chun. When Taiho Jutsu was imported into the UK what didn't come with it at that time was the fact that the Japanese police had been using impactive techniques and telescopic steel batons for many years and used the system to arrest people who were probably half unconscious



John Kary (mentioned later in the chapter) is not going to confuse reality with art. Here, breaking out of a rear choke with a testicle grab and foot stomp.

already. Here, the then Home Office guidelines, placed severe restrictions on its use and effectively emasculated it as an effective system. It hasn't stood the test of time against the violence of today and changes are rightly underway.

Martial arts are a foundation on which to build a good a good Close Quarter Combat (CQC) system around. However, as I have said for many years, what I personally do in the street is effective ***“as a result of what I've thrown away”***. In other words I've stripped my martial arts down to it's barest constituent minimum, so as to work 99.9% of the time. I have started from the prime foundation of IMPACT and built it up from there. What I've built is a single storey structure not a skyscraper, in other words I have not recreated another martial arts system.

I have also put things together from many systems, but at the same time having been careful to put things together which 'dovetail' and make a perfect picture when all the pieces of the jigsaw are in place.

Wing Chun is one of my favourite systems for the street which is in contradiction, to what I have said above, but where it works for me is to extract the core elements which make the system unique and put those into a

bag of other 'pick and mix' elements all broadly based on impactive techniques based around the 'double



One of the Author's Wing Chun instructors, Yip Chun, seen at the shrine of his father, Yip Man - Hong Kong 1991.

hip' power generation system and structured for the various 'ranges' you may encounter. Wing Chun people practise against Wing Chun people and they practise in the 'cultural' way that all that implies.

Cultural Ball & Chain

Let me try and explain that. Eastern martial systems are all 'dogged' with the cultural ball and chain of where they come from. With hundreds and

even thousands of years of development behind them they are 'stylised' and designed to impress. One only has to look at the challenges that took place between 'masters' in both the Japanese and Chinese environment. These events became a village event. People's expectation was for a 'display' of both skill, and range of techniques. People had baked cakes for the event and if it was over in one second as a result of one opponent asking him for the time and knocking him unconscious when he looked down at his watch the winner would have been lynched. Peoples expectation was for a display where the whole of the system would be used. It is display - plain and simple.

But, this is not how it happens in our cultural environment. There is no show or display of talent simply a well disguised strike or stab while you are still shocked and stunned into immobility. Eastern martial arts are not designed for this. People were shocked to the core in Japan when they learned that the great Myamoto Mushashi author of The Book Of Five Rings, used to wait for opponents in a bush and hit them as they went past. It just wasn't done. Musashi would have gone down well in the back streets of any major UK city.

‘Fighting is Not Self Defence’

If you take nothing else on-board from this book try to keep hold of this:-

The main problem in most Martial systems is that they either have a ‘sporting’ element or a ‘fighting’ element. Judo, Tae Kwon Do, Karate, Savate, Kung Fu, Wing Chun, Ju-Jitsu et al all have a sporting side to them and practitioners can easily become confused with what can transfer to the street. Also most of the systems ‘spar’ in other words they allow practise between students to hone their ‘fighting skill.’ In a minute I will make the distinction between fighting and self defence, but suffice to say that if you end up in a ‘fighting stance’, with your guard up in the street then you have done something very wrong. Fighting is NOT self defence. In the street and for the average person



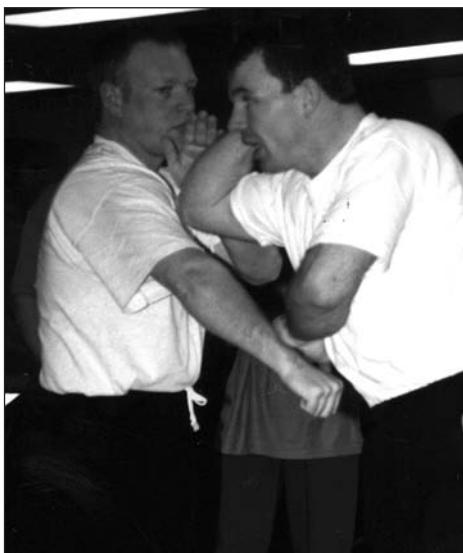
Eyal Yanilev, chief Krav Maga instructor, demonstrates a simple, yet effective, throat strike or pressure release from a hold.

‘fighting skills are of no benefit. You are not going to be around long enough to ‘fight’ rather you will ‘hit and run.’ When you prepare to fight you arrange yourself in a way that tells the other person what you do and what you know, but the problem is that he may know more and do it better.

Let me give two examples. If you are in a room and between you and the door are two men who are out to kill you with their bare hands, they know how good you are and can fight themselves. This is a fight - you will need a stance, a guard and every ounce of skill and technique, even blocking. It may deteriorate into a brawl, but it will still be a fight. Two men who come up to you in a club who stand some two feet away, who have no idea what you are capable of and tell you they are going to kill you simply need knocking out before they finish the sentence. I’ll submit the latter is not a fight, it is pre-emptive self defence, for which you need no stance, no guard, no encyclopedia of techniques, just impact and guile. So two things avoid sporting martial systems and don’t believe sparring is what you need for the street.

There are some ‘systems’ which are not competitive such as **Jeet Kune Do** (JKD), but what started as a ‘philosophy’ has become just another

martial arts system with all the rigid inflexibility that that implies. In the BCA we have Britain's foremost JKD instructor Rick Young, who through



Rick Young, JKD expert with a simultaneous parry and elbow strike to disable the arm.

years of intense practise has reached the 'state of the art'. For the man in the street JKD has become somewhat complex in it's approach to simple solutions to street problems and in the States certain 'factions' are now rigidly controlling the 'adaptation' of techniques, in other words it is now like any other martial art (where development and change is restricted), although better than most.

Krav Maga

A separate 'system' exists in the form of the Israeli Krav Maga, which is a purely 'Defensive Tactics' system. Created for and employed by the

Israeli Defence forces, Krav Maga effectively translates to 'contact combat.' There are now three arms to the system - that taught to civilians, that taught to the Police and that taught to the Military.

In the States, the system has found considerable favour with a number of police forces. Creative training methods are used to so as to place officers under tremendous physical, psychological and emotional stress whilst performing defensive tactics. The last thing an officer should get, with this system is any false sense of security. Krav Maga train and then



Eyal Yanilev of Krav Maga demonstrates a release from a side choke, similar to that used previously by John Kary for a full strangle.

license instructors and in the States, particularly with the police they have licensed few people and those they have, have an excellent background.

There is some good 'feedback' coming in from officers both uniformed and undercover, in the States, as to the effectiveness of the system and this is good.

I have seen a demonstration and I like the system. My only reservation is the lack of pre-emption and the fact that the training and techniques apply without seeming adaptation to 'regional threats- in other words street attacks in the UK, don't happen as they do in the states, as they do in the Phillipines, as they do in Moscow etc. Small country variations require often big adjustments to your thinking and force options. It is very much a 'defensive' system, but in that context I think it is excellent. My last reservation, certainly here in the UK is that for a substantial fee you can be trained and licensed as an instructor. That doesn't cut it for me. Someone who has never had to use techniques he or she is teaching is immediately deficient. There is the credibility gap and the empathy needed to be able to be convincing about the efficacy of what you are teaching, but the same goes for ninety percent of instructors, in most systems.

A Military Solution?

Where can we look to for the authoritative level of defensive skills. One would immediately say the

military, but sadly they, like all of us, seem to forget what they knew every other generation or so. I can sum up my own confusion in the search for 'the holy grail' with a look at the comparison between unarmed self defence and weapons training. Second I want to show how quickly we forget the skills of the past and end up having to reinvent the wheel every 50 years or so. I have shot pistol for many years, as many in fact as I have practised martial arts and when you research the history and background of the practise and adoption of handguns many similarities between mainstream martial arts occur

Writing a book on self defence is like writing a book about a vast subject like shooting - its impossible to do it any justice unless you have the space of an encyclopedia. So where do we start and from what perspective or perspectives do we approach such a vast subject. In both shooting and self defence, we can draw some broad similarities which may help us drive a small wedge into the subject and open it up for discussion.

In simplistic terms, we say shooting is broadly one of two things - that is, it is either **Offensive** or **Defensive**. We can then 'lump' weapons and tactics into these two broad divisions and

make the subject somewhat easier to digest. We talk about 'assault' rifles (offensive) and handguns for personal protection (defensive) and the tactics we then employ in either case are those forged by the demands of these basic roles, taking into account such considerations as weapon limitations and effectiveness of them to operate within these two arenas. The problem occurs where one arena overlaps the other.

Handguns, from a military point of view, have always enjoyed a secondary role to the main purpose of principal weapons systems, such as those designed for the battlefield. One only has to look at the struggle which took place to have semi-auto pistols accepted by the American Military in the early part of this century to see how confused was the thinking on the requirement for a "personal weapon of protection" as handguns were called. Hand in hand with the battle over the merits of revolver or pistol went the battle about training and even with the enhanced firepower of pistols, training was still conditioned by the 'Principles of Marksmanship' which dogged any practical approach to pistol work for nearly two world wars, with some notable exceptions. This is like the battle now between 'traditional' arts and 'practical' systems.

Self defence systems in the military have received no less a confused approach. Often, the very term 'Self Defence' determines what people feel should be taught and often this results in a worthless, ineffective, dangerous (to the user) collection of techniques that have no place in a dangerous world. The problem is always the fact that by definition, 'Defence' - implies waiting to react before responding to an attack. The intimacy of electronic news gathering at nearly every conflict around the world has had the effect that every authority, be they police or military, has as much a consideration to adverse publicity during conflicts as they do to giving their people effective combat techniques. Combative technique cannot be 'politically correct' and effective at the same time. Our police in the UK are recognising this, although politicians aren't as the RUC in summer 97 were banned by Mo Mowlem, Minister for Northern Ireland, from having riot guns.

Many years ago, I began using the term 'Self Protection' to free up the thinking and to acceptably allow pre-emptive attacks to form the basis of my Close Combat teaching. If we are looking, however, for a suitable heading to describe the whole of what we want, then Unarmed Combat

becomes reasonably apt. The term does not condition us to approach the subject with any particular mental limitations and allows for free reign of techniques, both defensive and offensive. My own problem with the heading of 'Unarmed Combat' is that we are actually seldom unarmed, even when walking down the street, as we are likely to be carrying pens, keys, matchbox, broly, magazine and loose change, all of which can possibly make improvised weapons (the reality is somewhat different however). Therefore, if we free people from the thinking about the 'Empty Hand' concept, we then remove the constraints which restrict us from thinking about a range of natural weapons which can be brought into play, should occasion demand.

Close Quarter Combat

I feel we get even closer to the reality if we could call it 'Personal Combat'. I avoid the term 'Close Quarter Battle' (CQB), as this, in military terms is weapons oriented, although, as we know, the battle is likely to be in an environment which places the enemy close by and in a variety of concealed locations from which they must be prized out - usually a 'built-up area'. The ideal term which I feel is most appropriate is 'Close Quarter Combat'

(CQC). It is suitably vague to allow in whatever is appropriate at the time to suit the demands placed on those who



Bob Kasper with the one and only Charles Nelson of NY City (his teacher) in May 1992. Charlie was then 78. At 83 he is still going strong and teaching as convincingly as ever.

need to learn, such as armed or unarmed techniques and in military personal combat training, these demands have quite clearly seen to pendulum in sync with the background of the state of the nation i.e. at peace or at war.

At present, my personal belief is that no branch of the military should be happy with their unarmed combat syllabus, but it politically suits the times. Videos I've watched and manuals I've studied, all reflect the current imperative for a 'defensive' posture to be the premise from which a syllabus has had to be designed.

Control & Restraint (C & R)

You would need to look no further than the ‘committee designed’ British Army’s Restraint and Arrest manual. Essentially, an adaptation of the Restraint Arrest and Control System (RACS), developed by the army in co-operation with the Army School of Physical Training, the Metropolitan Police and HM Customs & Excise. By its own admission, the syllabus was developed in 1970, primarily to meet the army’s peace-keeping role in Northern Ireland. *“The aim of the course is to give the soldier effective, but humane skills, whilst observing the principle of minimum force consistent with achieving the objectives”*. In other words, it won’t work, but the authorities can say they have one and it is hard to dispute that it is effective. Its aims are broadly at odds with its objectives, and personal, bitter experience has taught me that the ‘supposed’ attacks and holds perpetrated by the illustrated attackers, bear no resemblance whatsoever to how it happens in the real world.

The antecedents for the system are many and varied, but having three main strands

1.

Kogosoku Arrest Method
 Torinawa Rope Tying (prisoners)
 Bo Jutsu Stick Fighting

2.

Hakuda
 Yawara All Grappling
 Tai Jutsu
 Toride

3.

Okinawa Te
 Kempo Both Striking

Essentially the end result is a combination of Aiki Jutsu and Ju Jutsu movements accepting the restraints of being loaded down with heavy equipment.

The Aims & Objectives are interesting and often conflict although they sound admirable;

The requirements of the RACS are;

- a. It must be effective.
- b. It must be practical and easily learnt.
- c. It must engender conditioned responses in high stress situations.

The Constraints of the system are:

- a. It must, where possible, appear non violent.
- b. The level of force must be controllable.
- c. It must be quick and clean to avoid further trouble.

Training Objectives:

- a. To remain on the feet whilst applying techniques.
- b. To break free of holds or grips.

- c. Firearm retention in all conditions.
- d. Toe effect an arrest.
- e. To disarm an adversary.

All good stuff, but the reader is probably by now developing a 'third eye' for reading between the lines. Many of the above are 'cover your arse' directives.

Any army manual for combat which has been contributed to by the Metropolitan Police and Customs & Excise, is not forged in either the heat of war or the necessity of survival, but coloured with the brush of political correctness and over-adherence to their interpretation of the laws of self defence, so as to obviate criticism of senior officers over acts of defence their people may effect. It is dangerous, fallacious and misleading to train people in the belief that these techniques of defence will work for only one person against real attacks.

The Reality of The Knife

With excuses for dropping into the vernacular, its complete bollocks to believe that someone, in reality, who dives towards you with short, fast, slashing strokes of a knife, can have his wrist gripped, twisted, locked and then thrown to the ground and disarmed. When you look at the diagrams in Control & Restraint,

however, the attackers are frozen into immobility for some 2 - 3 seconds after he has committed his arm for one thrust of the knife at what must have been a pedestrian pace - bollocks I say again - its not reality. This is no different, however, from how it is displayed in most self defence books.

Capt. Stephen Stavers USMC, who was killed in 1944 during the marine landings at Peleliu, was a personal combat instructor and a student of a Col Biddle, who many will know from his somewhat classical work on the subject of combat knife fighting. Stavers commented on knife defence - he said (and knew) ***“that no bare-handed disarming technique is dependable against even a fair knife fighter. Trying to disarm a truly scientific knife fighter would be like trying to stop a propeller with bare hands.”*** He went on to say ***“indeed, the appearance of the scientific knife fighter in action suggests a flashing propeller on the head of a cobra, to use an extravagant metaphor, he uses a slashing attack (rather than thrusting or stabbing), with the knife pointing forward in a loose, flexible manner, the blade flat and the cutting edge outward. The blade is in constant, controlled, lateral motion at the same time, moving in and out, high and low.”***

The above is the reality of it, not how you see it portrayed in training manuals or martial arts magazines. The myth is perpetuated by people who don't know - but assume. To be fair to the Army's Physical Training Wing, if commanded to produce a manual, produce a manual you do. This particular work, however, is no better and no worse than any other personal combat syllabus designed in peace-time.

My comment, however, would be to remember, that a man intent to kill you with a knife, is no less deadly in peace-time than he is when your country is at war - its just an image problem and we come back to the necessity of authorities to protect themselves and also to limit what they know will eventually be in the hands of a civilian population. During World War 2, FBI agents trained alongside the first combined special forces of the American and Canadian units, so that they knew what the soldiers knew. The purpose of this was so they had equal combative skills when these men returned to civilian life and would possibly use their skills for more nefarious ends and the FBI would at least know what they knew.

The Shanghai Experience

Contrast today's training with what we knew 80 years ago when a man called **William Ewart Fairbairn** walked the streets of Shanghai. As an underage recruit, Fairbairn had joined the Royal Marine's Light Infantry and in 1903 volunteered for duty with the British Legation Guard at Seoul, Korea. In October that year, he sailed for the Far East to begin an association with the Orient which was to last until the late 1930's. He arrived in Korea in 1904, a few days before the outbreak of the Russian-Japanese war and some seven years later, bought his discharge and signed up as a constable in the Shanghai Municipal Police.



W E Fairbairn. Photo taken in the latter part of the war, whilst seconded to the OSS (photo courtesy of D.E. Fairbairn).

The International Settlement, in Shanghai, for whose safety, the SMP was responsible, was unquestionably, at that time, the single most lawless place in the world, with acts of crime and terrorism running at epidemic levels. Organised gangs of professional kidnapers roamed the streets armed with the latest in full and semi-auto weapons and when caught, would use them. Conditions in which the police fought were the filthy, tightly packed, poorly lit, overcrowded maze of Chinese buildings, against Chinese, Korean and Japanese gangsters skilled in a variety of Martial Arts and the use of weapons. The Queensbury rules and 'principles of marksmanship' proved totally ineffective in combating such violence.

Fairbairn with others, developed combat concepts and training systems for pistol, knife, stick and unarmed combat that, due to its success, was to eventually find its way into all Commando training and for training the special operations people in the British SOE (Special Operations Executive) and the American OSS (Office of Strategic Service) during the second world war as well as the American Marine Corp. It was Fairbairn who thought of the first 'Killing House', or 'Mystery House' as it was called then. The system that

formed the foundation of their close combat was **Defendu**, the methods that had been taught to members of the Shanghai Municipal Police (SMP) and used to battle with the street gangs, thugs, toughs, kidnapers and what have you that plagued the International Settlement of Shanghai. One of the largest criminal organisations that the world has seen, plied their trade there. It was known as the Green Gang and it is said that it had anywhere up to 100,000 members, in and around the Shanghai area!

Defendu had been formulated and developed by W.E. Fairbairn from his training in Shinnoshindo-Ryu Ju-Jitsu and his later training in Kodokan judo. As well as these Japanese arts, he also had a knowledge of wrestling, western boxing, Savate, Chinese boxing and general brawling methods used by a number of nationalities that resided in or visited Shanghai. Add to this a study of the techniques used by the United States Marine Corps, who had one of their regiments stationed there from 1927 until 1942 and you will see a great depth of knowledge gained by Fairbairn on all aspects of close combat, both armed and unarmed.

All the methods espoused in Defendu had been used by Fairbairn and members of the SMP. The real test

came in 1925 with the formation of what was officially known as the Reserve Unit but better known as the

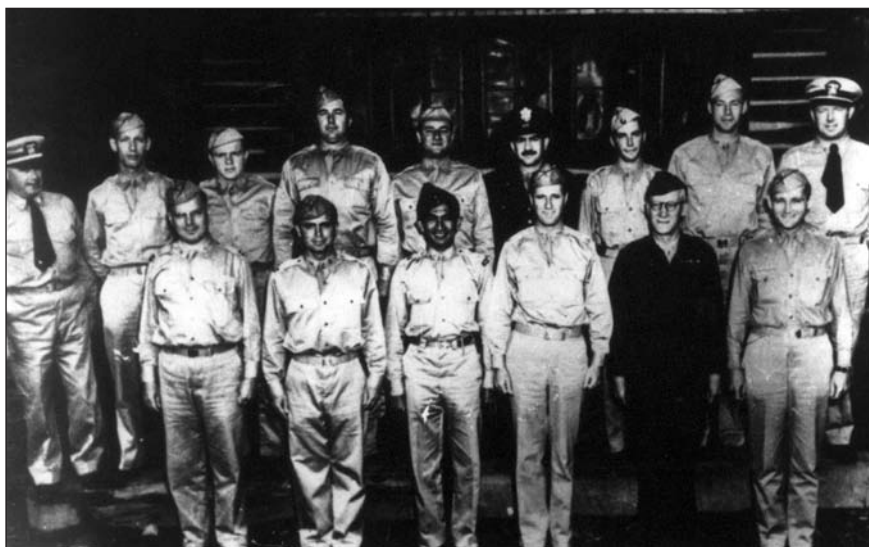


E.A. 'Bill' Sykes, partner in crime of W.E.F. in Shanghai and later throughout the Second World War. Photo taken in Shanghai 1931. Photo courtesy Peter Robins/Sykes Estate.

Shanghai Riot Squad. So it was from 1925 through to 1935, Fairbairn trained, inspired and led the squad in all its various duties. This covered street disturbances and riots, armed robberies, kidnapping, hostage taking, siege situations and a variety of bodyguarding duties. Until his retirement at 55 years old, he took every opportunity to ride out with his men on emergency calls. To illustrate this - he retired at the end of February 1940 and yet in the early part of the month, he was at a siege, where his unit had been sent to assist the local

station in which an armed gang had taken refuge and prisoners in a residential area.

It would have been enough of a life for most people up to this point, but we now enter really the third part of an incredible story. In 1940, both he and **E.A. (Bill) Sykes**, his partner in crime from the SMP, who commanded the sniper unit, spent the war as Instructors to Instructors for a variety of special forces and commando units, both British, American and Canadian, as well as the collection of foreign operatives who passed through such establishments as Inverailort House, at Lochailort in Scotland or the Commando Basic Training Centre (CBTC) at Achnacarry House some 20 miles away. This book, cannot devote itself to the history of these man or their exploits and the forthcoming book by an old friend and martial arts colleague, Peter Robins on this truly fascinating period of history and the Fairbairn-Sykes line will satisfy this near forgotten piece of military history and the story that needs to be told. What did emerge from these men was a combat system which has, for many, remained unequalled. They produced techniques that worked against men versed in violence and death.



OSS instructors in WW2. Taken at OSS Camp Area B (Camp David) 1943. Fairbairn 1st row second from right. Rex Applegate 2nd row fourth from left. Colonel Applegate is still an extremely active unarmed combat and weapons instructor teaching both the US Marine Corps and also at such places as Hocking College (Police training) Ohio. Photo courtesy of Colonel Rex Applegate.

