

fight-amnesia(s)

... traumatic situations are frequently associated with critical incident amnesia ... – ... (don't) forget it! ...
– .. get over it ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-anger(s)

... anger should be used strategically as a tool, never as an unchecked emotion ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-angry(s)

... *I am so angry, everything they taught us was wrong* ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-art(s)

... **complete martial art(s)** ... – ... you study everything from avoidance and communication up through firearms, and at least small unit tactics ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-attack(s)

element(s) –
 attack(s)
 code(s)

- target(s) – hit the right spot(s)
- distance – out of reach, be prepared
- angle – proper direction for impact
- speed – amplify force
- timing – find the weak moment(s)

... / frame(s) / obstacle(s) / structure(s) / reference(s) []

fight-authority(s)

... **position of authority** ... – ... ask, advice, order ... – ... boundary setting ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-avoid(s)

... **it is better to avoid than to run, better to run than to de-escalate, better to de-escalate than to fight, better to fight than to die** ... – ... the very essence of self-defense is a thin list of things that might get you out if you are already screwed ...

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) []

fight-aware(s)

... **situational awareness** ... – ... comprehend factors that can be important for your safety and welfare, such as the existence of potential threats, escape routes and weapons ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-choice(s)

Hick's law: ... **choice(s)** ... – ... response time increases in proportion to the logarithm of the number of potential stimulus-response alternatives ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-clear(s)

... if you try to get too fancy or precise, you will dramatically hurt your chances for success ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-closure(s)

... it's natural, because almost everybody feels the need to get the last word, to *find closure*, and to be affirmed in (y)our value as human beings ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-code(s)

code(s) – fight(s): alert(s)

- white – ...
- yellow – aware
- red – critical
- black – under attack

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-crowd(s)

... **beware of the crowd(s)** ... – ... impersonality, anonymity, suggestion/contagion, discharge of repressed emotion(s) ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-culture(s)

... **gang culture(s)** ... – ... respect, reputation, revenge ... – ... crosses all racial, ethnic, social and economic lines ... – ... graffiti, hand signs