As we know, Fairbairn took every opportunity to accompany as many patrols and call-outs so as to be able to assess under fire and in combat, the reactions of himself and his men. He knew what worked in the fear, stress, terror and the reality of a gunfight and he adopted and developed personal combat skills to suit. These reached their peak in his 'Silent Killing Course' delivered at Lochailort and elsewhere during the war years.

They Knew What Worked 70 years Ago!

Perhaps the most unique principle of Defendu involved rapidly charging toward the enemy, getting in close and finishing him off. Although as it has

been said such a tactic sounds dangerous, it is actually a good risk and one that has been my mainstay of my own defensive tactics for many years. **Mathew Tempkin** who is mentioned later when writing about this tactic said *"even an expert fighter has trouble defending against a close-range rush, and an unskilled enemy is usually too surprised to put up any defence. Also a larger opponent is usually taken out with a rushing attack because his balance will immediately be thrown off and he'll be unable to put his longer reach to effective use."* Again, from my own experience this should be the first thing to do not the last option. Mathew Tempkin is a freelance writer and Court Officer in

New York City. A practitioner of Ju-Jitsu, defendu and police defensive tactics he was also a self-defense consultant on the Mayors Task Force on Rape.

Peter Robins, once wrote in an article how little development work there had been since the early part of this century and when one looked at Fairbairn's writings in his books - *Defendu* 1926, *Scientific Self Defence* 1931 and finally, *Get Tough* the answers had been arrived at then. This wasn't by way of criticism, but an observation about how few things actually work in real combat and about the simplicity of techniques which are required. As the only genuine teacher of Defendu in Britain, and with nearly 30 years martial arts experience, Peter is more than qualified to comment on the role of martial arts in self defence. The following is an extract from an article he wrote for the internal newsletter of The British Combat Association:-

"Thoughts on Self Protection and Martial Arts".

by Peter Robins

"It is indeed a sad reflection on the martial arts today that so much of their original base in effective combat techniques have been sacrificed and

or lost in the myriad systems that have evolved since the mass influx of these arts into the West.

This is not to write all these arts off, one cannot do this as there is always the exception to the rule, but the rule seems to be that hundreds of new systems and styles have been brought into being in the last twenty years or so. The '60s and '70s saw the mainstream systems, predominantly Japanese karate grow and flourish. Gradually there began a break up and split away of individuals and groups to found their own organisations. No big problem there, but many of these individuals and groups had little understanding of their original system. Certainly in many cases, nowhere near enough knowledge to go off and develop their own system - style, yes, but actual system?

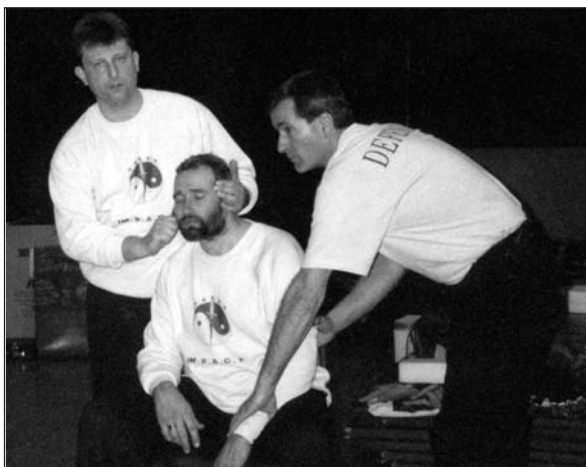
What happened was that in many instances, the old adage 'a little learning is a dangerous thing', was again proved true. Judged from a sporting aspect, this break up was no big problem really. Judged today from a self protection point of view, it was a disaster. What we are left with is very often a hotch-potch of sporting/competition moves, presented as a coherent and sound method of self defence. Or a collection of pseudo

combat moves that are supposed to bear some notion of reality. With some exceptions, nothing could be further from the truth.

In too many cases we are left with a motley collection of moves that in content, distance, speed, timing, balance, power, tactically and strategically would only work against an idiot moving at half-speed. This is fine for demonstration purposes (referred to in some military circles as 'Dog and Pony show') and within the confines of



The 'come along' in progress - with the assistance from pain compliance.



Peter Robins, on the right and Paul Child on the left, keep alive the 'Defendu' system of combat in the U.K. Seen here demonstrating the start of a 'come along'.

a dojo/training hall or someone's own little mind fantasy world. If this is where it stayed, there would be little harm done. But it does not. For many years now, these kind of techniques have been presented as a kind of mystical and magical potion to an unsuspecting public.

It would be marvellous to be able to say that the type of training as described above would stand one in good stead in a bad situation. Perhaps many years ago it did, when few people knew better. Most attackers twenty years ago, on seeing what they perceived as any kind of martial arts prowess would have run a mile. Not so today. The bubble has burst. The dream has faded. So where did it go

wrong? At the risk of being clever about this perplexing question, these thoughts come to mind:-

The myth was sold that all and any martial arts training was effective.

The myth was sold that a black belt automatically meant that you have become an instructor, when all it really

meant was that the recipient had gained a certain level in training.

The myth was sold that gaining in knowledge and becoming effective meant learning more weird and wonderful moves as you progressed.

The myth was sold that all martial arts had been tried and tested.

The list could go on, but we will stop there and state that this is enough to be going on with!

Pick up any martial arts magazine from the past few years and you will see words used in the text and advertisements that were never used before - words like, real, effective, practical, combat

This is not done just for editorial content. It does show that a problem has been recognised in regard to what has been passed off for self protection and what has often been a rather stylised dance or keep fit regime. Harsh words? Maybe so. I truly hope that anyone reading this can turn around and say - "that does not apply to me, I had a good instructor, one that knew what he was talking about at a practical level and made what he gave us a living art, not a dead artifact."

Consider this, you have been told that you are at war from tomorrow and that you have been given a group of people to train. They will be able to spend about a day or two with you learning some unarmed techniques, after that they will have to move on and take with them what you have been able to show them. They might very well have to use what you have been able to teach them in a real close combat situation what would you teach them? Now you may say this sounds rather far-fetched, but travel back to the last war and that is more or less what instructors like Fairbairn & Sykes had to do."

Peter Robins June 97

Peter Robins advises that Fairbairn based his teaching of close combat on 3 principles:

Surprise • Speed • Retaining the Initiative

The first two are self-explanatory, the third perhaps not quite so. What he advocated was that once you decide you have to attack, then there is no let-up until the fight is over. The rationale was very aptly summed up by the CO at the Special Training Centre, Lochailort, in Western Scotland in July 1942 as follows:-

“To the civilian without a weapon, or the soldier surprised without his or deprived of it, it gives the necessary confidence, determination and ruthlessness to gain victory.

It will soon be found that the principle value of the training lies not so much in the actual physical holds or breaks (and blows), but in the psychological reaction which engenders and fosters the necessary attitude of mind which refuses to admit defeat and is determined to achieve victory.”

Starting from the STC, their methods spread wide and far, found their way into the Army, Navy, Royal Marines and RAF, to say nothing of the many special units that Great Britain formed. Some are well known, such as the Commandos, Independent Companies, Special Operations Executive (SOE), SAS, SBS with their links extending to all United States and Canadian special forces and intelligence operations. Fairbairn taught such worthy notables in unconventional warfare as Spencer Chapman, Mike Calvert, Lord Lovat and both the Stirling brothers, not to mention Randolph Churchill and Ian Fleming.

CODA - Combined Oriental & Defendu Arts

Was founded in 1993 by Peter Robins

and some martial arts colleagues as a ‘closed shop’ training system to keep alive the defendu system of Fairbairn and Sykes and to study the subsequent adaptation for later military and police use. The ‘initiative’ of CODA is to re-introduce these effective concepts and techniques to British Police forces. It is a system which has survived in essence for over sixty years, but as seems to be the case all but forgotten by those organisations that need it the most. Of everything I know it must come the most highly recommended.

Broadly, the foundation of a close combat system should be based on these precepts:-

- **Easy to Present**
- **Easy to Understand**
- **Easy to Perform**
- **Easy to Retain under Stress**

To be accurate, the term relatively easy should be substituted for easy, as no system will ever be that easy to put over in a combat situation, as the resultant stress induced sees to that. During his interviews with former CBTC instructors in his quest for information on the period, Peter Robins tells the story of his encounter with a 73 year old. They were talking about the wrist lock, which if you look in Fairbairn’s book, never seems a

particularly dynamic technique. Peter's next recollection, however, was from his back as he looked up at the boot of this old man which was just inches from his face. He'd actually carried out an attack on Peter with the technique, put him down - with no compliance from Peter whatsoever - and as Peter tells the story, there was nothing he could have done about it.

What then became patently clear to Peter about the difference then and now was that the philosophy of combat was based on attack. What Peter had perceived in the book as a passive defence, was in fact an attacking move and this has since been confirmed by numerous people who went through Lochailort as instructors. The imperatives of war demanded deadly, effective, pre-emptive action. Today, regrettably, it is wait, defend and die or suffer serious injury. Prior to Lochailort and the Fairbairn/Sykes influence, older Instructors from the physical training wing, whose responsibility, hand to hand combat, had been confirmed that the whole emphasis had changed from Defence to Attack.

Watch any Sky television programme on American police to see the reality of personal combat. I watched the arrest, by hardened, experienced officers, of a drugged individual who had the

potential to cause harm and injury. When eventually he was taken, it was by more than 5 to 6 officers and the two who first got there knew that they would be unable to subdue him on their own without serious risk of personal injuries. It takes numbers of people to restrain someone who is only partially violent and those same officers would die laughing if they could look at how our British Control & Restraint training has been put together and sold to individual police and prison officers. Over the past few years however, this has all changed and a 'Wind of Change' is blowing through police training in the UK.

Knife Defence - The Ultimate Myth

Most knife defence teaching you will see will be guaranteed to get you very seriously hurt or dead. It won't work and if the people teaching it ever had to go up against someone even moderately good with a knife there would, in a very short space of time, be far fewer instructors (not a bad thing when I come to think about it). The attractions of the knife to villains are many. They are highly concealable, cheap, easily obtained easily disposed of, can be constructed from tools e.g. screwdrivers, inflict severe injuries, (even more so than bullet wounds in some cases), are silent, can be

brought into action quickly and do not require a high skill level to use. Don't also think that the blade of a knife needs to be long to cause damage. In one ten year period in one county of Texas, two law enforcement officers were murdered with edged weapons of less than one inch blade length - a carpet cutter and a single edged razor blade. Because of the small surface area of the tip of the knife blade there are tons per square inch, per unit area. Only a four centimetre blade will penetrate the heart.

In 1992 a crime survey in the UK revealed that in half the incidents of mugging, the offenders were armed with an edged weapon. Knives were top of the list, but screwdrivers were next. In 1994 out of 677 homicides recorded in the UK some 236 (35%) involved an edged weapon of one type or another. The preceding ten years up to 1994 shows a fluctuation in this percentage of between 32% and 37%. Knives can be concealed and brought into play from anywhere. This book is not the place to look at the knife and it's tactics in any detail and, for the 'man in the street' would serve no purpose. In the UK knife skills, unlike the States, are amateurish. Most are carried to intimidate and many deaths which result from edged weapons are probably the 'acts of bravado' which

went wrong. To someone attacked with or threatened with a knife such distinctions are unhelpful. When you are threatened with a knife, particularly when it is used to back up a street robbery, compliance must be the initial tactic, but keep in the forefront of your mind that even if you comply they or he may still cut you. Be prepared to go along with the first, but not with the second option. How close the knife is held is another problem. If it is touching your body then you must act, in my belief. The problem is that there is no 'transition' from him holding it against you, to pushing it in you, or



Against the knife, Krav Maga operates on the premise that 'action will beat reaction' and that proximity not distance is what's needed.

slashing your mouth open if it is held against your face. There is insufficient movement for you to react against, so you must act the moment the blade is

put against you. What is on your side is that 'Action Beats Reaction'. I know this to be true and to act immediately the blade is put against you is also the last thing your assailant is expecting. We will look at this in more detail in a later chapter.

If the knife is held some distance away, then comply, but be ready to act. If you have to pass your wallet don't hold your hand out as it can be the first thing to get cut. Throw it to him, if the distance allows. If he can cut you without much imperceptible movement toward you then I personally would want to act sooner rather than later. I don't want to try and defend the knife I want to prevent action against me. The Krav Maga system is good in this regard and reinforces the action beating reaction principle.

In the UK we do not have a 'knife culture' which is part of our heritage as is the case in some Eastern countries. Nor do we have the 'prison' knife culture that obtains in the States where the in-prison training in knife work has been elevated almost to that of a sophisticated martial art. What we do have, however, is that most homicides in the UK result from stabbing, so whilst we don't have a 'knife culture' we have a knife problem.

Correct Thinking

For many years I have conditioned myself to come to terms with the fact that anyone I have problems with in any part of the world is carrying a knife. If I forget this I am going to be totally unprepared to deal with it's emergence in the split second I may have to react. We are told that we need a good distance between a man with a knife and ourselves. If I have ten feet I'm off!. If a police officer has ten feet he should be off as well. The problem is that someone who shows you the knife is probably out to impress, whereas the man who wants to cut you will 'sucker' you in close, so you simply won't have the ability to create the 'control gap' for your 'tactical communication.'

The quote from the late Col. Stavers earlier in the chapter summed up the reality of going barehanded against a knife. The following may give you a slight feel for the horror of knives.

Golden Rule

At all times if you are the victim of violence assume that your assailant has an edged weapon. It is essential that you are able to see a persons palms and if you can't the correct assumption must be he has a knife. If you can see his palms the incorrect assumption must not be that he has

not got a knife. It can be up a sleeve, in his belt, behind his neck and only the limits of imagination restrict where someone may be concealing a knife. This is why I will not be convinced otherwise about the correctness of strikes in a conflict, to do anything else exposes you to an edged weapon.

“4 Hurt In Knife Attack At Jobcentre”

Four people were wounded, one seriously by a woman, armed with two knives and two screwdrivers, who attacked customers and staff at a Jobcentre yesterday. Simon Bridge, a 24 yr old electrician, staggered from the centre with a knife embedded in his head. He had joined the queue when he was attacked from behind by the woman who was described as berserk. She attacked for no reason and with no warning, although it was thought the incident had been as a result of the woman not having been able to collect a payment cheque the day before. One 42 yr old man who was inside the Centre said *“she went totally berserk. I saw her grab someone and stab them. People were hitting her with chairs, but she did not stop.”* She was eventually detained by the police. Daily Telegraph

Don't think it just happens to the public. Over the past few years the

British police have found themselves on the front line when it comes to knife attacks. It was reported that a Sheffield police constable could be scarred for life, after being repeatedly slashed across the face and back of the head in a frenzied knife attack by a motorist he had stopped for questioning. After checking the driver's details he realised the man was wanted in connection with a theft and attempted to arrest him. Once outside the vehicle, the man produced what appeared to be a 'Stanley' knife and slashed to PC several times across the back of the head. The police constable later underwent surgery to a deep 6 inch wound to his face.

One Metropolitan police sergeant saw colleagues stabbed 11 times as he crossed the road to help them. It is reported that most attacks are spontaneous and can be over in seconds, with horrific and sometimes fatal results.

Don't just think of an edged weapon as being a knife - the common screwdriver is the second most common murder weapon in the UK and US after knives. A weapon with a blade of just one to one-and-a-half inches can penetrate the heart, abdomen, or neck area, sever vital arteries and cause death.

Edged weapons account for 60% of homicides and we are told that this figure would be even higher if it were not for the skills of the Paramedics who attend the injured. However, it is probably the one area of personal defence which has the least to offer in solving the problem.

There is not only conflicting advice as to how to 'manage' the situation should you suspect a knife may be present, but even less certainty about what to do should one be produced. My own experience has occurred in enclosed spaces without the luxury or freedom to be able to create distance, although I am not sure that space is our greatest ally unless you are going to use it for a head start. I read some advice to police officers about 'management' of such situations and I remain sceptical. It went like this:

"Never assume the person you are dealing with poses no threat to your safety. If you confront a person don't stand up close 'in his face' with your feet apart. This invites violence and, if the person has a weapon, you will be particularly vulnerable and stand virtually no chance of escaping injury if you are attacked" (PC - my concern with this is the presumption that the officer will have any opportunity at all to retreat - my experience has been

that when a person 'explodes' at another, the defenders hands come up to defend which is instinctive, whereas moving back is not an option - it happens too slowly and is not instinctive)

"Standing 10 foot back while trying to persuade co-operation puts a suspect more at ease- and, most importantly, gives you a full view of his or her body. You can look for non-verbal signs of intent staring, tensing for an attack) as you stay out of reach of head, hands and legs. This buffer zone is known as the 'reactionary gap'" (PC - in principle it seems ok to think you can stand 10 feet away from someone and hold a conversation, but I'm sure, in reality it is impossible to carry out. You would have to be very, very suspicious about someone for you to stand 10 feet away and the probability is the person will 'fill' the gap by walking towards you. Try it in any major city and you will have old ladies walking between you with their shopping bags.

You will also 'draw' a crowd as you also have to raise your voice in a commanding way. Any verbal command to stop will raise the temperature of the event. The problem is much of this thinking has reached us from the States where officers are routinely armed and can 'control' a suspect from a chosen, safe distance,

or cover an officer whilst his partner searches the suspect or questions him. With no pistol it isn't a transferable option! What I also have a problem with is that if your suspicions of the man are such that you have retreated to a 10 foot distance at some point you are going to have to close again!). Also if you are called to a 'domestic' ten feet between you and the protagonists is definitely not an option).

"If a suspect produces a knife the first officer should shout 'knife!' to alert others".

(PC this is transferable to a member of the public in the same situation).

"If the weapon is a screwdriver, still shout knife and back off immediately to create space".

The Magic 21 Feet

The comment was then made about the requirement for the 21 foot reactionary gap. This is the product of the American video '**Surviving Edged Weapons**'. An excellent video and the best I have ever seen at bringing home the reality of the knife, its culture and devastating effect at close quarters. It recounts and recreates actual officer incidents with chilling realism and must be recommended viewing for all law enforcement personnel.

The problem is, how transferable the conclusions and advice are to the UK scenario. Armed officers, regularly facing armed villains, in ultra-violent surroundings creates a mind set when answering a call in the States, that is not prevalent amongst officers here, certainly ones I talk to and train. Also the 21 foot 'reactionary gap' was obtained by having someone geared up to 'sprint' over that distance as a challenge which we know now as the '**Tueller Drill**' -it won't happen like that in reality. It was about 1983 that **Dennis Tueller** a Salt Lake City cop who also taught at **Gunsite** researched the fact that it took an average man only 1.5 seconds to cover seven yards, from a standing start and deliver a fatal knife strike. All well and good, but we know that in the street a man will not sprint to deliver a knife strike, but will want to surprise you at very close range. This reactionary gap also includes bringing a defensive handgun into play.

My point has always been that the man you feel you need to keep ten feet away from is probably no threat. It is the man who seemingly offers no threat is the one who may be lulling you into a false sense of security, getting you close and then he'll explode. So there is still a closer proximity between officer and suspect

on almost every point of contact, resulting in confusion and injury should that suspect 'kick off' either with a knife or unarmed. I come back to the 'control gap', if it is unrealistically big the other person will fill it! - he won't want to talk to you at ten feet. To stop him you will now have to 'spray' him or get a baton out. American knife tactics are not transferable as the presence of a handgun by the officer adds the necessary authority to the 'control distance' for you to keep someone at any distance you want.

I learned one thing on the door and that was if they even blinked and I thought they were going to move or go for a knife you could only go one way and that's forwards. You must hit hard, jam the hand that's reaching inside the jacket and blast him with the combined 'head & shoulder hit' or elbows. If you try and go back you may have nowhere to go, could slip, will panic, not be in control, will give him the range he needs to slash at you, many falsely believe you should be going for a spray or baton, but it's too late for that and you will probably fumble it. Try your drills against a knife with your back against a wall! You then know intuitively that there is only one way to go. You cannot go backwards at the same time you 'organise your defences'.

The '1 Yard Rule'

I will not be convinced otherwise, that within the one metre range or even longer you can only go one way - forward. I am not saying that retreat is not an option, it should be your first option if a knife enters the proceedings, what I'm saying is unless you have this ten foot gap, which is highly unlikely, you won't have the opportunity to get out of there. Anyone with whom you need a ten foot gap I would submit you send for the firearms people.

I'll quote my good friend Peter Robins again who with his links with some very practical combat people in the States recounts the speed at which Bob Kasper's students were able to draw a concealed knife, either an open blade or even a folder all within a second for the former and marginally over one second with the folder and slash a special target.

The advice from the article, which I have related above, extended to look at what options were available if attacked close up and it rightly made the comment that even a baton may have limited value. Remember this is advice to serving police officers, but having a knifeman at three feet in front of you, matters, not what your 'Purpose' is for being there at the time.

The advice went like this-

-- *Try to deflect the knife hand to the side.*

-- *Move away sideways.*

-- *Create distance between you and the attacker.*

-- *take cover.*

(The above is fine so far and I agree with the broad tactic to get away. The following, however, is not so good).

If you are faced with immediate threat of death or serious injury:-

-- *Grab the attacker's wrist with both hands;*

-- *Bang the wrist repeatedly on a hard surface or;*

-- *knee-strike the abdomen repeatedly; shout 'drop the knife' repeatedly.*

The advice went on to say -

"by hitting the wrist or abdomen repeatedly, you stun the attacker and cause dysfunction in the arm or body.

The aim is to cause him to drop the weapon. If the weapon is dropped:

-- *Restrain the person if possible*

-- *create distance*

"do not get involved in a brawl with an armed attacker.....you will lose."

I find it very hard to be critical of advice which is meant to help officers who may be faced with a knife situation, but many aspects of the above are wrong tactically. The assumption has to be made that- you cannot get away, he is going to attack you with the blade and

you have no time to bring a baton into effect. What I am advocating goes against the '**Pat-Wrap-Attack**' procedure advocated by certain individuals involved in police training. I have no objection with the '**Pat and Attack**' part, it is the bit in the middle which is frankly bollocks.

The first golden rule is not to try to grab the knife arm, either with one and certainly not with two of your hands. You just won't be able to pull it off whilst he is slashing and stabbing at the speed of light. It's back to the 'whirling propeller'. If you cannot get a grip very early on you will be in a bad way. Trying to concentrate on this to the exclusion of destroying your opponent places entirely the wrong emphasis on the correct sequence. The majority of people who try to teach knife self defence do so on the basis of the straight stab or long, wide swing which is left out just long enough to facilitate a good hold on the offending arm and then a suitable counter attack - NO WAY!

The second golden rule is knee strikes to the abdomen do not work! They don't work for a number of reasons, the first being that you are kneeling upwards which diminishes your impact, by nearly half. Second we have to make the assumption that to

knee to the abdomen the assailant is bent over, if he isn't then it is definitely not a target, if he is bent over it is still not a target and the reason is that once he bends over the muscles of his abdomen interlock and form armour plate. They cover the solar plexus and make it a 'no no.' Fourth to knee upwards you will always find that you have an 'equal and opposite' effect with the arms pulling down in opposition. Depending on how the knife is held you are likely to pull it into your leg or body.

The effort required in the opposing 'pulling' action of knee strikes to the abdomen make the technique ineffectual. These days the 'received wisdom' with regard to knife attacks is this:-

1. If you believe the other person has a knife hidden on their person you need to be closer not further away. I will qualify that statement. If you can keep ten to fifteen feet away then that is a safe distance if you are suspicious. In the video 'Surviving Edged Weapons', the 21 foot safe, reactionary gap was arrived at by one person doing his very best to cover ground in a training drill. In real life nobody would even dream of launching themselves over that distance and 10-12 feet is safe. The 'mindset' of someone carrying a knife is that they intend to use it at close quarters. On the basis of your

'suspicion' about an edged weapon e.g. prior knowledge, if he makes any 'overt' move to take anything out you must go in and go in hard - more later.

2. It is complete 'bollocks' to believe that if attacked in a straight line and you are forced to go back you will be able to 'side-step.' It is a complete myth and any knife training predicated on the basis that this is possible is dangerous and proposed by people who are simply making it up as they go along. People who suddenly come under attack will NOT instinctively step to the side- many will just throw their hands up in defence.

3. To believe that when you see someone go for a weapon you will be able to draw one of your weapons and make it work in time is also a highly dangerous. You are effectively trying to 'beat someone to the draw'. Those special forces military units recognised a long time ago that within the 'one yard rule' it won't work to go for a weapon. You must be skilled at unarmed, impactive techniques which disable or make unconscious your opponent before he can get the weapon out. If you believe someone is going for a knife the only direction is FORWARD and into them - they must be out of it before they know they are in it.

4. Once the knife is out your priority plan is to escape. That being impossible, you must be a believer that attack is the ONLY defence you have. In the States it is now accepted that:

a. You are likely to get cut and on that basis you should present the least important part of your body to the weapon. This is the backs of your arms which are raised as a guard

b. The best you will hope for is to 'deflect the blade', enabling you to close with your opponent and using elbow techniques, eye gouges, throat strikes take him out of the game. You must put him under an endless barrage of blows. You will not be able to grab his wrist and who can say that even if you do what is there to bang his wrist on. Grabbing his wrist does nothing. He simply has to take the knife with his other hand and you are dead. The deflection must be a 'heavy slap'.

c. If you can grab some clothing good. Don't even attempt a 'wrist lock' it is a 'fine motor skill' and is likely to fail.

d. Force the knife hand away from both your bodies if you have managed to get a grip of a sleeve. If you don't he will be able to manipulate the blade from the wrist and cut you, but more hazardous is his ability to change the weapon to his other hand.

e. Your very first strike must have the maximum force possible and then

strike again. For me it's elbows. He will duck his face down as everyone does and the throat may not present itself as a target. Don't practise drills in training which are based on the fact that you always have targets to strike. **Make it real** - get the training assailant to put his head down and shoulders up and see how difficult matters become.

f. If an assailant simply pushes the blade close to you you will usually be able to slap it out of his hand. Believe me it works - Action beats Reaction. Hit the inside of the wrist and you will get a nervous spasm which can release the grip. Any knife held close to you and touching your body as a threat must be attacked. Compliance is no guarantee of not getting cut. A fast, non-telegraphed strike to the knife hand or arm will work - Action beats Reaction.

The Original Problem

The martial arts world bears the greatest responsibility for the 'myth' of knife self defence. Martial arts to its discredit has an answer for everything - in reality though, it doesn't. What it does have is the ability for two trained people to arrange pre-set drills where 'compliance' by the attacker is paramount and by the application of choreographed skills demonstrate a defence for all occasions. What it also has is shelter for some individuals

who would have no life outside of their martial art to perpetrate the myth to enhance solely personal ambition with no thought or regard to the consequences of their actions.

To believe that Taiho Jutsu could be transferred from the Japanese police to here in the UK took a certain 'leap of faith'. What didn't come with it was the political and cultural background of policing in Japan, for example that their power was absolute, people disappeared 'on remand' for many years until a trial date was set and, most importantly, Japanese police had been using steel telescopic batons to subdue people they were going to arrest with their taiho jutsu techniques for 45 years and more.

More importantly training in martial arts was a cultural part of every Japanese police station - a way of life - with many hours a week devoted to a whole range of systems, not only Taiho Jutsu. This level of training produces fine motor skills that survive the stress of the street. It won't for the British officer with a few hours training a month.

Unfortunately what you see, albeit impressive for it's gymnastic quality is a million miles away from how it happens in reality. There is no martial

arts knife defence I have seen which is based on attacks as they actually happen.

- They show a straight thrust, which after being delivered is left in the air with the arm rigid so that a grab and counter can be applied.
- There are down strikes which are blocked with a rising block and then the same counter strike finish.
- The attack is always to a pre-determined area at a set point in front of the defenders body so he knows 'where' to block.

Watch an demonstration of Tomiki Aikido, where, to their credit they work on 'freeform' knife attacks with no pre-determined attack or target. The problem is though that defenders are able to start at a safe distance and move about the mat with absolute freedom and no restrictions, but more importantly, look at how many times the grabs and counters don't work. Put the defender with his back to a wall or put him in a corner, facing a razor sharp blade and then see how effective trying to get a lock on the wrist will be!

Improvised Weapons

Hand in hand with some general martial arts myths and street defence, goes the myth about improvised weapons. Pens, combs, brollies, rolled

magazines, briefcases, keys, etc etc are all referred to as suitable improvised weapons. In reality none will work and they won't work for a number of reasons. Before we look at whether improvised weapons have a part to play in a defensive strategy we need to look at the law.

The carrying of anything designed to be used as a weapon is illegal. The principal legislation about this is Section 1 Prevention of Crime Act 1953, which states *"Any person who without lawful authority or reasonable excuse, the proof thereof shall lie with him, has with him in any public place any offensive weapon shall be guilty of an offence"*. The reference to *"without lawful authority or reasonable excuse"* refers to the carrying of the weapon and not the manner of its use, therefore an 'article' carried on the off-chance of being attacked has been held to constitute an offence.

The law recognises, however, the reasonable necessity to enlist every-day items as *'weapons of opportunity'*, in your defence of self, others and in the prevention of a crime - an act which must happen spontaneously and have no premeditation.

Reasons Against

However, when an attack happens the

last thing you will do is remember to roll up your copy of Playboy, you won't reach for your comb or pen and even if you have your keys in your hand they will seem a puny option against a six inch blade. Second, although you have read about how a variety of daily instruments can be turned into a weapon, you never practise with them and, as consequence, you have no trained or reactive response to bring them into play. Unless you practise daily using your briefcase as a shield you will even forget you have it in your hand when someone pulls a knife on you.

If you walk down the street with a ballpoint pen in your hand with the intent of using it as a weapon if attacked, then you will probably use it, as you have focussed your mind on its new function. You won't use it, however, if it is in your pocket. Many weapons can be improvised for use in particular exposed occupations. Clipboards can be used by nursing staff, bailiffs and a variety of other people whose occupation puts them at the sharp end of dealing with potentially aggressive people. However unless you have determined in your mind that a particular implement is now going to function as a weapon you will only ever comb your hair with it - not with the clipboard obviously.

Weapons In The Home

In the house you can keep a variety of tactically located weapons in case of emergency. There is no need to improvise, simply choose a weapon that is reasonably non-lethal, such as a heavy stick and keep it or them to hand - your house is not a public place so a wide variety of weapons can be owned by you. I am not advocating the use of any weapon and remember any weapon you may choose to use can be used against you. Always remember, however that whatever you use, the force applied must be reasonable and necessary. In the comfort of their own homes people have stabbed intruders to death and successfully claimed self defence given the circumstances. In the States it would be uncommon to find many households without a firearm and a warning in the garden about the use of lethal force.

When I work abroad I carry a telescopic baton. It will carry in the waistband comfortably all day, but can, on occasions, particularly if you are going downstairs with some impact, open of it's own accord, which can be highly awkward. It is still the best defence against a knife and in most countries the knife will be your biggest threat. I do not think of things I will improvise, because I know that I am not conditioned when under stress, to give them a second thought. So it will

be with you. It is too easy for people who write about these subjects to simply list the improvised weapons and then demonstrate the targets as if it were just that simple, whilst totally ignoring the reality and psychology of the event. If you come to rely on a particular 'improvised' item you can bet your last penny that when you are confronted you won't have it with you. You should be the best improvised weapon, not some hat pin (not worn a hat for years!).

It is too easy to be dogmatic about a concept whereas we know that in the real world many exceptions will disprove the rule. The use of a chair against a knife will work, but the situation must have been one where you either suspected he was about to draw a knife, or he has had it out for some time and this has allowed you to get hold of a chair or you preplanned the defence. Where he erupts at you with a knife you'll be cut before you even manage to get hold of the chair never mind bring it into play.

Assaults Indoors

I want to direct this mainly to women whose are at greatest risk of assault when indoors- the statistics starkly confirm this. It makes sense therefore to prepare mentally at least by identifying those household implements which

could be brought into play should anything occur. Heavy ash trays, reading lamps, bottles, glass jars, shoes, kitchen knives, a fork etc. If you go for them then be prepared to use them- don't let it be taken off you. If you felt frightened enough to feel the need to pick up a weapon then that is sufficient. Know how you will get out quickly if you have to. Don't lock yourself in the house, even to the extent you keep the front door unlocked, remember your threat is inside with you not on the outside. Trust your feelings about someone and don't be invited inside someone's home unless you are confident in your own abilities and very happy about the person. Don't simply trust to appearances. The worst ones, look like the best, they wouldn't get away with what they do otherwise.

There is a good saying that - "*The pen in the hand is worth two knives in the scabbard*" which is quite true, providing as we have said the pen is in fact in your hand in the first place. In the UK we have nothing like the range of non-lethal options available in the States or even on the Continent. CS spray, stunguns, batons are all legal in many countries of the world and can certainly give you an edge. For any to work, even a personal attack alarm it has to be to hand. Anything in the

bottom of your bag may just as well be at home if you are surprised as you turn a corner. I'm ambivalent about attack alarms as many are ignored. They can sound like car alarms which, as we know, everyone ignores and unless it is to hand or attached to your bag it will be of little use. Where you are exposed to a less than good 'situational' risk as a lone female working late or having an isolated walk, then anything will help, but make sure you have the alarm to hand, throw it away from you when you are attacked and scream at the top of your voice. Fight, gouge, kick and strike and everything combined may help turn things your way.

Summary

What counts in self defence is Control and Simplicity. It is impossible to deal in sufficient detail to include all aspects of control - although we've touched on that aspect of control which relates to ourselves i.e.. fear and adrenalin. How we can control others though, is another matter, for another time. Simplicity is what Fairbairn knew in the early part of the century and what others like **Col. Rex Applegate** still teaches, as a consultant in CQB to both the American Police and Military - this despite the fact he is in his early 80's. The American Marine Corps officers (who were in Shanghai at that

time) knew when they developed within the USMC their effective World War 2 techniques, from what they learned both there and in Scotland as well as the techniques they were developing themselves.

The USMC has been a breeding ground 'par excellence' for realistic combat, producing some outstanding individuals. Two, who should be mentioned, are **Charles Nelson** of New York and **John Kary**. I came across both of these exemplars of 'street' combative skills through my old friend Peter Robins. Peter is the UK's leading exponent of the WW2 DEFENDU system developed by Fairbairn and Sykes and is the acknowledged leading historian on the 'F-S' story.

As a contributing editor and member of the American elite **Gung-Ho Chuan Association (GHCA)**, Peter is able to keep a foot on both sides of the Atlantic, with regard to developments in CQC. Founded by former Marine **Robert (Bob) Kasper**, the GHCA is an organisation of Marine Corps veterans who research, practise and teach CQC techniques based on the curriculum used by the elite Allied military units of WW 2.

They teach and train in the knowledge of what really happens in a combat

situation and whilst martial arts, in various guises plays its part, they know that traditional single style systems won't work. This view is nowhere better expressed than in the teachings of Charles Nelson - a former US Marine, who was in the first landings at Guadalcanal. He is now in his '80s and going strong. Acknowledged as one of the most clinically effective CQC practitioners, yet as Bob Kasper once remarked, couldn't get a mention in traditional martial arts magazines.

John Kary is another walking phenomenon and even with no sight and deaf in one ear, is actually contracted to the US Marines as a civilian consultant to teach unarmed combat. Severely wounded in Vietnam, he is a believer in simple, powerful and effective techniques, aimed at vital parts of the body with aggression and a ruthless attitude. John runs American Combatives Inc., whilst Charles Nelson teaches what has become known as the Nelson System.

Others around the world who have worked hard to keep the 'FS' work alive are **Geoff Todd** in New Zealand, **Matt Tempkin** in New York and **Carl Cestari** in New Jersey.

In the UK my own Association - **The British Combat Association** was formed to promote and develop 'Real' self defence. With my partner and **Co-Chief Instructor Geoff Thompson**, the association now has an instructor cadre which numbers nearly 200 since its inception in 1993 and since our push to promote the real world of CQC, I now see martial artists in their writings on self defence use such words as 'Real', 'Effective', 'Practical' etc., yet they still teach the same old non-effective crap they've thought would work for years, still we keep trying.

GET REAL - GET TOUGH!

The Physical Encounter

Street Fight or Self Defence - many readers who have fallen foul of the 'bandwagon' self defence books will be familiar with the term street fight. Let me make the point that self defence has nothing to do with a 'street fight' even if I fully understood what one of those is. What happens in these books is that you see a photo, or an artists impression of two 'fighters' squared off in front of each other in a boxing or martial arts type stance, with the arms in a 'guard' position.

The book will then take endless pages talking about advantages of the stance, how to move smoothly in it, how to block and counter, where to hit etc etc etc. This is just another martial art by any other description - it is not self defence. You would be better simply buying a book on boxing. I call this

'martial arts in jeans' as it is usually Karate moves but without a white 'Gi' and done in street clothes which I assume is supposed to make us believe they will work in the street.

Remember this - if you are being 'fronted' by someone and you move into some stance and bring your hands up he'll be all over you like a 'rash'.

How you stand in most normal circumstances IS your stance - because that's probably how you will be standing if you are attacked. If you are walking down the street and you are stopped by someone wanting directions, who then wants your wallet, you are NOT going to move into a fighting stance. The whole point is this - you must be able to execute all your techniques, with impact from what I call a '**Social Stance.**'

Also - when you do adopt a 'fighting stance' you 'telegraph what you know and how competent you are or, more importantly, are not (what I call the 'Peter Sellars look). If you are facing some thug who has some combative skills he can tell immediately when you raise your hands to guard that you are a novice, but more critically by doing just that you raise his



I promise this is the last one, but I had to put one more example of the rubbish proposed in the book you may now be familiar with. It showed a woman being threatened and preparing herself as shown above. We never thought this would work 30 + years ago and to make matters worse, in the book, she'd actually moved into a long karate stance - it's just simply a con and not only that it's dangerous and i responsible to make women believe that such a thing is the answer to a physical confrontation.

caution level and the chance of catching him by surprise goes out of the window. You will be engaged

in a 'brawl' you may be unlikely to win. If I am ever 'fronted' by someone who I know to be dangerous, the last thing I ever want to do is to forewarn him of my intentions or my competence. You must think of it this way - if you end up in a 'fighting stance' exchanging blows - then you have done something very badly wrong. Those people who are trying to teach you to 'edge' into a favourable stance have **no** and I repeat **NO** practical experience of how a serious confrontation will unfold. You start to edge into a stance and they will head butt you unconscious.

Some basics first. Differentiate between '**Execution and Application.**' The first relates to the 'doing' of a technique the second to how that technique is applied in a 'situational' role. Fairbairn when he taught his Defendu system to recruits, downplayed the technique, instead emphasising individuality and a ruthless "win-at-all-costs" attitude. British Commando instructors (according to Mathew Tempkin) many of whom were former Shanghai policemen, insisted, "***it's not so much what you do that counts, but how aggressively you do it.***" This is 'application' and for me the Fairbairn approach of not

teaching a specific defence for a specific attack, but allowing a flexible response is far better. We should have an **Explosive Reaction To A Situation** - it's as simple as that.

Learning The Lines!

I was listening on the radio to two actors who were talking about how they remembered their lines and the problems they sometimes had in this regard, particularly when the place they eventually had to deliver them, differed from the place they learned them in. They referred to the training as being **'state dependent'** in other words the 'state' or conditions where you learned the lines, or in our case practised the drill or technique becomes an integral part of that drill. When you attempt to do it elsewhere something is missing and you have a good chance of it not working.

The emphasis should always be on how a thing is going to be applied and where and trying to 'second guess' many of the conditions which may apply when you actually have to do it. When you move a training partner two inches closer to you in the dojo so as to make an attack more favourable, imagine being in the street and not being able to arrange such favourable conditions and then think how you will feel and, possibly how uncertain you

may now be about the effectiveness of the technique. Also if you can vary where you train so as not to become 'state dependent,' it would be an advantage.

What we are primarily going to concentrate on in this chapter is Pre-emptive strikes and kicks. After years of having to make it work I know no other way, if reasoning won't stop the person. As a civilian I have no telescopic baton, 'T' hold baton, Quick cuffs, nor a can of incapacitating spray. If I did I would probably only get myself confused. For me 'Forward is Best.'

What I do know is that without all this kit I have to be very good and that means being very first!, if you will pardon the expression!. Action beats Reaction - do not be led to falsely believe that you will be able to block what comes and counter. Be First

Before we look at the physical techniques of an encounter it is important to just review the state we are in and the 'humanistic' factors which are inseparable from the situation. If we ever lose sight of the influence these play we will simply believe any and all martial arts techniques will be effective and we will always be in control because of

our physical skills - remember - 'Risk Compensation!' Knowing some very basic self defence does not mean you've got a T-shirt with a big 'S' on it and can face all adversity with the exception of 'Kryptonite.'

These 'human factors' are what I call the '**STOPPERS**' as they prevent correct action at the most appropriate time. We have looked at these elsewhere, but a summary will help set the scene for how to get over these, for some people, insurmountable hurdles. All of these factors create an environment unsuited to decision making

Fear & Adrenalin

We looked in some detail in Chapter 9 at these factors and how, a combination of fear and the chemical compounds such as 'adrenalin' steal resolve and confidence. As fear grips and the temperature of the situation rises, it becomes increasingly harder to make decisions. The problem, very simply is that at such times we cannot afford the luxury of the traditional decision making process.

Decision making is a time consuming process for most of us, with decisions being reached after having given due weight and consideration to all the factors which will influence the result.

Great, but in front of us is some monster who has just told us what he intends to do with parts of our body after he's ripped them off us. This is no place for decision making and I learnt this the hard way on the doors when I let a situation go on for too long, when on reflection, after the event, I knew all along that it was inevitable that he would have a go. The decision making was also tied up with other issues:-

Tunnel Vision

I read books on Self Defence, mainly by martial artists, who patently have never been in a real or serious fight in their lives. More often, they are martial artists, who have conjured up in the safety of their own minds how they think things will happen in the street. I know this, because they construct a range of unworkable techniques to deal with unrealistic situations and to make matters worse, to cope with multiple opponents - all of which is based on pure fiction.

You never hear these instructors mention fear, adrenalin and tunnel vision, although usually after those people who know about such phenomena from personal experience, write on the subject, all of a sudden you see these terms start to appear in works by others. Tunnel vision is a consequence of fear, adrenalin and

the body's compensation and over-reaction to a stressful situation and it is the body's way of getting the organism to concentrate, specifically on the threat. It's also a product of shock and surprise, but the objective result is that our peripheral vision goes and with it goes our awareness of what others are doing. At its worst tunnel vision can restrict you to just 3 degrees of field of view.

If you let a conflict deteriorate into a brawl and you are in a flurry of close activity with one person, let me tell you one thing and that is that you will definitely not remember to keep turning your head around to see what's happening around you - your head and eyes are fixed firmly on your opponent and that's it. By contrast, however, if you slap him unconscious, half-way through a sentence and without a break in your verbal cadence, you will lose no concentration nor awareness of your surroundings.

I've used my own powerslap and actually finished the sentence I was halfway through as they hit the ground. Also, I've always been a subscriber to the old Chinese proverb which says that *"the quickest way to train a monkey is to slaughter a chicken in front of it"*. Nothing sends out a

quicker message to onlookers than a single shot knockout of one of their cohorts. It's not subliminal, it's just a clear, visible statement of fact and it leaves no-one else an opportunity to attack either.

With 'tunnel vision' goes, hand in hand, the dissociation of time and events - the seeming slowing down of things that happen around you. It is hard to break this feeling and often it has the effect of making you feel very ineffectual. Sometimes when this happens you can take on an 'observers' role. I always find this one of the most difficult sensations to describe and also to avoid, but it is a consequence of you becoming a victim and, in particular, going on the defensive. It is a very bad state of affairs as it is very close to the feelings of submission. In Chapter 9 we looked at these and other phenomena in more technical detail, i.e. Tachy-Psychia, Auditory Exclusion, Cognitive Dissonance, Psychological Splitting and Fear.

Consequences

An analogy is to put your toes on a line in a gymnasium and then step over it. Easy enough - probably one of the simplest physical moves you could make. Imagine now though that

your toes are on the edge of a cliff with a 200 foot bungee jump to do. It's the same physical action, but now your ability and decision to actually take that simple step is now no longer an easy one and the reason is 'CONSEQUENCES'.

In this case its the consequence of death if the elastic doesn't hold. If your mates are encouraging you, you will get them well back so they can't push you and then you'll say something like "when the big hands on 15 seconds past, I'll go, then rather too soon it is at the 15 second point and you still haven't jumped. If you allow the situation to continue you will probably never go and so it is in the street when trying to come to a decision to act.

Like the bungee jump you try and 'psyche' yourself into it, but often you still can't make it work. Even Police Officers are dogged with it in the street and like all of us there are more consequences which weigh our decision making down and that's the consequences of the law and for Police the consequences of disciplinary action and having to justify their actions to someone who is probably trying to cover his own arse.

One way I have to bring the point home is to paint a scenario. I pose a problem to a policeman having given him a piece of paper to be able to work the solution out on. His problem is that he is alone facing a pair of suspects he has stopped. One of the pair is known to him and he has form, is known to be violent, known to carry a knife and both have reacted aggressively. He feels there are grounds to detain them, but the situation is worsening. There may be the need to pre-empt any overtly aggressive action, particularly if the one who is known to 'carry' makes a move and before assistance arrives.

However, there are other considerations - is it going to be defensible when viewed later by senior management, will it work?, how should it be done, which one should he go for. At this point the one who may have a knife, then starts to reach into his waist band -but what for. His eyes are staring and aggressive - the problem is what to do?

The police officer goes away with the paper and a pen to list all the pros, for action and all the cons. When I next speak to him I ask him how it the decision making has gone. "Good" is the reply, "I spent some time looking up the law, analysing the potential

consequences, I talked to senior management about their possible reaction and came to the conclusion that I had to hit him and neutralise the threat.”

“How long did it take I ask.”

“Oh about two hours” was the reply.

“It’s a complicated problem”.

So it is and so it always will be, but remember that the decision to act in this case was probably right, but it took 1hour, 59 minutes and 59 seconds too long to reach. When it happens in the street, there is no time for such balanced decision making - it could get you killed, but as it unfolds before you and without you really being conscious of it your mind is trying to do this ‘balance sheet’ of pros and cons, - ‘consequences’. The result is inactivity and uncertainty of the correctness of pre-emption.

Difficult decisions are hard to make especially under stress and when you do take a decision in any aspect of life we must take responsibility for that decision. This can be hard even in non-stress situations, but under stress a decision must be made quickly yet under the worst possible conditions.

Loss of Judgmental Powers

Unfortunately the ability to make a critical judgment is also effected by stress and maybe by the ‘chemical

cocktail’. Some people are unable to concentrate on the critical issues and focus on trivia instead, when making judgment ‘calls’ normally. In violent confrontations the inability to concentrate is very dangerous.

Lack of Commitment

The final breakdown of the cycle usually occurs from a lack of commitment. Most people when they try to rapidly assess a potentially lethal situation, first deal with the chemical cocktail effect, fear and then the denial phase. In the majority of cases they have not even completed the cycle before a violent act is committed against them. As a result their commitment to ending the confrontation which may even require the use of lethal force is not a full commitment. For a police officer by the time it takes for the officer to assess the situation, lethal force may have been used against him or her.

Being Hit

It would be a comfortable assumption that we will come through every physical encounter unscathed. For the most I have, but probably more by good luck than much else, but I’ve been hit enough times to know I don’t like it and will be pre-emptive enough to not allow it to happen. In the early days on the door I didn’t get the timing

as correct as I would in later years and I've had a blow or three that never should have happened. You can't allow yourself to be hit, unless you have been taken entirely by surprise, for a number of reasons. First if it is a good shot you could be knocked unconscious, second it could disable an arm or leg and third and, more likely, it could lose you your resolve. The latter is the most likely outcome and as you reach for the impact spot which is also instinctively likely to happen you are hit again.

To train to take blows is not feasible, nor palatable for most average people. They do self defence classes to learn how not to get hit, not to go and get thumped. Somehow, though they have to develop the correct response to a blow which is to react into the attacker, not to react away from him. If adrenalin is flowing then the pain reducing chemicals are also in the system which will help, but it will still come as a shock. Visualisation of encounters will help, where you picture yourself reacting in an attacking way. It is the exact opposite to what they expect.

To counter the problems highlighted above I developed the following:

Action Triggers

An action trigger - a term I coined

nearly 20 years ago - was something I had to design to overcome decision-making in stressful situations. As I have said above, I found, through bitter experience, that I was leaving inevitable situations too long before acting. By inevitable, I mean a conflict which is going only one way and that is, that the person in front of me is at some point, without question, going to have a go.

The delay is for the dialogue which he hopes will dominate before he attacks. It's for show, to impress his mates, to subjugate opponents, but what it really serves to do is overcome his own fear and anxiety by aggressive bluster. Against many people it works and they will back down, lose the will to fight and if it does 'kick off', their will to win is negligible and this is conveyed very clearly to their attacker.

What an action trigger does, through endless repetition, is condition you to react physically to some other stimulus. Its an example of 'Classical Conditioning' or as we know it a 'Pavlovian Response', but unlike the Psychologist Pavlov, who got dogs to salivate at the sound of a bell, we condition ourselves to strike preemptively in response to a word, some slight physical movement, or image. The movement could be a slight turn of



Dave Barry working single, pre-emptive elbow strikes to the 'Tough Guy' dummy. This type of practice should always be linked with an 'action trigger', either a word, colour reference or physical stimulus that creates a conditioned response.

the palms outwards or you could use the now classic, 'Coopers Colour Codes' as a visual image. The colour codes are ideal for this purpose and link in well with all the awareness levels. Personally I have found the Colour Codes of more value in 'situational awareness' where I link a colour to the environment as we looked at in Part 1.

Choose A Word!

Predominantly, I use a word! as my

action trigger and the process for developing the co-ordination between the 'word' and the physical response, is that you choose a word which you can bring easily into a conversation - don't go and pick one like 'anthropomorphise' as its fairly difficult to fit into conversation with someone who themselves have difficulty with long words like 'and' and 'but'. The conditioning takes place on your seven foot, 200 + lbs punch bag, where, during the 'role play' of a conversation, you say the word and strike! This you do for a few thousand times over weeks, months and years. Eventually when you are in front of someone and it's about to kick off you simply say the word and the, now, automatic response occurs. The pre-emptive strikes should be simple, powerful, 'one-shot' blows, that finish the fight.

For me, this is where the 'double hip' 'Powerstrike' technique comes into play (**see author's videos 'Powerstrike' and 'Powerkick'**). You simply cannot afford to wait to defend. At the distance that 95% of most fights start, which is at 18 - 20 inches, ACTION WILL BEAT REACTION. You won't win if you mistakenly believe you can block and counter - you won't even

see it coming - you will lose the initiative and it becomes a drag-out, knockdown, brawl, where both parties can suffer serious injuries. Also, if it turns into a brawl, you lose the 'management' of the situation and his mates will be all over you like a rash. The reason for that is the onset of tunnel vision that we discussed above.

Fear Control

I cannot stress enough the importance of developing your own action trigger, because without it you will continue to be faced with uncertainty and inactivity. But how do we overcome fear? First, as I have stressed, try and analyse the effects the two very distinct human reactions i.e. the emotion of fear and the chemical responses of adrenalin. What we think of as a fear reaction when our legs shake, our mouths dry up, our breathing gets shallow and rapid, our stomach knots and we suddenly feel exhausted are more attributed to the effect of unused adrenalin than to our fear emotion, although you must remember it is our fear response which has triggered the adrenal release.

First, do not leave a situation to develop and go on too long before you act. The longer these effects continue the worse you become and there is a 'rebound' effect. By this I mean that

as you are first approached your emotion of fear or trepidation acts on your adrenal system, the physical effects of that make you worry and become more fearful which causes further adrenal release and so on! You must break this vicious cycle.

Second, fear in its purely emotional state, is very close to aggression. With some pre-visualisation and practise, if possible, you can learn to convert fear into anger and aggression. Both these emotions, when you are in a conflict situation, are good to have, albeit it in a controlled way. The old army bayonet practise of charging the 'dummy' was not simply to train in technique, but rather to develop the necessary aggression which was required to overcome the fear of charging the enemy head on and engage in 'hand to hand' combat.

The main problem, when we are faced with aggression and high threat is that we try to keep a hold on our emotions in an endeavour to keep a hold on ourselves. Because we are near to breaking we grip hold very tightly of all our emotions, fear not being the least of them, but in doing so we keep too tight a hold on our most powerful emotion at this time - 'aggression.' We say we are in 'control' of ourselves, which is true, but only to

our detriment. We must learn to 'let go' more and be able to switch anger and aggression on and off like a light switch. I tackled the process of this in 'Fit To Fight' and the aggression we develop through appropriate physical training drills will transfer to the 'street.'

Aggression

Being able to turn aggression on and off is a trained reaction. It does not make you 'aggressive', just as a soldier who is taught to kill isn't a danger to society as a civilian. It is simply a 'state of mind' you can switch into and out of instantly. Aggression wins fights - little else! It is the biggest asset women bring to the fight, if only they can tap into it and direct it. I get my aggression through both the physical training and visualisation practise. Many martial artists believe they need to exercise some stoical and mystical resolve to control their emotions in a conflict situation - it's TV and Film stuff. They lose because they need real, naked aggression.

Summary

Realistic training both with regard to fitness and combative defence, must be realistic to aid the **Decision & Engagement Cycle**. There is no substitute for good, realistic training and experience. Remember - Uninterrupted, Concurrent, Consistent,

and Constant. If your combative training is not geared to being 'Judgmental' it will fail you in extremis.

ASSESS - DECIDE- REACT

ASSESS - Situation, judgment, experience and training

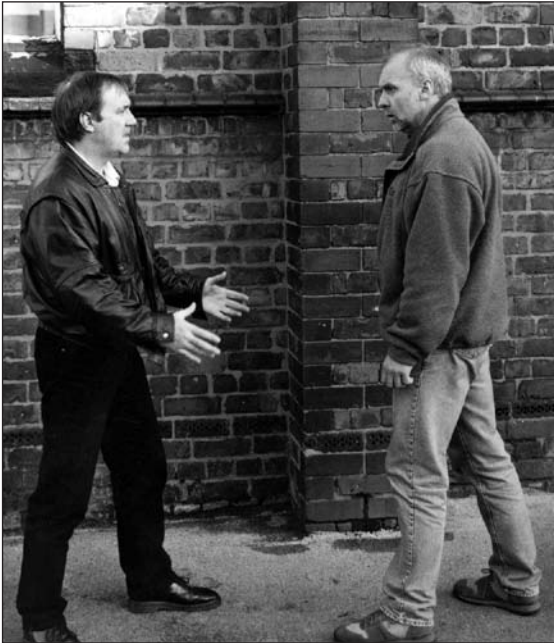
DECIDE - Urgency, life critical, force matrix and rules of engagement (police officers).

REACT - Conditioned reflex (IAD immediate action drill), judgmental use of reasonable and necessary force, training and justification.

The Initial or Involuntary Reflex Actions

If you were walking down the street and a car backfired close by or you were suddenly startled you will respond in a 'reflex' way. Those of you who have read 'The Modern Bodyguard' will be familiar with this effect when we relate it to weapons training. Doing one thing on a 'controlled' range is one thing and doing it under fire is something else. Fairbairn realised this as he studied his men in action. There is a 'startle response' in all of us and you should be aware how it is we will react:

- Shoulders hunch.
- Head moves forward or ducks.
- Neck cranes forward.
- Hands come up around the chest or head.



With no hand movement to link with dialogue, any movement of the hands will be picked up by the aggressor on the left (contrast this with the opening shot from the combination shown later).

- Muscles tense (shoulder & stomach).
- Eyes narrow or squint.
- Heart & pulse rate increases dramatically.
- Adrenaline and Dopamine released into the bloodstream.

General Considerations

Body Language

Signals we send out can be non-verbal, or as we say through our body language. If you are attacked from behind by someone who was hiding in the bushes this aspect plays no regard, but if you are confronted in the

street or in a pub or shop then you communicate both verbally and non-verbally which conveys that you are not the easy victim he thought and you are not frightened, or at least not showing it.

a. Hands

Your hands can give so much away. If you can talk without the need to bring your hands into play then hold them loosely at your sides or clasped in front. I, on occasions prefer this, particularly if I feel a body shot is an option then I want the hands to come to the target under his eyeline. If I need a guard, but don't want to forewarn him of their use I will 'talk' with my hands i.e. I will wave them about in a very articulated way. This gives me a natural barrier, conditions the aggressor to accept them and puts them close to my target and ready to move. Also should his hands come up I can trap very easily.

b. Stance

You must make the best of what you are given when it comes to stance. If you are caught square and if you try and move to improve your situation then you will telegraph your intentions and he'll be all over you. If you are leaning on a bar when someone

approaches why move? By not altering your stance you lull him into a false security and you can and should be able to 'explode' from any position when you so decide. If your lucky you may be able to adopt a 3/4 stance i.e. at 45 degrees to the aggressor with your strong side to the rear. Hold yourself erect- If you start to crouch, then again you start to telegraph intent.

c. Eyes

You may read elsewhere that you should lock your gaze with your assailant. There cannot be any hard and fast rule on this. People differ in their individual ability to hold someone's gaze and often if you force yourself to do this you will accelerate the onset of 'tunnel vision'. Also if you are skilled at acting you may want to avert your gaze briefly to make him think you are frightened. If you need to get him closer you won't do it with strong eye contact. As many people will attest you will not be hit with his eyes, so by watching them you will miss what he is going to hit you with. I agree with this. Personally I don't like long eye contact as it promotes tunnel vision and allows you to miss other body signals. The reverse is true if I turn on the aggressive dialogue. If I have decided to 'psyche' him out by use of your voice then this has to be backed up with aggressive eye contact

and in this context the eyes can convey more than the voice does.

d. Voice

Your voice can be the principle weapon in your physical armoury. Used correctly it can be superior to any punch or kick. Police officers know and are taught the 'skill' of control by verbal abilities. They know that on many occasions the 'safe Reactionary Gap' may be many feet, which leaves them with only their voice to be able to obtain compliance. The use of your voice is similar to how you use your eyes. You can either 'psyche him out or suck him in'. Used aggressively in conjunction with your eyes you can finish a confrontation before it starts. Be sure, however that you can carry it off - if you can't then you can have given the game away and lost any advantage of a pre-emptive strike. If you shock him back and he goes into a guard position and comes at you then you have a fight on your hands and it is no longer self defence- I say again it is a fight.

When first approached keep your voice firm, but low. Never plead unless it is part of the 'wider game' I've been talking about, that is, to lull him into a false sense of security. Let others who know you be the judge of whether an aggressive approach will work. If you

have a face like a 'robbers dog' and a voice to match, then you may be able to carry it off. If, however, you look like an art historian whose only aggressive act has been to fight sleep! then you may not pull it off. Others will tell you how they perceive you in an aggressive context and be guided by them. If every time you shout at the kids they roll about the floor laughing then another approach may be advisable.

Line-Ups

We all know that to be effective with strikes, kicks or to grapple we need our opponent in the most favourable position. This position is a combination of not only range, but body position. If your opponent is square on to you many options open up with frontal assault and some round techniques, probably to the head. If he is side on or off to one side of you then matters may be less favourable. Often we have to work with what we are given. If you are leaning on a bar when someone aggressively approaches and starts to talk then it may be impossible to effect much change to how you are both set without 'telegraphing' your intentions. This is why you must practise 'situational' strikes from a variety of angles and positions which do not favour the techniques.

Line ups can be even more critical when facing multiple opponents. If you have the space then you need to create more. I will look at this in more detail later. At the point when you strike, if you haven't got your line-up correct, your distance for the second opponent may be wrong and you may need a low kick to 'enter', prior to your main finishing technique. Very few people can ever win fighting three people, but you can certainly win fighting one person three times, especially if you act pre-emptively and the first two are out of the game in, literally, split seconds. That having been said, I've found from experience that after the first one goes, from a single strike and without you breaking into a sweat, or so they think, the fight has usually gone out of them.

Line-ups are as much to do with how we hold our hands, but remember - you will have been caught in a 'social' stance and any overt movement on your part to move into a more preferable fighting stance will be noticed and acted on swiftly. You have to be able to work with power shots from an upright stance with your hands held in a casual position as we show on the 'Powerstrike' and 'Powerkick' videos.

Ranges & Tools

When we face an opponent in the street or elsewhere the conflict will take place at a certain distance or 'range.' Seldom will anyone demand your purse or wallet from a distance of ten feet so the presumption is that most of the problems we will face will be 'up close and personal.' Often though even a few inches of extra distance between you and the opponent will mean a completely different tactic or weapon for the job i.e. a kick, strike or grapple. What we use are basically 'tools' and as with any tool for any job certain ones have been designed to tackle certain tasks better. So it is with self defence and often this is why many traditional martial art systems fall down in the street because they are ineffective at certain ranges. I realised this with traditional Karate many years ago, particularly with regard to grappling and other 'intermediate' ranges.

When I ask people how many ranges they have to be skilled at to be a competent fighter, the answer is usually three! i.e. kicking, punching and grappling. Unfortunately the correct answer is seven! - try and work them out for yourself. I'll give you the first one which I talked about earlier and that's the "dialogue range" and the skills you need develop to be able both

to 'suck' someone into your effective punching range or alternatively to 'psyche' them out and dominate the occasion. After we look at some of the requirements for the voice we will look in turn at the other more accepted physical tools and also in each section give a list of those 'martial arts' which have something to offer with regard to that particular range. This list is by no means exclusive and if your system is not there don't start writing in. Remember though that for the street nearly all traditional techniques need 'adaptation.' Later we will look at my adaptation of the various tools.

1. Voice - 1st Range

We looked at some of the basic considerations to do with voice earlier on in the chapter, but here we will look at it as a skill, no different to say punching and kicking. What I must say is, that like any other martial skill you perfect, the end result is only ever a function of one thing and that is practise and so it is with the use of your voice. If you don't practise these skills when you come to try and use them you will find them less than effective. One problem is the embarrassment factor, but when you next get on your punchbag, start some dialogue. If you don't you will never hone this particular skill, but, more importantly, you will have no training

base to develop your 'action trigger.' If you base your own trigger on a word then you must get the 'association' between this word and an explosive physical strike.

As a weapon your voice transcends every distance you may find yourself at. You can use it at twenty feet or at two inches as you grip someone by the throat and talk into their ear. Voice control requires the most confidence for any technique. Remember the



Kicking means low and powerful. Never kick any higher than where the fingertips end!

example we used in an earlier chapter of the man looking over at you and talking to his mates and then he starts

to move towards you - the choice is to wait and let it happen close by or look aggressive and say - " don't even think about getting in my bastard face or I'll fucking rip yours off - now fuck off and don't bother me!" - all at a 15 foot range. Big bluff maybe, but it could work or be the start of your mental domination. Done without confidence and the right aggression, however, and you're in big trouble. It works in the street when you are 'barged' intentionally by someone looking for trouble. Never let them get the aggressive ascendancy. Remember what I said about the eyes. You cannot have one without the other when you elect to use the voice aggressively as the eyes convey the 'belief' of your seriousness.

2. Kicking Range

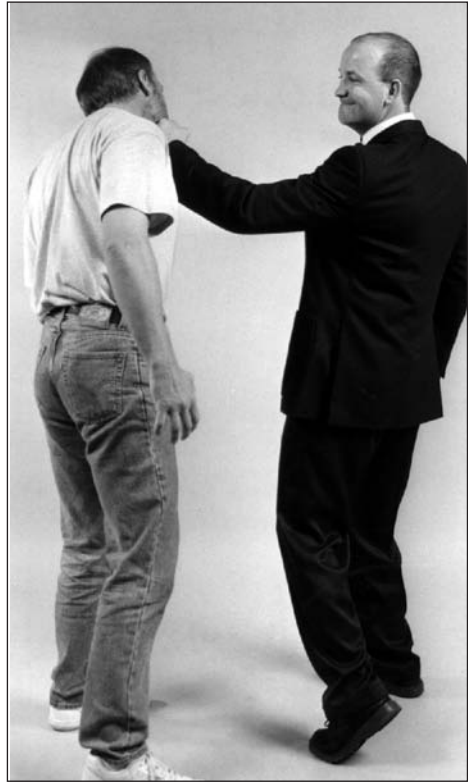
Kicking is like grappling in the street, a 'last resort'! Forget all the fancy high kicks you see in films and in the Dojo, they will backfire on you in a self defence scenario. Clothing, footwear and terrain all act as inhibitors to kicking in the street or elsewhere. By far and away though kicks are inherently slow, require compensatory equal and opposite body movement to make them move, giving a big telegraph of your intent. Even an unskilled

individual can, with no prior intention, end up holding onto your foot which he accidentally blocked and grasped. If you kick and are 'charged' then you are on your arse. Try kicking an American 'Pro Footballer' or an



Thousands of times on the bag means

English Rugby player and they will just charge through you. If you have someone in front of you even fairly close, the range, say, from your back foot to their head is probably nine feet, which distance the kick has to travel. Kicks will be seen unless you cause a distraction with the hands or some



..... it comes as second nature when you have to do it for real.

other strike before you throw them. Don't get me wrong as kicking does have a part to play.

Martial Arts

Japanese Karate

Tae Kwon Do and associated Korean systems

Some Chinese systems

3. Punching & Striking Range

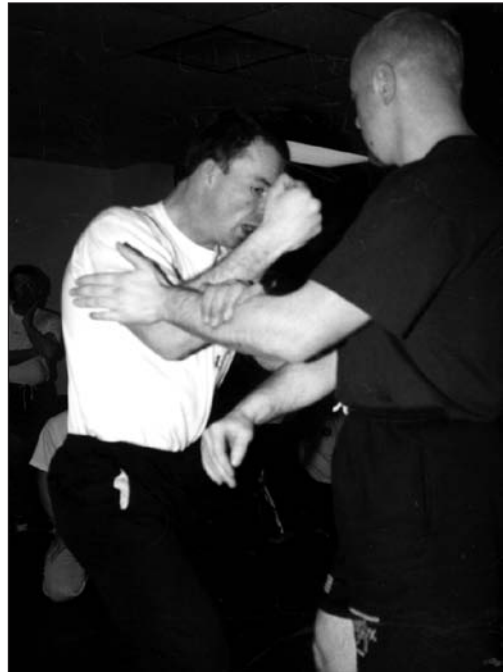
The third range as we move in, but remember what we said earlier in this book that '**Distance-Dilutes**'. In Karate we have come to be able to

deliver a 'scoring' blow from as far out as possible so as to be out of range of a counter. In the 'street' we need our body weight behind the punch and need to be at an 'uncomfortable' and closer range than you may train at the Dojo. Also the further away you are the greater the chance of him seeing it coming. This brings me to another point and that is target area. For many years my punches have always been delivered as 'body shots.'

By far and away the best solution to reducing the role of an aggressor to one of non-threat is a one-blow knockout. Saying it is one thing, but being able to pull it off every time takes a very high skill level. My friend and partner Geoff Thompson whose skill at this is outstanding would no doubt disagree, but for me I have never been able to make all the elements come together perfectly, at the time. To achieve the perfect knockout, the blow has to be 'inch perfect' on the very point of the jaw or slightly off to one side to be precise. At this point the brain is shaken by the blow causing the unconsciousness. As you move back up the jaw line the shaking effect is less. To be pin point accurate you must also look at the target. I have always found this the most difficult to achieve as I always

think that my opponent knows I am looking at his jaw.

Don't believe the bollocks you may read elsewhere about the 'centreline' of the face i.e. the nose and front of the face. These are pain not 'shock' inducing and do not incapacitate. If you are going to go for an eye strike all well and good, but I am of the opinion that eye strikes require fine motor skills. They are a small target, but



Rick Young, Britain's foremost JKD instructor demonstrates the skill in trapping. This intermediate range between punching and elbows, head, knees etc should be a fundamental range in everyone's armoury.

probably the biggest single problem is that people have a natural disinclination not to go for the eyes.

Also, If you strike to the front of the face his eyes will pick up the movement and he may turn his head or bring it down and you are then hitting 'armour plate' The head is just that -armour plate, which if struck wrong will seriously damage your hand. Frontal face strikes have every potential for massive residual damage to both you and your assailant which is unacceptable. There should be no blood and no broken anything, if it is at all possible.

So my punches have been primarily 'body shots.' What I am after achieving is to put my body weight 'inside' my opponent and this is achieved by use of the **'Double Hip'** and **'Door Hinge'** principles. What I also want to achieve is the disguise for this to happen and I can camouflage what I am doing by my hand gestures and by pretending to turn away from my opponent.

You can see from the photos the 'profile' of the arm and fist . With the massive impact I achieve it doesn't really matter where precisely the impact happens, but I am going to go for the solar plexus area, but if is anywhere near it will still put him down. I may change the angle of the 'shot', but I will not loose sight of the need for impact.

Martial Art:-

- Japanese Karate
- Chinese Kung fu systems
- Wing Chun
- Korean Systems
- Ju-Jitsu
- JKD etc etc



With a training dummy like this, use of the head becomes much easier, but in its absence, a normal punchbag is still ideal.

4. Trapping Range

The fourth range. When you ask most people what 'tools' would fit the range

after punching the answer is usually knees and elbows. Trapping is the intermediate range with techniques adapted from systems such as Wing Chun or JKD. If you are standing in front of someone and they start to bring their hands up to a punching or guard position then attempting to strike is the wrong option. The correct option, using a 'heavy hands' is to slap and trap the hands as you move in from that intermediate range to an even closer range and strike again. You can do the same if you see someone reach into their waistband i.e. trap that hand and close. Trapping is a transitional technique. By that I mean it doesn't happen in isolation,



.... at the end of the projection he'll get the head and then



From a position where you are 'talking' with your hands to a heavy slap on the opponent's forearms, at the same time as an explosive projection forward



.... he'll get the knee to the upper thigh and that should certainly be the end of things. The whole combination should be over in 2 - 3 seconds.



Neil Adams MBE, one of Britain's most successful Judo competitors and Olympic silver medallist, demonstrates the dynamic skill of taking someone's feet away.

but in conjunction and that is ALWAYS closing in. If a hand is put close to you either to point or to grasp then it must be 'slapped' away and a strike initiated, even if the strike is only to disable that limb you have slapped.

Once they have made a move, for me, there is no going backwards. I must close and disable him instantly and I can't do that on the retreat. I'm not going to draw back, rather I am going to react forward and any arm or limb which is in the way, I will slap very heavily

or trap, prior to impacting at the next range.

Martial Art:-

JKD

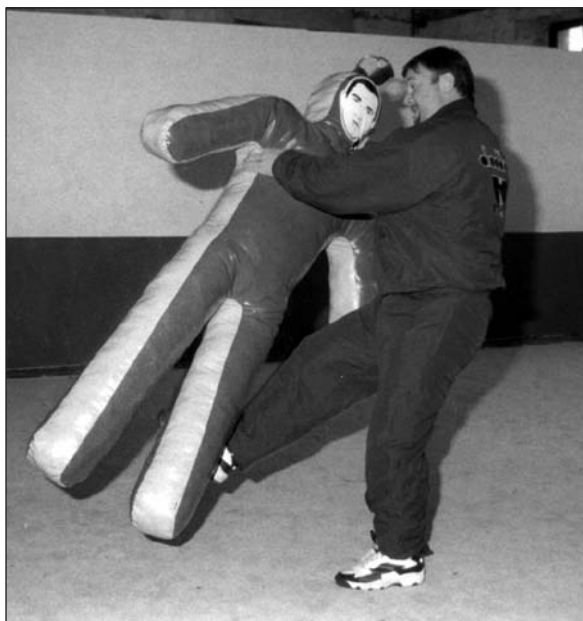
Wing Chun

Chin Na

Hsing-I

5. Elbows, Head, Knees Range

After trapping you are in close and able to hit very hard. If the situation allows it I will attack with both head and elbow and certainly to pre-empt any movement towards a weapon I will hit with a whole body strike putting the shoulder and head in at the same time. Using the 'door hinge' principle



Alan C, on the other hand can find no-one other than his Frankenstein-like creation to upend!

one can deliver massive shock and impact and be able to 'blast' someone backwards and certainly off their feet.

Elbows

Some of the biggest mistakes are made when delivering elbow. The next chapter will detail the problems even experienced people have in delivering elbow. Most people initiate the strike too far away under normal circumstances to hit him at the point where the maximum force is available. The result is that they let the elbow come through 180 degrees and in so doing create a big circle with the energy having gone too far . What most people do is compromise by throwing themselves forward into a 'forearm smash.'

Head

Whilst the head is one of the primary weapons in the arsenal of the street thug, there is always a great reluctance to employ it by people who are facing violence. In the next chapter we will look at the actual technique of delivery, but suffice it to say that the head is a very practical proposition when at that very close range.

Knees

Elsewhere in this book I talked about knees and where not to strike with them. Where not is to the abdomen. If a person is upright then no natural



Going to the ground doesn't mean that impactful techniques have finished, just the opposite. If you do go to the ground, your first priority is to fight your way back up - not to look good on the ground.

target presents itself in this area. If someone is bent over then, although there is a natural target, their stomach muscles are compressed and hard and you effectively impact with the flat top part of the thigh not the knee point. Only those who have not had to use

it in a street situation would teach it this way.

The target for knees is the thigh, both front and inside. Outside is ok, but you will find that it seldom presents itself as often as the inside, where, in fact, most damage can be done. To use a knee effectively you need a good high lift and you are likely to have moved to the next range if you are using knees and that is vertical grappling.

6. Standing (vertical) Grappling

Range

It happens in boxing matches, karate tournaments and most punching and kicking systems and that is that when a few blows are exchanged then a clinch happens and a standing grapple takes place. In these events though, a referee will come to the aid of both parties and after separating them the fight will continue. Not so in the street or the bar - you are on your own and you had better know how to grapple. At this stage you are not on the floor and now all your efforts should be directed at keeping things that way. Going to the ground may be a very salutary experience unless you are familiar with the feelings and arena.

When it comes to a clinch and you are still standing, then don't get caught 'playing the game'. By this I mean getting into a 'pull and push' scenario, as you will tire easily and whilst you are occupied with this problem his mate puts a knife in your kidney or a bottle over your head. You must have him off his feet in a 'split second' or you must push back and blast in again with head, knee or elbow. The fact you are locked up doesn't mean you cannot impact and with the double hip such close proximity is not a hindrance to delivering impact. Also as with the 'double hip' body impact if used correctly will put him down immediately as with my 'Powersweep.' This and other specific techniques I will go into in the next chapter.

Martial Arts:-

Judo
Ju-Jitsu
Sambo
Wrestling

7. Groundwork Range

Part 3 of the 'Pavement Arena' series of videos deals with grappling and is correctly titled 'Grappling The Last Resort.'

Over the past few years we have all been impressed with the effectiveness of grappling when put to the test against other 'martial systems, and the

Gracie brothers in The Ultimate Fighting Challenges are exemplars of this art. We have seen big, capable men grappled into submission and punchers and kickers nullified with ease. The problem is we have seen it take fifteen minutes in some fights.

Most fights that start off in the street or pub with an exchange of blows very soon end as a grapple after only a few seconds if the punches are ineffective. For civilians and the police alike 'going to ground' is the very last thing you should be doing. Often, though it is unavoidable and we must prepare for that eventuality. If you were taken to the ground and you were there for four seconds you could be in very serious danger. As a doorman you new that if you ever got taken to the ground you would be kicked senseless not only by the mates of the person you were fighting, but others who would take the opportunity to 'put one in'.

So am I saying that you should not bother to learn to grapple. No - just the opposite. There is no sensation as frightening as being taken to the ground if you have no experience of grappling. The body tenses, fear grips hold due to the unfamiliarity, breathing goes fast and shallow and all energy drains away. In effect the fight is over

as willpower diminishes and it diminishes quickly. The problem with learning how to grapple is that like any martial art you will learn a system and all the complexities of movement. Groundwork is like chess, with each move having numerous counter options and levels of complex thinking required to weigh the merits of a proposed course of action. The problem is you need to be down only as long as it takes you to get back up again.

So why grapple. Simply so it will not be unfamiliar territory if you have to go to ground. If it happens you must still be able to function and this will only happen if familiarity is able to overcome the fear. You should have enough grappling skills to enable you to break the hold and regain your feet, but without the onset of panic.

To achieve this you will probably have to resort to 'impactive' techniques. People who are traditional grapplers don't do this and herein lies the danger. If you hit the ground, hit your opponent. The moment you are on the ground your task is to be on top and on top using your head, elbows and fists, if it takes biting also then bite. You are at serious risk every second you delay in regaining your feet.

Martial Arts:-

See Vertical Grappling.

Suffice to say that you must be competent at all ranges and the photos that accompany this chapter give you some further idea as to what is involved, particularly in those intermediate ranges where many of the obvious skills, such as punching, are ineffective.

Three Common Attack Scenarios

Over the years, I've found that 3 broad circumstances can account for most conflicts which occur and 2 most commonly.

First - is the situation which is going to reach an inevitable conclusion and which you 'honestly believe' will end in violence against you - in this situation you must be pre-emptive and explode first to gain control. You may decide you have the choice to strike first, providing you know all the other avenues of compliance against your opponent have and would be futile. You may have been in a bar facing an aggressive drunk who has 'chosen' you to have a go at, or on public transport or you may be in the middle of a street robbery.

Second - is a situation, like the above, where you misjudge it and you are

probably too late in pre-empting. This latter is the most dangerous and the one where most people fall down (sometimes literally). When your opponent makes the first move, the tendency is to try and block what comes as you step back under the assault - wrong! In doing this you lose initiative, will be forced to create openings for your opponent and by attempting to block you actually create openings for him to strike. Your ability to get power into your shots whilst on the back foot is also severely diminished.

Do The Opposite

What should happen is that you must go the other way! What I mean is don't block but COVER - head down, hands up and elbows tight in and 'blast' him with your body weight. Stop any movement of him coming forward and seize the initiative. TRAP the hands with power slaps and get the head and elbows going and try to finish it. By not reeling back under his attack, you prevent him gaining the ascendancy, smother the attack and in fact you can turn the whole thing around very quickly. **DON'T EXCHANGE BLOWS**, don't try and block, but seize every opportunity to work your power shots and low kicks in an explosive blast forward. This is what Fairbairn taught in his Defendu

system and later his silent killing course during the war. In other words do exactly the opposite of what is expected.

Third - is the surprise attack in the street where you are hit without any verbal introduction, which may be associated with a mugging, or gratuitous assault, or rape, where surprise is used to gain initial advantage. My advice is make sure you see it coming - be aware at all times and work your colour codes to keep you attuned to the dangers and hiding places within your immediate environment. The woman who was struck from behind through a gap in the hedge before being raped is an example of this circumstance.

Only your awareness factors will help here so as to prevent. Being attuned to react aggressively to any hit on your body takes a great deal of mental and actual practise, but it should be practised. If someone strikes go straight into them not cover up or back off. If you back off or cover you are actually doing what they wanted in the first place as you create further openings and are susceptible to more of the same and also being taken to the ground.

Blocking

I've touched on it above and elsewhere, but you should know that in the street traditional blocking as you see it in Karate or Ju-Jitsu books or as it is taught in the Dojo don't work. I'm not just picking on only two martial arts, as any system, which has big, heavy blocks designed to cope with 'large' style type attacks, is deficient if it endeavours to convince people that these are transferable to a situation where the opponent is inches away from you not feet. In over 33 years of martial arts I've thrown, probably, close to a million blocks, whereas in the street I can't actually recall throwing any.

Where successful defence is based on pre-emption you are taking the fight to them, so to speak, not waiting on the back foot for them to explode at you. A certain Special Agent of the American Secret Service once said ***"If you don't think it can happen to you, it will happen twice as fast"*** - I actually can't think of a phrase which sums up what I am trying to get over any better. This is the whole point, in that it doesn't happen like you expect it to. In the dojo you always know what your opponent is going to do and if you don't, then the attacks are all controlled so that there is never any contact. In the

street or bar, not only do you not know what attack will come, but you do not know when. If you wait to block you will be taken by surprise.

Blocking and countering is for the **'martial arts in jeans' types!**, who make it up as they go along, imagining how they 'think' it happens in reality. As you will see we can use deflects and slaps, but only as a part of 'entering' and as the 'transition' to close the range, especially if we slightly misjudge matters. There is also the problem of 'control'. Doormen are advised by the police to use lower force options such as control and restraint, but how effective are such techniques. In the next chapter we will look at alternatives.

Assault Injuries

I have already talked about Purpose and we looked at why we may be faced with having to use 'hand to hand' combative skills. It is a violent world out there and if we look at one narrow arena it may help to emphasise how things are in reality. In this instance the Purpose is having to be a Police

officer. We have looked previously at the nature of fatal injuries, but we also need to look at a general range of 'everyday' injuries.

A survey carried out by a South Wales police force some few years ago where 93% of injured officers responded to a questionnaire.

Out of 270 total injuries, 137 were due to assault. The distribution of injuries in total were, in descending order, the head, neck, back, shoulder area



You must practice eye strikes until they become second nature and you must therefore have suitable equipment to train with. Photo courtesy Martial Arts Illustrated magazine.

and then moving down the body. Assaults actually accounted for 81% of all head injuries with 19% due to head butts.

The main causes of head injuries were as follows:-

- Punches 95
- Head butts 48
- Kicks 29
- Kicks & Punches 10
- Thrown objects 12
- Scratched 10
- Struck with weapon 4
- Elbow 4
- Bite 3
- Not specified 75

Assaults accounted for 81% of total head injuries suffered. The survey disclosed that in relation to the number of officers and assaults which had occurred , each officer had a 20% chance of being attacked. The assault injuries came from struggling with offenders, from punches, kicks, head

butts, and bites. No part of the body was spared.

The above, although occasioned to serving police officers is useful as an overview in that we, as civilians, could equally expect the same sort of pattern of attacks to occur against us. The point I want to make, however, from the above is that when we are standing in front of someone who is going to strike, we have no idea, until it happens, what they are going to do - hence the need, in most circumstances, to be pre-emptive. If you don't the chances are you simply will not see it coming, particularly as they will disguise it.

Targets

The above survey brings us nicely on to target areas. Also once we have looked at Ranges and Tools, the next most obvious aspect of the 'physical confrontation is to look at where we will apply these tools.

The police survey of injuries to officers is very informative and it needs repeating that even though the recipients of these injuries were police officers such distribution of injuries could equally be expected to be occasioned to civilians.



Mark McFann, demonstrates control by use of not the eyes, but the philtrum - its very painful and it works.

Head & Face

There is something very ingrained in people about striking to the face, be it a punch from a man or a nail gouge from a woman. A number of factors contribute to this, but the foremost is probably impossible to fathom, but goes back for millennia to when man first fought man. More objectively, though the head and face are very available targets, but lets not loose sight of the fact that most of the head is essentially 'armour plate' and so can actually make a very poor target in many respects. People seem 'drawn' to strike to the face, but on most occasions the result is not what they set out to achieve. Other areas on the head are the Temples and the range of pressure points which can be used for exercising control and compliance.

Jaw

Unless we can knock someone out by a very accurate shot to the very bottom inch of the jaw line which 'shakes' the brain, the usual result is varying degrees of damage to both parties and little, probably, achieved. Most attacks to the head and face area can cause pain, a broken nose, broken jaw, broken teeth,

broken fingers, but possibly little compliance. Exceptions are the eyes where an attack, if successful, with fingers or thumbs can end a fight. We are probably the most concerned about the integrity of our eyes, more so than we are about any other part of our anatomy, although with men, certain other parts run a close second!

Eyes

If we can't see we can't probably fight. For some reason though, saying the eyes are a good target, doesn't actually mean that people can easily attack them. There seems a strong reluctance to use eye strikes and certainly in males this comes back to the problem of the 'tool.' Four million years ago when our first ancestors squared off against each other, I can guarantee they both clenched their



Another shot of the Powerslap - massive 'information exchange'.

fists and punched. To stop a man punching is nigh on impossible. To get him, reactively, under stress to unclench his fist and poke someone in the eye, becomes a near certain impossibility.

Women are often no better and when the subject of eye strikes and gouges arises. Although they find the inclination to punch far less strong, if at all, they have considerable hang ups about the validity of the eyes as a suitable target for them, as a consequence of squeamishness. Most women, even when being assaulted expressed how difficult. if not impossible they found it to inflict damage to someone.

Eye strikes can be delivered at 'punching range' and the straight fingers give a few more valuable inches of reach to the strike. This will be a 'flicking' action not a gouge which will happen at a closer range. Long range strikes are used to create a very effective diversion as an eye strike and the consequent physical responses, pretty much disable your opponent from carrying on. 'Gouging' will take place at much closer range, usually when within grappling distance, either standing or certainly when on the ground. Along with eye gouges are mouth pulls, where you can hook

your fingers into the mouth, avoiding the teeth and pull sideways.

Eye strikes from a distance can require 'fine' motor skills due to the accuracy needed and can often fail as a consequence of stress. Even the slightest reaction from your opponent and a shift of the head can throw the strike off target.

Eye attacks are better delivered as an 'adjunct' to a palm strike to the face or jaw, where the thumb or fingers can have a target of their own as you hit the jaw or face. You will always get some complimentary effect if you hit the nose as the eyes will water, pain is produced, but it is not a 'stopper.' Nor is the upper lip or 'philtrum', and most tales of a strike here being a killing blow are apocryphal, particularly given the force required and the accuracy needed under stress. Remember the smaller the target the greater risk of failure.

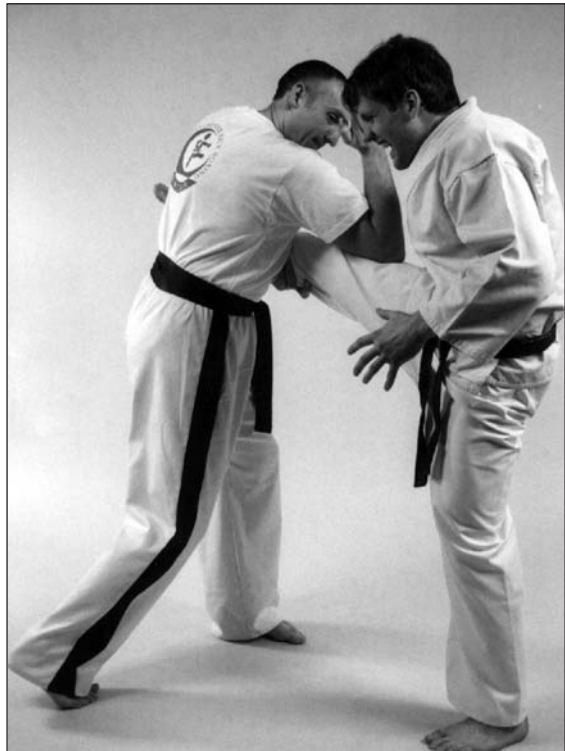
Neck

We know the neck is a suitable target area, but for what! Certain self defence systems advocate strikes to the side of the neck and there is certainly good physiological evidence to support this as a target area. A strike to the anterior part of the neck, back on each

side from the larynx can cause unconsciousness and it can be delivered with the edge of the hand or the lower part of the forearm, a weapon or a shin should occasion demand. My concern has always been for street defence that your striking weapon, be it palm edge or outside of the forearm is effectively in a 'cross draw' position. By this I mean that you are hitting the opposite side of your opponents body with arm e.g. left hand side of the neck/right hand. To do it effectively requires a large movement which can be seen or a short movement which has a high probability of striking the throat area not the neck. A natural swing with the striking arm to the same side of the neck, if someone is facing you will put the strike too far round the side.

Running down the side of the neck into the shoulder is the Brachial Plexus, triangular in shape and very susceptible to strikes and grips. Impact delivered from the front or rear if you need an opponent to release someone is very effective as a good blow disables the whole of the neck and upper arm area. My 'backslap' is

primarily directed at this area with secondary impact points. This also brings in the Clavicle, which is susceptible to being broken with a strike from the front. A 'bottom fist' or the back slap can both cause damage to this long thin bone. There have been cases where a broken clavicle has punctured the subclavian artery causing death. On a less serious level a broken clavicle means a totally disabled arm.



Two of Britain's foremost practical martial artists - Chris Boughey counters with a disabling elbow strike to a kick from Bob Sykes (Editor - Martial Arts Illustrated) - who, as you can see, has an incurable tendency to over-act once he smells a camera lens!

The neck and throat are targets for chokes, strangles and the 'clawing' technique (you can see these in many Japanese Kata movements) when in close and these need separate consideration in the next chapter. Strangles are not allowed now as an option for British police officers to use, which is a great shame. Correctly applied, a strangle is the technique that can bring even the most violent individual to a state of 'passive' unconsciousness. Dangers exist in its application and deaths have occurred due to a strangle becoming a choke, badly applied, where the result has been a crushed Larynx and subsequent death.

Over the past few years the reluctance to allow officers the option to strangle has increased with the cases of deaths due to 'positional asphyxia' where people have been restrained for long periods on their front with their hands handcuffed behind.

The result of a badly applied neck strike could be serious if your only intent was to create the conditions to escape, as death could be the actual result. Remember what we are trying to provide in this book is a variety of 'hit and run' techniques not a close quarter battle system. Also a strong hit on the neck can still cause secondary

swelling to the throat and cause breathing problems.

My own preference, for many years has been the '**Powerslap**', delivered to the side of the face. It is just that a slap- not a cupped hand, not a palm strike - a slap! The difference with mine and the way I sometimes see slaps taught is that mine works and has worked on a good number of occasions. It is a 'one shot' strike, with no lasting or residual injury. I cover this in more detail in the next chapter.

The 'Information Exchange'

When teaching I endeavour to try and make people understand what, in simplistic terms, happens when we strike someone. Essentially all we do is pass 'information' from your body, via your striking weapon and his 'target' area. If you think of a punch to the head which hits hard bone, you have only two very small transmitters of information (your knuckles) to a small part of his head. Only a small portion of his nerve endings will collect the information and pass it to the central nervous system (CNS). At this point the signal is translated to a 'pain to brain' message which your opponent decides, in the heat of battle, that he can cope with and fights on, particularly with the added benefit of pain numbing chemicals in the

system. Certain parts of the body, i.e. '**pressure point**' have a '**force multiplier**' effect where the signal is increased many times, sometimes even to the extent that the CNS will shut the whole system down without even asking permission from the person.

This is the effect we are after and this is where the Powerslap is so successful. It transfers huge amounts of information from a very large surface area to an equally large and reasonably sensitive surface area i.e. the whole of the side of the face causing an 'overload' of information that the CNS refuses to process - hence the knockout effect. Some systems teach the application of force to much smaller pressure point areas with excellent success, it just so happens that I have never had personal confidence in their application and I do tend to stick with what has worked for me for many years.

Torso

As with the head, face and neck we see in numerous martial arts texts where to strike the body. We are shown 'anatomical' points and the resultant effect is highlighted, but for some reason when I have someone in front of me bent on doing harmful

thing to me for some reason every black dot I saw on the diagram escapes me. For me, heavy layers of clothing, particularly leather jackets always posed a problem when thinking about 'fine tune' techniques. What I have found on a more objective stance is that all of us are built differently and the 'black dots' are in different places on different people. People also have the unfortunate knack of differing tolerances to both pain and nerve stimulation. You can see it with the people who can ignore incapacitant spray like CS or function whilst taking a few hundred thousand volts from a 'stun gun.' What I do know after many years of it working for me that if I can 'put' my body weight into my opponents body and, hopefully, make the transfer via his solar plexus he will go down.

I will also attack the Floating Ribs. There are times when an assailant holds his arms in such a way that a straight line punch is unintentionally blocked on line to the target. If this is the case I will use a rib strike, with the impact driving up. The punch is still delivered in a straight line, but I have put in a body shift to change the angle of attack. With any low torso shots either to the front or rear you are targeting the internal organs, Kidneys, Spleen, Liver and also the

Heart. With the exception of the Heart, damage to the others only causes long term injury and won't, in most cases achieve the immediate result you need.

Arms & Legs

The arms and legs have always been some of my main target areas. The Inner Bicep, Upper inside forearm, Elbow Joint, Outer Thigh, Outer and Inner Knee, Inner Thigh. This was a consequence of door work where if you could take the initiative you could invoke a **'lower force' option** where the impact effectively took a limb out of the fight. If a man can't lift his arm he can't punch and if a man can't lift his leg he can't kick. On occasions he can't even stand. In the next chapter we will look specifically at how we make strikes to the arms and legs work, but they are highly effective. Essentially we endeavour to get an involuntary 'motor response' by impacting on an area of the leg or arm which causes the limb to become dysfunctional and to spasm involuntarily. There is also a deep pain response heightening the overall effect, but it is not the pain alone which achieves the greatest effect.

Groin

The often primary target illustrated in many self defence books, but one

where caution must be advocated. I've seen people take a substantial kick to the groin and still fight on. The effects of a groin strike can take time to have an effect and you may not get the instantaneous stop you need.

Groin strikes can be delivered with hands and feet, but often the 'edge' hand strikes you need to make a blow work do not come naturally to untrained people. Whenever you work with people on self defence you discover that there is a 'blind spot' about groin attacks. Kicking to the groin breaks the golden rule of 'never higher than where the finger tips end' and on many occasions there is no clear shot for the foot to get between the upper thighs and into the groin.

Where you can make a groin kick work is where there has been a double grab from the front. By pulling back you will make a person put one foot forward thereby creating the space you need for a groin strike. Be aware, however, that your opponent can feel a kick about to take place by the way your body moves and have time to turn away from the kick. It's not as easy as many people make out. Most martial art trained people and many 'street fighters' are prepared for kicks to the groin.

The Things That Work

You must have some selection criteria for assessing what will work and what techniques or combinations must be excluded from your programme. This was well summed up by Peter Robins of Combined Oriental Defendu Arts (C.O.D.A.). The following points are not listed in order of importance as all are equally as critical as the other:

1. Can you apply this move under stress?
2. Does it take into account his probable response?
3. Does it take over the opponents body and mind?
4. Does it take into account a difference in height, weight and skill?
5. Does it have a natural follow up?
6. Does it rely on a high skill level?
7. Can it be taught in a matter of minutes rather than hours?

It's a tall order to test what you propose against the above, but if you don't you have not recognised the nature of real world violence. Bob Kasper of the GHCA made a very succinct remark during an excellent article he wrote on the high level of aggression needed in street confrontations. He said, ***"Pour every ounce of energy into that initial strike! Take him out! If you approach your training like a street encounter, you won't approach a street encounter like you are training"***.

What I don't want to lose sight of is that this book is about self defence, not Close Quarter Battle, a separate subject in it's own right and one the author and a colleague will be tackling at some future date. Self defence is about **'hit and run'** the second about **'stay and finish'**. Our primary aim in self defence is simply to buy time to get out of there. If you are a

policeman your goal may be exactly the same or you may have to stay and make an 'arrest', but your initial object has been to create the correct opportunity for this to happen safely.

Defensive Postures

Let me try and set the scene. You may be walking down the street and are confronted by someone threatening you. You may be in a pub or club, sitting or leaning on the bar when you are 'fronted' by someone who is out for trouble and has picked on you. You may be a police officer who for some suspicion has stopped someone on the street. In all these cases think about how you are standing or sitting and then try and think how inappropriate your traditional martial arts stances are going to be. And by traditional I mean the longer, punch or kick delivery stance.

In all these circumstances what you have is as good as it is going to get. Any overt move to improve your 'stance', rise off the stool or bar, lifting the arms into a 'guard' position will all illicit an immediate physical response. So what, if anything, can we do to improve matters and create some 'defensive barrier' while we try our best to diffuse and control the situation. Further on we will look at how are hands become critically

important, but first I would like to dwell on some general rules about defensive posture.

I mentioned above about being caught off guard, in a variety of 'social' situations and not being able to do much about the situation. In fact we are never caught off guard. **We are only in a poor defensive position if we think we are**, which actually makes it a problem more to do with perception, than a physical position. It may help if I outline how I deal with the problem. I know that during any day 99.9% of positions I may be in would seem inadequate from which to defend myself if at that time I was attacked.

Remember though that we have already covered in great detail the psychological problem of 'expectation. We also looked at the need to come to terms with the problem that "*where we feel most safe we are most at risk*", and if we can inculcate these two factors into our minds on a permanent basis we are essentially never actually 'off guard'.

There was a very good book produced by two former American policemen, about street survival which opened with the lines - "***Ask yourself, how many times could I have been attacked***

today and what could I have done about it”.

I know if I am in a pub, restaurant, exiting a shop, getting in the car, turning a corner or any ‘transition’, that there is the potential for an ‘approach’ by someone and escalating physical conflict. As a consequence I am always balanced, I expect always to be in a short (social) stance, I will have one or both hands occupied, I will also have to be alert whilst engaged in a task or action and that I will position myself in any fixed location which affords me a wide view of my immediate environment.

What I know is that I have achieved the best within the environment I am given. I will never sit with my back to the door or the main bulk of people, I will take an upright chair in preference to a low soft easy chair, I will sit in a way which affords me a swift exit from my position and I will always know that should I be approached I have a physical ‘tool’ in my armoury which will work at the angle I may need it to. My view is ***“If you are alert then you are in a good stance”*** .

Try it next time you are out and about. You must get out of the habit though in thinking that you must always be able to get into a traditional martial

arts stance. This is for the films and the Dojo. I risk repeating myself, but you are not there to fight - he may be better at you when it comes to a ‘square go’ and any stance you find yourself in is good enough to work from. Believe me a long traditional stance actually inhibits the transmission of impact as it holds the hip too far to the rear to allow the bodyweight to move into the opponent.

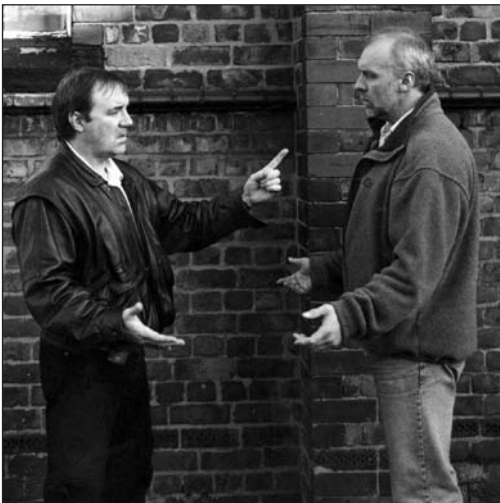
When I’m teaching people defensive tactics, where the students have some martial experience they always want to shift into a stance and their hands to come up. This just gives the game away. If, as you will read, you can use some mental programming you create the best conditions to your advantage, so as to make you effectively ‘in charge’

Also remember we are wanting to lull the other person into a false sense of security and if believes that we are in a poor position to be able to do much then the scales tip further in our direction. **I want him to gain no inkling as to my abilities or intentions.**

‘Programming’ the Opponent

From the very first moment you sense you have a problem with the person in front of you it is essential

that you begin getting him used to certain things, in other words you begin to programme him to accept certain actions as natural and, most importantly, non-threatening. I have said elsewhere that I don't block in the street and this is true and also not true. My definition of a block, is how you see the very traditional Japanese Karate and Ju-Jitsu blocks delivered with all the commitment that entails. They are usually employed at an attacking technique which, when practised in the Dojo, is delivered from a good few feet away, where time and distance allow visual perception of the punch or kick, enabling the



Keep your hands active, keep them in front and non-threatening. Get him used to them waving around.

block to work. In training sessions, a defender invariably knows the attack which will be employed and also the

target area. This allows him to block even a very fast punch and make it look good. Move the attacker one foot closer and don't tell the defender where he is going to hit and see how confident he is. If the strike is not pulled he will be hit.

At only a few inches, or up to two feet away forget these blocks, as action will beat the reactive block, unless it is so telegraphed your grandmother could have dealt with it. But, that having been said, I still want to employ my hands as defensive 'feelers' where they can intercept any movement with a parry, prior to me pre-empting his main attack. A parry, unlike a block can happen from only inches from the arm you strike. To be able to do this it is no good if they are locked down by my side or still stuck in my pockets. They need to be out in front and they need to be moving! Movement is the key to the whole problem of a 'defensive posture.' But how do you have them in front and moving without causing him to react? The answer is you **'TALK WITH YOUR HANDS.'**

Talking Hands

We do this on many occasions, often without realising it. Sometimes though under stressful conditions, say a job

interview, we lock them in a fixed position and talk without their benefit. And a benefit it actually is.



At some point, let the hands come higher, usually, associated with a gesture, or sign of submission. This has two benefits - 1. it momentarily makes your opponent think he's won and 2. allows you that brief second of relaxation, essential for an 'action trigger', stimulated by your chosen word.

Look at those Latin and Mediterranean cultures where verbal expression is inseparably linked with gestures of the hands and arms, even to big sweeping gestures. This is the source of the 'programming' we are going to carry out. But the first thing you must ensure is that your fear and other stressful factors don't force your hands into a rigid posture that you can't overcome. What you want to achieve is an 'invisible guard', invisible in the sense that he sees your hands and even sees them quite close, but subliminally accepts them as part of

your normal body language and sees them as no threat.

Whatever you say, say it equally with your hands. 'Compute' his mind to accept them waving around in front of him. What you achieve is that without him knowing it you can actually 'creep' your hands closer to his face, or his own hands and arms. From this position a 'power-slap', trap, arm slap, or even punch are just inches away from him. If you leave it too late and you perceive any movement from him they are immediately in play and even to the extent that you can push him back or slap his hands down should they start to move and then 'blast' in with whatever is appropriate to your positional situation.

Parries

Some things I have found over the years are that very minor positions and how you hold your palms can create a threat or total passivity. Showing someone your palms can be provocative because it is unusual. It is more common to face our palms towards our own face and keep the back of our hands broadly facing the other person or the fingertips. Palms forward says NO! and it can create too strong a barrier too soon which prevents you getting your hands as

close as you would like. If you are at an angle then it is actually OK to have one hand further forward than the other, e.g. left foot forward, then the left hand can be more outstretched and it will not seem unusual. When you try this with someone you will suddenly see how close in fact your lead hand can get.

If you are holding a bag in one hand it is still OK, but try and make it the lead hand which you are able to put forward without it being hindered. Don't ever feel hindered though by carrying something as to release it as you strike takes a fraction of a second. My parries are all variations of Wing Chun deflections or the hard Pak Sau



JKD's Rick Young demonstrates a parry and that it is not necessary to have big, exaggerated blocking movements, more typical of traditional Japanese systems. Always keep your parries close, as you would find in Wing Chun.

slap, particularly when I want to move an arm away to either side. I'll do this if he attempts to grab or point a finger into my face. I once had a drunk in the street who came up to me quite threateningly and started swearing and pointing aggressively in a way only drunks can do. I knew he would attach himself to me and if I walked around him he would simply follow on and keep up the barrage of abuse. As he pointed a finger toward me I slapped his forearm so hard he actually spun around and, at the point when he was facing the other way, he actually walked off in the same motion as his spin, never said another word and never looked back, which I thought was an admirable solution to the problem. Since then I've been a firm believer in the 'heavy hand' slaps.

'Don't Be Second'

I have always used a combination of both the Wing Chun and the Hsing-I parries. Of all the Internal Chinese systems Hsing-I works for me as it is a very 'linear' style which I find very much in accord with my straight line attacks. The rising and falling of the weight in strikes and very close blocks and the similarity with Wing Chun in the simultaneous block and strike make the two very complimentary. I always felt disadvantaged with the Karate way

of block and then strike. At a few inches between myself and my opponent there is not time to separate the two movements. The Wing Chun and also the Hsing-I condition you to act together if it is ever necessary to deflect and strike and make the two happen simultaneously.

The first rule, of course, is not to let them get the first strike off. Pre-emption must be the order of the day and if you misjudge it then I would suggest you practise the 'cover' and blitz. To regain the initiative you must do the opposite of what is expected - if you go back under



After the impact of the 'Powerpunch'. The lead, left hip and shoulder has not gone back creating a door hinge around which the bodyweight travels through the punch. The opponent gets the full bodyweight and is blasted back. Note the rotation of the jacket, still moving after the double-hip.

an attack you will always be giving the opponent the correct distance for his best shots, you will be off balance and he will have good balance and

the dominance. The use of a heavy slap to a forearm, if timed well can be a big distracter, but the distraction lasts for maybe less than half a second. Whilst it doesn't sound a lot, within that time scale you can have followed up behind the slap/parry and put a full blown strike in.

Powerpunch

A serious mistake that is happening with police training in the UK is the over-emphasis on the use of weapons. Over the past five years from having very little in the way of ancillary weapons, British police officers are now equipped with a confusing variety of weapons. Most are modern day developments of martial arts weapons, in particular the side handled baton and the telescopic truncheon, which in their original form would have taken years to master properly.

Reality Of Speed

The problem with any weapon is that unless you carry it permanently in your hand the time taken to simply a c c e s s it and get it into an active position takes too long. Too long against what? Very simply too long to deal with a

'sucker punch' which, even if you see it coming which is unlikely, will travel from a static position to its target in less than .20 of a second. Visual perception and mental acknowledgement of the strike takes some .40 of a second and I'll repeat, that's if you see it coming.

There is simply no time even to block never mind get a weapon out. If your opponent goes to reach under his coat then it's futile to try and 'outdraw' him with a weapon of your own. There is an old adage which for me fits the bill about police weapons - ***"When all you have is a hammer every problem begins to look like a nail"***. I'll say no more.

So what we know is that a short straight punch, delivered with no telegraphing will beat a persons visual guard and his bodies reactive defence. So what weapon is there that we can carry in our hand at all times which we can bring into play without having to draw it from a 'carry position - you've guessed it - our hand! It would help everyone, particularly police officers if they could gain more confidence in the use of their 'empty hand' skills, before they misplace confidence in their ancillary weapon skills. Delivered correctly a good punch is one of the best ways to deliver accurate

'body-weight to your opponent. Also you don't need a holster for it.

Some Basics

From many years of experience, punches used in a real life situation must be straight and work in a 'piston like' action. This satisfies two requirements. One that the energy is delivered to the target in the most effective way as would be the case with any piston and second there is no peripheral movement which the other persons eyes will pick up.

As humans we are particularly bad at 'range finding' which is a product of our eyes being too close together. In other words we are unable to accurately assess the movement or even detect movement of an object which comes directly towards us with no lateral movement. This is the basis of the 'sucker punch' people literally do not see it happening. To aid in this happening the fist should never be turned into a typical karate position, rather it should be kept in the 'vertical' mode with the thumb on top. If you turn it you will see the elbow naturally wants to come out, particularly when close to an opponent. If you don't turn your fist it can be used as a straight punch from only a few inches out from the target, which cannot happen if you turn it.

I've gone on ad nauseum about being in a 'social stance' and having to do our best from what we have and so it is with our hands. In martial arts and boxing we learn to strike from a guard position whereas in the street we never have our hands in this position. In a pub our only striking hand may be resting on the bar. So we have to be able to deliver impact from any resting position, even with our hands completely down at our sides. With the application of the 'double hip' this doesn't matter as I actually want my hands down and relaxed by my side as I will get the greatest impact from this position.

Geoff Thompson my friend and partner in the British Combat Association will always have his hands in front of him in a 'talking mode' and his knockout is to the bottom of the jawline. It is in many ways a hook, which goes against what I am saying, but Geoff brings the punch from outside their vision and has successfully occupied their brain with a question prior to impact. Also if you look at the path of the strike you will see that it more or less takes a straight line as distinct from a curve. Geoff is one one of the most prolific knockout exponents I know, whereas for me I have always wanted to put my punches elsewhere.

To achieve a successful one shot knockout punch the impact needs to be on the bottom inch of the jaw which, for me asks too much under conditions of stress. Also it is necessary to look at the spot you are going to hit, which again for me was too hard. Inevitably my punch hit centre of the face caused us both damage and left too much residual evidence of the affray. Hence, as you will read I only ever slap to the face, yet my record with it is 100% and no residual damage to either party.

Fast Not Necessarily Hard

One other problem I want to share with you is about impact and speed of punch. It took me many years to realise that when impacting with a part of the human body against a specific part of another human body speed does not always equate with impact. I have expanded on this further on in this paragraph under the heading **Speed or Relaxation**, but in essence after getting into the Chinese systems I came to the realisation that often the slow, very 'heavy' strike has a far more impactful effect, particularly on a dense body mass such as the torso, thighs and arms. To the head where sharp bone on bone transmits signals easily a very fast, sharp blow can do the trick.

For many years I have only ever punched to the 'centre of mass'. The solar plexus as we talked about in the last chapter is a 'wide area' receiver of information and on or fairly near the spot will do the trick. My principal, standard punch is aimed at this spot, with the application of the 'double hip' and 'door hinge' principles.' It is usually a one shot technique and if it's not quite 100% effective the other person is shocked sufficiently to give you an open target for your second and probably last hit.

I will vary the angle of the strike, even to bring it at an angle to the opponent and onto his floating ribs, but predominantly it will go straight, the arm as a piston, still bent on impact and with the fist in the vertical plane. There must be no pull back as you would in a traditional system or competition. The shock effect of the transfer of my bodyweight needs time to disperse so my hand will stay on his body until 'it' moves away from my hand, not the reverse. 'Pullback', as we are taught in martial art systems is wrong for the street.

When we send a signal from the brain to the fist telling it to pull back, this is actually done before the fist is at the target, so withdrawing power from the strike as distinct from letting it disperse

into his body. But there is also the myth about the guard which is why, we are told, we need to bring our fist back to a guard position. If we were in a fight, where there is an exchange of blows then a guard is a good thing, but we are not in a fight we are simply stopping one from taking place.

Forget A Guard

Having managed to get my hand to be at touching range why should I go the trouble to bring it off his body. If I bring it back I will only need to send it back out again if a second hit is necessary and with the double hip I can get enough impact into an elbow shot (to drop an elephant) even with my fingers touching his chest. Also having struck and closed I am now in trapping range and I need my hands close to his arms and hands so as to lock up, trap or slap away anything which may be a threat. If he is going to reach for a knife I want to trap the hand not be three feet away which allows him to get it out and start slashing away with it.

Pulling ones hands back into a guard position means you are now 'fighting.' Go back to him reaching inside his waist band for a knife and then ask where you would like to have your hand to be able to trap his - thirty

inches away in a 'guard' position near your ear or with your fingers touching his chest and only some four inches from his hand?

At all costs we must avoid a fight and more require to be able to finish matters quickly.

Remember that we do not have a traditional guard. There is never an opportunity to work from behind a guard in street situations and after you have pre-empted with a first hit the effectiveness should be sufficient for you to take control without the requirement of a 'fighting stance', hence the need not to pull the striking hand back. Pullback only 'draws' the energy back out of the strike. All my strikes, kicks and parries are intended to disable the muscles or CNS motor functions. A bodyweight punch to a muscle 'notch' on the arm will simply disable the muscle from 'innervating' itself to action.

The **PPCT system** developed by **Bruce Siddle** refers to this as 'motor dysfunction' which they say results from the over-stimulation of the effector nerves which supposedly inhibits the firing of the acetylcholine, causing the target limb to be non-functional for 30 seconds to several minutes. I have never been able to

express the effect in such scientific terms, but I know that it works. The secret of my impact lies with two factors I have referred to many times - the 'double hip' and the 'door hinge' principal. Added to this is the **visualisation** that every weapon be it a punch, slap, kick, knee, trap etc is nearly 50lbs in weight and is always relaxed. This is the very hard part, as, whilst the two main principles are physical techniques, the latter one is attained through very difficult mental practise. I would only say one thing and that is if I can truly believe that my fist weighs 50lbs, then when I hit him he believes it weighs 50lbs.

Such techniques are impossible to teach from a book and I suggest you buy the two videos 'Powerstrike' and



The Powerslap. Although this is delivered to the side of the face, it has to be practised with the pad against the body, due to the massive impact generated.

'Powerkick' where you will get some impression of the amount of impact delivered, but not as much as you would if you were holding the impact pad.

The 'Powerslap'

This has been one of my favourite techniques for many years. When you hit someone on the head or face with the points of one or two knuckles, you are sending 'information' to the other persons **Central Nervous System (CNS)** and so to their brain. Some of that information they can 'consciously' consider such as the

pain level, damage assessment and impact point. Some information is not passed on for conscious consideration such as being knocked out. The CNS deals with this itself and effectively the brain shuts down. If, however, for any reason, you do not get a knockout you simply pass information to the other person that he may be able to cope with, particularly if he is fired up and the adrenalin is anaesthetising his pain response.

By using the Powerslap you make this impossible. Instead of passing information from two small, sharp points through armour plate, I pass massive amounts of information from the whole of the palm of my hand to the side of his face which contains numerous, sensitive 'information gathering,' sensory, nerve endings. The result is a 'complete shutdown. The beauty of this is that - 1. There is no residual damage and 2. any onlookers will only ever say "well he only slapped him." Unless you are confident in the delivery system be careful and this whole chapter should be



Mr Ku Yu Cheong breaking a layer of 12 bricks. Mr Cheong when demonstrating his 'Iron Palm' could, among a pile of bricks, selectively break any one at will, leaving that on the surface unmarked.

read in conjunction with the Powerstrike and Powerkick videos.

Within the ancient Chinese ‘Shaolin system’ there was the killing art of ‘Iron Palm’ first referred to in the secret Shaolin text “Yi Chin Ching or Sinew Changing” where a detailed section is devoted to the art of training the palm. With both an internal and external influence and much conditioning the palm and fingers can be transformed into very deadly



The Backslap. One of the most deceptively powerful strikes I have in the armoury. It is ideal for use against opponents who try and blindside you. It isn't necessary to actually look when you deliver it. With all the Powerstrike techniques, relaxation is the key, together with correct dynamics.

instruments, with no requirement ever to ‘ball’ them into a fist again for them to be effective. Many years ago I read a text on Iron Palm entitled “**Iron Palm in 100 Days**” by **Lee Ying-Arng**, which served to reinforce what I had intuitively known about the devastating effect palm and hand

strikes can have when applied correctly. How they block also has many similarities with the short circular block in Hsing-I.

There were pictures of a **Mr Ku Yu Cheong**, (see page 286) who looked as if he weighed about six stone, slapping his way through 12 bricks. The text also said he was able to slap the top brick and break any one of the bricks he chose in the stack and leave the rest undamaged. The only slight reservation I ever had about the system of Iron Palm was with regard to its advice on training which went 1. Gradual progress 2. Perseverance (so far, so good) 3. Temperance in sexual activity? - “what a bummer eh”, “oh well back to the clenched fist”.

For me I use a combination of ‘heavy hand’ visualisation and the ‘double hip.’ Both palm, rear hand, and less so the hand edge can be utilised in a variety of ‘situational’ strikes. Palm slaps are also my favourite weapon in the ‘trapping’ which I may bring into play if I see my opponents hands become threatening. All my ‘slaps’ are delivered with the double hip or shortened variation of this. All the impact results from relaxation and I know if

I tense and innervate the 'quick, white twitch' muscle fibres I will end up with a light strike.

The Backslap

The backslap is simply a variation of the front slap to accommodate the tactics of the situation. I have used it very successfully on people who have been attempting to 'blindsided' me



Elbow strikes need to be close and it is essential to use deception to bridge the gap to facilitate this happening. Often, elbows are delivered from too far away. In this photo, the target was 8 inches closer and the position shown is that following the impact as the person is blasted back.

whilst their partner in crime occupied me from the front. I had previously tried to use a punch to take out the person at the side, but found that the requirement for 'targeting' visually meant I had to take my eyes off the opponent in front, which was exactly what they wanted. Also I found that to achieve the necessary impact from the punch necessitated a body shift which gave the game away.

An alternative which Karate people always say they would use is a 'backfist', but these are the people who still hang a stocking by the fire-place on Christmas eve. Backfist has the same problem as any hard strike to the head, you are hitting armour plate and unless you can look and target precisely then you will make a balls of it. Fine targeting requires fine motor skills and these, by this point will have deserted you. The backslap, on the other hand requires no fine skills, no targeting as the impact area is large and it employs the most effective body dynamics linked with the 'heavy hand' principal taken from the Iron Palm.

It is a golf stroke, but with the back of the hand coming down onto the target and so benefiting from the added effect of gravity. The shot is disguised because my hands are already in action "talking" and it takes no effort to drop the back of the hand with the double hip onto the person. They simply collapse on the spot and their legs actually go from beneath them. throughout the action you have not taken your eyes off the man in front and you can now 'blitz' in with the combined head and shoulder hit.

On the way in his hands will be coming up and this is where your trapping and arm slaps now come into play.

Power Elbow

Most martial artists I talk to and watch demonstrate self defence make the biggest ‘balls up’ of all when it comes to elbow. In 99% of cases they make a complete arse of it due to incorrect distancing. If you take a point at your shoulder as the pivot for the elbow and also as the starting point for the length of your upper arm you can see that when measured, you basically have a very short 8-10” stick with which to impact. Despite this elbow is attempted at much longer ranges causing either a ‘swing through’ to take place or the strike to end up as a ‘forearm smash’.

The power from the elbow must go straight through the opponent, especially if you are intending to strike from the front. The target area if the opponents arm on the same side as your elbow, his upper torso, on the sternum, lower torso to bring in to play the solar plexus and in extreme cases the face.

In most non-life threatening situations a face strike is unnecessary, but if a dangerous

opponent is heavily armoured with muscle, fat and layers of clothing then the only option is a face strike.

The other targeting problem is the unnatural line the elbow makes if you extend it out from the side of your body, in relation to your opponents middle line. Try it facing a training partner and you can see that the ‘natural’ impact point is about 20 inches from the middle of his nose at the point where you have reached the 90degree point in the circle of the strike. Basically this means that there



Photo 1. From the position shown earlier in the chapter, the hands now impact heavily on your opponent's forearm. This has an immediate shock effect and also brings his head and in particular, the chin, forward.



Photo 2. Blasting in! For the combined head and shoulder combination. The time between the initial impact on the arms and the main strike should be in fractions of a second.



Photo 4. In this case it's going to be a low kick to the thigh and you can create any distance you want by pushing him, or holding him if a knee strike proved a better option.



Photo 3. After the strikes, make sure you initially take hold of the opponent, unless it was your intention to blast him backwards. At this point you need to evaluate your options - don't simply explode into a pre-arranged combination - identify a target.



Photo 5. Keep the leg straight and make sure it 'swings' into the thigh and is not 'kicked' into it, as would be the case with a traditional Roundhouse Kick. Simply let the weight of the leg and a natural swing create the impact.



Photo 6. By this stage it should all be over, but if there is still any sign of activity - finish with an elbow. Combinations are discussed later in the chapter, but remember, don't simply follow a fixed pattern or routine - always have a target!

is no way you can strike with an elbow technique to the main body mass of your opponent whilst you are facing directly in front of him.

So the first point you should understand is that to deliver elbow you must be in a 'separate channel' to your opponent and you need to be actually alongside. This allows you to hit with your elbow at the first quarter of the circle and the point of contact is in line with his body. The main benefit is that your body weight through the double hip and door hinge can now

be 'fed' into the technique, giving you that 'one shot' capability. The impact is devastating and can be directed to the chest and solar plexus, shoulder point, bicep-notch, forearm, ribs, or stomach - and as already stated it is excessive to put it to the face.

Unarmed against a knife it is only elbow strikes which may give you a chance of winning the day - it only takes one good one to end the fight. I always like to put two elbows in one after the other. Often the second is superfluous, but being prepared to go through the motions is what the Japanese refer to as good 'Zanshin.' This is insurance and correct thinking and whilst we are confident that one blow can do it we are half way through the next, even if it is to fresh air as he hits the deck from the effects of the first.

Head & Shoulder 'Combo'

So far all I have covered is one slap to the face and one punch to the body. All that I do is predicated on the basis that I can deliver massive amounts of impact. It is impossible to convey in a book how much impact can be developed through the applications of certain 'principles' and what I do can remain simple as a consequence of this level of impact which is delivered. What I may do is use one or the other

to create the opening for the main shot if matters are not so arranged to make the first one the knockout.

There are many ways of using the head, but few that I have seen that don't place you in as much danger of being hurt doing it as your opponent would be receiving it! The rule you should broadly adhere to is - 'always strike with the part of your head above your eyeline and strike your opponent below his eyeline.' Generally good advice, but there are still some vulnerable areas such as the temple areas which are above the eyeline which you don't want to bring into play as a weapon in head strikes. My own impact point is a broad band which runs along both sides of the top of my head, from the hairline backwards, but excluding an approx 3" gap along the very top.

With this you are striking with the hardest parts of the skull and by 'tucking' your head into your chest and slightly dropping it on impact, the point of contact with your opponent you should find is his chin. The delivery can be made from some distance away and by using the 'door hinge' and a sudden stop, made by hitting the ground very hard with your foot, the top of your body, particularly the head keeps on moving as you effectively 'tip

over'. There are 2 points of contact - the head on the chin and your shoulder point which impacts with the solar plexus. If you want to 'blast' someone out of the way this is the technique. If you are a policeman doing a room entry and you have someone attempting to grab you to prevent you going further this is the technique to use. You do not need to take a hand off your weapon and as you know the moment you try to push someone off they simply grab your arm and tie it up.

Kicking

Kicks have role in self defence and used intelligently and to the right target area they are good 'openers' where the gap you have is not appropriate for hand techniques or other strikes.

Golden Rules

The golden rule I have for kicks in the street is - '***never kick any higher than where a persons fingertips end.***' In some cities in the UK this means your target area is about one inch above their ankle bone. If you keep to this rule you cannot get your leg caught, even if he manages to make a grab for it he is leaning into it and you have sufficient downwards force and pull to wrench it free. Where to strike?- I want to achieve a number of things. I want **1. pain**, but pain alone is

insufficient, therefore I want to create **2. a disability** by effecting the nervous system and I also want to **3. disrupt** his stance and make any counter difficult, if not impossible, whilst at the same time moving his body into a more favourable 'line-up.' I have to constantly force myself to only think leg kicks for the street.

This being the case you can probably come to the conclusion yourself that the only kick which will work is a round-house type kick. Front kicks, side kicks, spinning back kicks, hook kicks - forget them all. If you are able to front kick someone and not get in big trouble he had probably left his white stick behind that day and had borrowed his nervous system from a tortoise. I've tried them all and I consider myself an above average kicker, but I've discarded all but a low round strike with my legs. I even prefer to refer to it as a low round strike and not even a kick.

Some of the most cautionary tales martial artists tell about street encounters are to do with kicking. Invariably they have ended on their arse and had the fight knocked out of them. Clothing is often the biggest impediment to high kicks, but despite that you must come to terms with the failings of kicks. Someone who

covers up and rushes in will not be hurt by a kick. Often the sheer lack of space militates against kicks as there is no where to retreat to if you are rushed whilst you try to kick. Kicks require considerable effort to move them into action and we need to look at why that happens and why such movement gives the game away.

Equal & Opposite

Two separate actions occur normally when a person kicks. First heavy muscles are engaged to lift the leg whilst the arms start to move in opposition to the torque created by the 'equal and opposite' action. When I teach kicks my statement all the time is "kick with your arms". As stupid as



Photo 1. Your opponent is at a distance where he feels comfortable and knows you are out of all ranges without a big body movement.



Photo 2. Dropping the weight, however, has the effect of increasing your lead leg reach by almost 6 inches.



Photo 4. Now with the impact pad in place, you can see, even with the front leg, how much impact is achieved and the usual effect is to widen your opponent's stance and bring his head forward.



Photo 3. The impact area can either be the inside of the knee or upper thigh. Either the leg will move, as shown in photo 4 or the knee will give. Either way its your 'starter for 10'.



Photo 5. The finish is up to you and could either be impactful, as shown here or a restraint, to suit the occasion and risk. Without the use of impact pads or full armour, no feedback can be obtained.

that sounds it should be your arms that do the work for the kicks. If you don't approach it from this perspective the arms become sea anchors holding everything back, and telegraph your intention to strike. Think of sitting in a swivel chair, lift your feet off the floor and then think how, if it is possible, to move yourself around. It is, and by pulling the arms one way you and the chair will go the other way. It is like you have a small ball and socket instead of lower vertebrae where any action above or below the swivel has an equal and opposite effect on the other half.

Now come back to the kick and now try the same action as you did sitting in the chair. Pull your arms one way and your kicking leg very easily goes the other. It is quite easy to disguise the arm movement and in doing so you will find that you take out of the kicking motion the heavy, muscular action that normally accompanies it. Hence you remove the telegraphing effect, but this is still not enough to induce me to kick as the primary strike as the leg still has too far to go to the target and can be seen. My strong back leg kick is therefore the second strike in any combination. The only exception is the lead leg strike in a round action to the inside of the thigh or knee area.

Lead Leg Attack

The stance is upright as you would expect and apparently you are out of kicking range, or so it intuitively feels to the person in front of you. This is in fact the case until you drop your weight at which point you can easily reach his leg. Use the hands both as a means to occupy his visual acuity by moving them in front palms open. Then start to turn away as if you are backing down and drop at the same time the leg strikes. They are never able to move out of the way of the hit and as you can see their stance widens presenting a variety of options with which to follow through with. There is a femoral artery and nerve which runs along the inside, it is a very pain sensitive area and the inside of the knee needs only a few pounds of pressure to put it out.

The Main Mistake

When delivering the strike to either the inside or outside of the thigh onto the common peroneal nerve area, most people kick in a typical roundhouse way which is too snap the lower half of the leg and action the kick from the hip. This is no different than giving a man a stick to defend himself with which has 3 to 4 bends in it - it just simply won't work. At all times the kicking leg must be kept straight and swung into the target area with the

natural weight of the leg. You will find an immediate increase in the shock impact effect. Ensure that your upper thigh forms a straight line with your torso and each inch that you hip doesn't 'roll' into the strike loses you some 10% of potential impact. If you try the swing with the 'heavy' leg you will find even a non-penetrative and slow kick will have him hopping around the room.

My strong leg kick is ideally suited as a follow through from the Head/Shoulder combo. The first strike, if they don't go straight down, knocks them back usually to a perfect distance for the kick to the inner or outer thigh



Mathew Clempner, demonstrates a strangle, which if done correctly, is effective in less than 5 seconds.



When practising strangles or any neck restraint, the release must be instantaneous as shown here. It is better to have 3 people, as often the person being strangled is 'out' before he has time to clap his hands. The alternative is simply to have him extend one arm in front, which when it drops means he's unconscious.

to take place. Their mind is still occupied by the first massive impact they received and they simply do not see the kick coming. Remember you need a very slight pause for target identification.

A correct target must present itself, don't just kick blindly because you 'expect' a target to be there. I can assure you that if you get the kick in the conflict is over. They are usually finished and if there is any resistance a second kick with the other leg to the inside thigh will end the matter.

This is where kicking comes into its own and that is in delivering sufficient to disable the 'motor' function of major muscle groups. But remember legs are primarily for two functions standing and running. So keep them close to the ground - no high kicking and be prepared to use them for their most important function which is to get you out of there at speed.

Strangles & Chokes

In the previous chapter we touched on the neck in terms of a suitable target area for strikes, grips and strangles. We also touched on chokes and it is necessary to understand what we mean by the two terms. There is no official distinction between the two, simply that there is now a common practise in the way we refer to both. Both these techniques are part of the wider sphere of necklocks some of which are killing techniques.

Chokes

Basically a choke cuts off the air supply to the brain with the force being exerted by whatever means to the throat. It can take up to 30 seconds and longer for a choke to work, usually results in substantial choking, pain resistance and sometimes serious damage. This doesn't make a choke wrong it just makes it indefensible in most defensive

circumstances, unless there was the imminent danger to your life, when even a strike directly to the throat must be a force option.

When working the doors I used on a number of occasions the throat grip where I would grip behind the larynx and hold. The pressure you need is just enough to keep your fingers in place and any attempt by the person to pull your fingers away makes them close over the larynx as the fingers are pulled past. It is one of the best ways I know of getting someone's attention while you talk to him at very close proximity. For people who are very close, one short very sharp strike followed by a grip to the throat can finish all aggressive behaviour.

Strangles

A strangle applies pressure to both the jugular vein and carotid artery, thereby restricting both the arterial flow to the brain and the venous return from it. It is still unclear as to whether unconsciousness is caused by restricting the flow more than the return, suffice to say that whatever the cause, it works. Additional effect is obtained from the pressure on the vagus nerve whose role is to 'monitor' the flow of blood to the brain by exercising control over the heart.

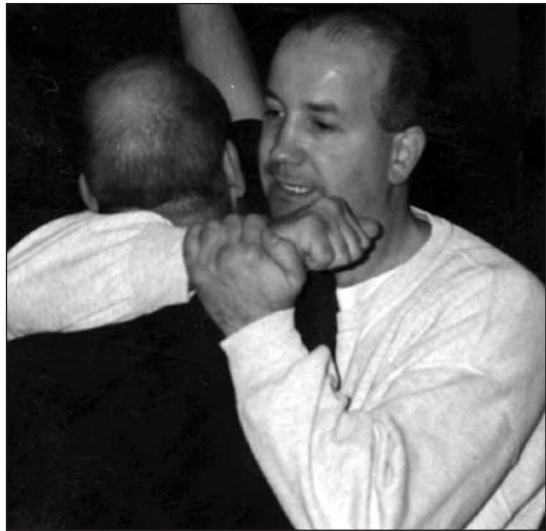
A strike to this area has always been a working proposition as it stimulates the vagus nerve to shut down the supply, as it is deceived into suspecting an overload. With a strangle, especially one which is put on with some impact, vagus stimulation is a contributory factor to the onset of unconsciousness.

What we have today in terms of techniques are very much drawn from the world of Judo, having taken many of the techniques from the far older system of Ju-Jitsu. Judo developed two main areas of choking and strangling - those applied with the benefit of the opponents and those (naked) techniques applied without. Most of the recent development work has taken place in the States by Bruce Siddle of PPCT and James Lindell and his Lateral Vascular Neck Restraint (LNVR). This latter technique is court approved and tens of thousands of restraints have been applied by law enforcement officers in the States without a single death.

Michael Finn, a former UK policeman and martial artist recounted in an article the results of tests which had been carried out on the clinical effects of strangling and chokes. The tests

regularly measured the percentage of blood saturation in the helix of the ear; arterial blood pressure; finger and forearm plethysmogram; skin temperature; respiration; pupillary reflex; reaction of urine; and cramps or convulsions. Both EEG and ECG readings were monitored.

Finn reported that in the case of the strangles the subjects fell unconscious quickly without experiencing pain,



Here, Geoff Thompson has been able to come up under a punch and involve the opponent's arm in the strangle. This position gives excellent control of the opponent's body for a sweep.

whereas in the case of the chokes the subjects underwent considerable pain and because of this they were actually not taken beyond the point of consciousness. In the case of the choke the EEG results showed rapid waves with wider amplitude, but no slow

waves were present. The EEG for the strangle produced slow wave patterns with a wide amplitude. As the subjects reached consciousness the amplitude reached 100uV but the frequency decreased to 3 to 5 per second. As the subject neared awakening, 'B' waves became apparent, identical to those experienced during sleep. and on awakening normal readings resumed.

Finn concluded the summary of the results saying that a strangle restricting the blood flow to the brain restricted the oxygen supply causing unconsciousness. As I previously mentioned other research does suggest that in fact it may be the restriction of the venous return which causes a 'build up' linked with a phenomenon called the 'Valsalva' effect which is, very simply, unconsciousness caused by holding ones breath at the same time as heavy physical exertion.

Michael Finn found that unconscious occurred after 10 to 15 seconds, (although very experienced individuals can achieve almost instantaneous response) with the recovery period being spontaneous, taking an average of 10 to 12 seconds with the ECG readings and blood pressure returning to normal after 5 to 10 minutes and respiration fully recovered within

5 minutes. Subjects in the tests experienced no unpleasant feelings on waking up and the strangle was released directly after the subject lost consciousness.

In the article Michael Finn quite rightly made the comment that the use of a strangle will cause a rise in blood pressure which could adversely effect a person who suffers from heart trouble. The unknown quantity for any of us whether we are civilians or police officers is that any pre-existing medical problem of someone who is going to do us harm remains hidden. I would make the point that someone can still be highly dangerous even with heart trouble. Engaging in any physical combat with someone who has a physical defect can bring on death, but remember there is only unknown risk or high risk and in the absence of being a mind reader we must always assume the worse.

Application

As a method of restraint stranglers are excellent, but where does that leave us in regard to application. In the street my principle advice is to create the conditions to avert the immediate threat and escape. You should not stay and the assumption must always be that your opponent is not alone. This is a golden rule and

you break it at your peril. For a strangle to work the person who applies it must be very well trained and trained, means having had hours of tuition and practise. It will be woefully ineffective if you do it wrong and is likely to put you in more danger. So never make a strangle a first option. Also for UK police officers any necklock (**compression restraint**) is a proscribed technique and therefore, sadly, excluded from the armoury of effective holds.

The first rule must be that you never attack with the intention of wanting to put a strangle on someone - a strangle should 'present itself.' What I mean is that as a consequence of something else happening the opportunity to strangle presents itself. The old favourite of coming up from under a swing or punch to both lock up the arm whilst a strangle is put on. It is at this time that you are vulnerable from others and the applicable tactic is to use your opponent as a shield. There are many variation on the theme of strangle holds and each is 'situational' - there is one for every occasion!

What you should ensure during the application of a strangle, is that there is never any pressure applied to the throat. If your elbow point is always



The usual defence against a choke or strangle is to pull the elbow down. To counter this, Matt, thoughtfully, stabs his thumb under his opponent's ear and



..... gets the desired result, which is to take his opponent's mind off the arm to enable Matt to get the choke back on.

below the chin and on line, sufficient 'breathing space' is created for the larynx. Equal pressure can be applied to both sides of the neck in the squeezing action. Ensure that where your forearm contacts you use the bone as the fleshy part is insufficient to create the depth of pressure required on the spot.

Always face your head off to one side and keep contact with your opponent ('top to toe'), as any gap creates the right conditions for him to be able to strike - no gap, anywhere, leaves no opportunity. 'Head cranks' from Judo can all have a part to play, but require specific training to achieve any level of competence. You may have more immediate results with a 'face bar', where the bone of your forearm is forced against the nose, face, eyelid etc of your opponent creating huge amounts of pain. Face bars alone can through the discomfort they cause obtain compliance, but it may only be whilst the hold is on. Once released you could still have big problems to solve all over again.

If you are taken to the ground remember what we said elsewhere that your objective is to regain your feet in seconds, usually by the application of punches, palm strikes, head butts, elbow strikes, bites, eye

gouges, knees and if all fails a strangle. It should not be your first option, but it may save your life.

Throat Strikes

There are few occasions where a full force blow to the throat can ever be justified, with the exception of facing a knife attack, or handgun threat or where the ferocity of attack is such that you fear for your life even though your assailant is unarmed. On these occasions the throat will be the primary target area for fist, elbow, edge of the hand and straight finger techniques. You will have no second



The Powersweep. This is just after the initial contact with the hip extension. As the opponent's feet come off the floor, a simple flick of the heel will send him horizontal. Only practise on mats!

chance, if escape is not an option, to finish someone with a knife. Less of a strike and more of a 'disruption' is a pressure attack to the jugular notch. It can be used to create space between you and an opponent using the thumb or forefinger and can be highly effective against a none too committed assailant.

I've found that if I do strike to the throat, that I am usually very close. Straight fingers are too inflexible and I feel inappropriate for this range. My own way of delivering impact is with the thumb and the second knuckle of the index finger. I squeeze the thumb along the index finger with the knuckles bent back at the first joint. Seldom am I directly in front of the person as the strike takes place and the impact point is off to one side of the larynx with the knuckle of the index finger hitting more to the front. It is delivered in a very short, fast and light action, but even light pressure will have a very telling effect. It is a technique for extremis and you alone can be the judge of that.

Choke/Strangle Defence

The following is taken from the internet site of the **Metro Nashville Police Department**.

"In rear attacks the victim should turn their chin toward the elbow of the

attacker and force it down to release the pressure on the windpipe. The victim should lock the chin down and try to keep the attackers forearm from pressing hard enough against the side of the neck that unconsciousness occurs. Then the eyes should be attacked over the shoulder, groin grabbed, or the top of the instep stomped with the heel. Rear groin grabs are often used to make an attacker loosen a physical hold on a victim but the victim should still Stomp hard on the attackers instep - Don't rake , then hit hard with the elbows."

Any defence such as the above will only work as an instinctive reaction. Any delay caused by the shock and panic and the choke and strangle will be on. Don't think you can, at the time, 'think' about turning your head and forcing your chin down as it just won't happen. The instinctive reaction is to get the hands up and, futilely, try and pull the arm away. This is the instinctive panic reaction and for it not to happen you must practise the alternative response many, many times. My own response was always to hit the ground hard and propel myself backwards at speed and explosively. Your aim is to send both of you crashing into tables, chairs, and onto the floor, during which time your opponent is at most risk from injury

unless he releases his hold to protect his fall. It works, but again it needs much practise to make it the instinctive response.

Someone good at neckholds will not allow any gap for you too use an impactive defence, remember the 'top to toe' principal. If they know what they are doing they will not give you any opportunity to use your head, feet or finger twists people advocate. Michael Finn talked about a strangle being effective in 10 seconds, but someone who knows what he is doing will have you unconscious in 3-4 seconds - it's as quick as that. It is easy to say don't let anyone that close, but that is probably the only answer. Alternative to that, is trying to blast them backwards as I have said above and create a situation of danger for your assailant which creates in his mind a shift of emphasis to his own personal safety. It is too easy for people to advise a range of seeming good advice, but the reality is that immediate panic causes the person attacked to struggle with the arm that is around the neck, during which few seconds and before they even try one of the recommended get outs they are unconscious.

Powersweep

My favourite and I am not going to

attempt to describe it here (buy the video). I've used it at the range where our torsos were touching and I've used it blasting in from over six feet away and it never fails me. The bigger they are, the better it works and when they drop it's from a good height. One primary benefit of the Powersweep is that you also don't need hands to do it. What I mean is that you don't need to have a hold of your opponent to make it work. If your hands are full you need to be able to sweep a man regardless and this does it.

Combinations

I want to keep all matters simple because I know that when it 'kicks off' accuracy goes out of the window. You can be 90% accurate or more with your first shot, 40% accurate with your second, unless he's so stunned with the first he's a 'sitting' target, and only 20% with your third shot. I've seen this happen and it is trained martial artists who are most guilty of inaccurate shots and we need to look at why.

The lack of accuracy is more correctly termed 'bad targeting' and it is a product of a person being 'conditioned' to throw a technique in a 'combination' even if no proper target presents itself. I still see this when I am grading traditional Dan Grades where a defender has a combination to do and

he will do it regardless of whether he hits an elbow, backside or cranium. He has trained a 'conditioned response' for the combination to happen irrespective of how his opponent may end up after his first or subsequent action, he simply carries on irrespective of a target not actually being available.

What you have to avoid is the mental 'conditioning' that electively puts your mind in the last shot instead of the first. My combinations for pre-emptive street work are based on how I know my opponent will naturally end up after the first shot, but even though this may happen nine times out of ten I know I must never get into the conditioned frame of mind where I automatically deliver a preplanned second shot, because there will be one time where he has responded differently than everyone else and has moved differently.

The answer is to put simple combinations together where the first shot should be so destructive that you do end up with a 'standing target' which gives you time to get the second shot accurately home on an appropriate target, but allows time for assessment not just conditioned reaction. When I do the combined head/ shoulder strike you will see the very slight pause after the first hit which allows me to assess

the efficacy of the leg shot or not. I am not blindly going to go for the leg kick, as conditions may not favour it.

It is essential that when you explode into action your mind is focussed 120% on the first strike only, not on a second or third combination. If you do focus mentally on subsequent attacks you will simply water down the effectiveness of the first. I have my set combinations, but when I move to action I have only one technique in mind and an 'action trigger' to set it of, after that, a second strike will be one that ideally fits with how your opponent ends up. If you see the inside leg kick you will notice that after the kick the opponents head can often be looking down. Knowing this I would not combine the kick with a face punch. Similarly with the combined head/shoulder shot, I know that often you can 'blast' a person out of range of any second strike, but it is usually always out of striking range hence the kick.

Don't forget that in the street your object is to 'hit and run' not to stay and look good. In doing that you have your first combination, where the second technique of the combination is the run. Most of my combinations lead to a heavy leg strike. I have said elsewhere that you should never initiate a strike

with a kick, especially from the rear leg, it is just to slow and requires too much equal and opposite movement from the rest of the body which gives the game away (the only exception is the inside, lead leg strike). However, we know that a well delivered kick will finish the affair, so I want to get one in, if occasion and the threat demands, but I need to do this 'under cover' of a primary strike with the hands.

Multiple Opponents

You cannot fight two people and you certainly cannot fight three people. It's impossible to engage two or three people simultaneously - you will lose. If you had any reservations about pre-emptive strikes and their legitimacy against one opponent, then you had better get your thinking in line when it comes to multiple opponents. Pre-emption is the only thing which will save you from a very bad experience. I'll say it again you cannot fight two people, but what you can do is fight 'one person' twice!, even if that one person is actually two different people. Let me explain. Whenever I have two opponents or more then I know that the first two techniques I throw will take two people out and my mental thinking is geared to addressing one problem at a time, but putting the succession of strikes together with lighting speed and deception.

One night when I was working the doors my then manager, who was also a good friend had 'put out' two guys who had been causing trouble. We were having a drink after hours and the managers wife had come into the club, when one of the doorman who had been leaving came back in to let us know that the two guys were waiting across the road, obviously for the manager to come out. As he was six foot seven and could go a bit he wasn't unduly worried for himself, but having his wife with him put a different complexion on things which meant he couldn't go straight across and deal with it, so I went instead.

By this time of the night the street was empty, but where they stood was in view of a police station so discretion was the order of the day. In circumstances like this you must be as close as possible, because when you go at one the other must have no chance of either getting out of the way or reacting appropriately. This always means dialogue which must be non-threatening and which allows you to achieve your ideal 'line up'. I slapped the first one and had swept the second before the first one had hit the pavement. The first one was out for the count and the second one, who had hit the ground hard just had his hands up in submission. I had hit both

within very broadly one second and both had been close enough to both me and themselves to make this possible. The sequel was that a policeman who had witnessed the whole thing was not too sure what he had actually seen and he arrested the two for assault, as I was the only one of the three who could actually make any sense.

Golden Rules

With multiple opponents there are some golden rules you can never break. These are to do with how your opponents are spaced, distances and line ups. In the above situation, I was able to organise affairs so that I lined up both parties, one without them realising it and two to enable me to hit both in rapid succession giving only one shot to each.

This is the first golden rule if your opponents are close NEVER hit the first and second with any more than ONE shot. If you put any more than one strike into the first you create enough time for the others to visually perceive what is happening and then be on you. You must hit, move to the next -hit, move to the next and hit. It should all happen in one or two seconds, giving no time for any response. If you get it right you can make it work.

By way of illustration one of the most effective piece of armed police encounters was against three armed robbers in New York. **Jim Cirillo**, an officer with the **NYPD Stakeout Unit (SOU)** and despite being under fire at the time shot all three armed robbers, two of whom were shielded behind a hostage. Despite, as he described, being about “to melt with fear” his training took over and he blew away two robbers from behind the hostage and the third who was ‘lookout’. His partner thought he had only shot one round, whereas he had triggered six rounds in three seconds, with accuracy he was later unable to duplicate on the range. Just before the battle he had memorised the colour of the clothing of the clerk and the suspects. He shot ‘black coat’, skipped over ‘grey smock’, shot ‘pink jacket’, shot ‘blue jacket’. In later months he was to use his colour coding principles to train SOU recruits. Cirillo during his period with the unit had 17 successful shoot outs with armed assailants.

Opponents At A Distance

Apart from any tactical points we can draw from the above it supports the principle of engaging all opponents in seconds (as a side issue anyone who goes on an armed hold up wearing a pink jacket deserves to get shot). But what do we do where your opponents

are not close to either you or each other. In a confined space this is uncommon, as in the case of a pub or club, but in the street I have found it a problem. In this situation Distance Rules! The rule here is to 'take' the man on the extreme right or left if there are three. You must 'blast' into him and 'blitz' him backwards, at least 12 feet or more I want him down and a 'powersweep' at the end will usually put him out of the game. You will now have many feet between you and his cohorts who will be coming around from you exploding.

If you pick the man in the middle as you can be inclined to do you then have one person on each side of you and if you turn to one you are blind to the other. Going for one at the extreme, means that if you can finish him and turn back you face both of the two left and, hopefully, one will still be behind the other. Or you have created a way out so run.

Let me say that you should use your few feet gained to run, again we are not there to fight, so far you haven't, but if you turn and face the remaining two you are most definitely going to have to fight. If escape is no option then, providing you have the skill you explode into the first one in your way. My mental thinking is that I actually

want the one behind him, but I need to remove this obstruction to get at him.

I've made it work, but have experienced all the stress responses which I arduously avoid, tunnel vision, the red mist, poor targeting, auditory exclusion, and the exclusion of everything around me - in other words a fight. In this situation it is very much a lottery whether you win or not and only your opponents lack of resolve will tip the scales your way. It is aggression, pure and simple that wins the day in fighting multiple opponents. Your will to win must be superior and unlike any other situation speed is of the essence.

Earlier I have said that speed is often unnecessary and also causes a loss of impact, but with multiple opponents you have to be explosively fast. Keep moving and don't get caught fighting from a fixed spot. Blast into an opponent and then straight onto another, you must be highly disciplined in your targeting and it is here for experienced martial artists that it starts to fall apart as it turns into a scoring session. An opponent must go down and stay down. You can't keep up a constant flurry of attacks indefinitely because you can't put your man down - you will lose. When the opportunity arises get out of there.

Speed or Relaxation?

You may be wondering why the above heading has put the two aspects in contradiction. If I put a person in front of an impact pad and ask them to punch it hard certain things happen. First they will try and alter their stance, second, they always want to raise their hand to punch with it and third they feel that speed will equate with impact. To achieve speed it is necessary to 'innervate' the 'white fast-twitch' muscle fibres and it is impossible to do this without tension. This tension shows in the shoulders, the face and neck and is the classic 'telegraph.' Also and at the risk of repeating myself, any overt movement into a 'fighting' stance will precipitate the event.

Because speed requires the tension and because a very fast punch is too fast for the body to move itself at an equal pace

there is little body weight at the impact point. A secondary, negative effect of speed is that a person standing in front of you is a mirror of your actions. If you move quickly you elicit a 'reactive' response not a 'considered' one. This means he will normally react and avoid

the blow. If you move into someone slowly or at medium pace, what happens is that you don't engage that persons 'automatic response mechanism,' rather you force them to consider (ie a 'thinking process) about what is happening.

Reaction Or A Process?

An example may help. Think of someone throwing a tennis ball slowly, underhand to you. You see the ball for a relatively long time, you can focus



In a work environment (here a nursing one) strict guidelines will always apply to the 'rules of engagement' for C & R.

on it the whole way and, although to catch the ball you have to apply a trained response you do not explode into a reactive and explosive move. Think of sitting behind the wheel of your car as a large stone is thrown up at your windscreen. There is no

'thinking' about what you will do - as your 'self-protective,' reactions happen without your having to send the message out from the brain to move your face out of the line of fire. The last thing I want my opponent to do is 'react' to my move. I want him still



Photo 1. The start of a 'breakaway' technique from a double wrist grab.



Photo 2. With the left arm disengaged, there is now a choice to either use the elbow to break the hold on the right wrist completely or



Photo 3. use the leverage from the elbow to achieve a trapping of the opponent's left arm, turning the technique into a restraint, if only temporarily.

trying to think whether it was a punch he saw as he hits the ground. In contrast to this a well disguised straight punch can be delivered at reasonable speed and without the tension giving the game away.

My own impact is very simply a product of **transferring my body-weight, through a trained 'dynamic,'** into a particular strike, kick, sweep, or trap. What I know is that such a transfer is not possible if I allow tension to enter into the equation and I also try and do it too fast. Think of a shot putter. The sheer weight of the shot cannot be overcome with speed. Such a weight can only be propelled by overcoming the inertia, with a progressive transfer of bodyweight to

the shot via a smooth acceleration. So it is with my strikes. Whatever 'weapon' I am utilising I visualise' it as a 50lb weight, which I cannot move quickly, rather it must be taken to the target by a large body movement. Impossible to adequately describe in a book, the best other option is the "Powerstrike and Powerkick' videos. The success of these strikes is that they do not look in any way dynamic, particularly to an onlooker. Often the punch or strike can happen without anyone knowing it has taken place, until the opponent falls to the ground. As you don't end up in a fighting stance there is no apparent aggression which in the post incident assessment everyone will attest to the seeming lack of force applied.

Because the dynamics of this impact are so different it is possible to effect massive shock on an adversary from most angles, even ones at which you would normally feel at a disadvantage. This is no more apparent than when at very close ranges, such that most traditional practitioners would feel too close to develop impact in a punch say, however, using the 'double hip' an internal distance is created for the blow which makes up for the lack of distance from the fist to the target.

By far and away though the main benefit of being relaxed before you strike is that you give nothing away about your intent. Remember you are going to have a dialogue during which you will strike, so go and practise on a bag now and see how much your voice will alter at the point where you are about to strike. When you require to utilise the musculature to deliver the blow you will find you actually stop talking. My way allows twice as much impact for half the effort, with no change in the cadence of your voice.

Control & Restraint (C & R)

Control and restraint techniques won't work in violent street confrontations. If they did, police forces around the country would not be retraining in a variety of new combative techniques including the use of a telescopic baton and body armour and prison officers would not need a minimum of 3 officers to restrain a violent inmate, but actually prefer 4 to 5.

C & R techniques can work if they can be brought into play in 'offensive' counter measures ie after someone is unconscious! Try them before that and you put your life on the line. If they have a knife you are in deep shit trying to put an arm lock on after you have 'blocked' an attack! - a technique you

will, unfortunately, see all too often in many books on self defence.

Where C & R has a place is where workers face violence and where injury to others, such as patients must be a high consideration. In this situation blows and strikes are specifically outlawed by 'corporate policy', leaving only 'Breakaway' and Control and Restraint.' In these circumstances political correctness overrides even employee safety, by laying down such restrictive guidelines, so as to 'emasculate' what is taught. Potential liability problems motivate senior management more than the safety of their people. It is obviously inappropriate to have very impactful techniques taught to people who are dealing with others who have handicaps, but there is a better half way house.

Breakaways

What do work are 'Breakaway' techniques which can serve a very useful purpose in many work environments where staff are unable, through reason of limited training time, or political issues to obtain competence in more forceful options.

It happens in the world of close protection. On a recent assignment, despite the very real potential threat of

violence the decision was taken not to 'arm' the local 'in-country' team members. The job was to 'look after' a senior employee of a company that was having to announce a plant closure and the main threat would be from an angry and possibly violent work force. The decision was taken, quite rightly, that it would be very inappropriate, to say the least, to shoot one of the company employees if anything happened so the team was to operate unarmed. Any physical trouble would then have to be countered empty handed and probably with the least 'impactive' option. As it transpired there was not the slightest hint of trouble, but the situation one could envisage would be the typical, angry crowd where being grabbed was the order of the day.

For me the Chinese system of Chin Na has some of the best breakaway techniques and one can see, from this very ancient system, the roots of many of the Japanese techniques, across a variety of systems. In a work environment, say a retail outlet 'breakaways' are an invaluable adjunct to the verbal, conflict management skills. Where a persons work is with people who may have as we call it these days 'learning difficulties' a second level of skill is required which is Control and Restraint. Strict

corporate policy and 'rules of contact' will make this almost impossible to operate effectively, but it can work.

From verbal skills we can work our way up the 'force option ladder'. From breakaways, we may need effective restraints possibly as psychiatric nursing staff, door supervisors, or as police officers. From restraints we must be able to deliver impactive strikes with both hands and feet and deliver these from a variety of 'social' positions we may find ourselves in. We should also be able to fight.

Throughout this book though I have wanted people to understand, what is for me, the very clear distinction between fighting and self defence. My definition of self defence is "the practise of deceptive, counter-measures to a pre-empt the actions of a threatening and possibly dangerous person or persons". My definition of a fight is "the consequent physical confrontation, resulting from the inadequate perception of the true dangers posed by a person or persons". In other words a 'cock up', but cock up or not if you get the pre-emption wrong or late you will be in a fight and you should know how to handle it. You will need to be exceptionally fit, aggressive, ruthless, capable, fast, powerful and mentally conditioned that, under no

circumstances, will you lose. It's a tall order against one, a big hill to climb if there are two and a veritable Everest if there are any more, so get it right from the first.

The key is to be Pre-emptive and to do it deceptively. Whether you are a female in your own house with someone you don't know well, a police officer making a 'stop', a pedestrian in the street, how quickly you 'switch on' to the true risk of the unknown and how quickly you seize the initiative will impact on how safe you stay.

To stay safe probably also means you have to do the opposite of what you would like, which is to go forward into the opposition, however if you seize the opportunity, control of the situation may shift to you.

Conclusion

There are no photo sequences or illustrations in this book to deal with every variety of defence against punches and kicks. I've said it elsewhere that good defence means concentrating on Broad Strategies not Narrow Tactics. If you try to do the latter, you will end up confused and pulling the wrong rabbit out of the wrong hat, in front of the wrong audience, if you'll pardon the expression.

Keep it simple, get on the attack as soon as you can read the inherent dangers and inevitability in a situation then 'hit and run'.

Keep fit and find some way of repetitively practising simple, very powerful strikes and low round leg kicks and knees. Bring into your impact practise both conversation and a verbal 'action trigger'. Accept the inevitable onset of fear, train physically hard enough to induce aggression and develop a faith and belief in your abilities to upset an opponent's plans.

Develop the science of awareness and raise your 'expectation' of threat, particularly, when you feel most safe in familiar surroundings. Accept no-one at face value, especially those you don't know and if you are a female, accept even those males you do know as having the potential to cause problems.

Most of all, keep a sense of perspective but above all, **Be Safe.**

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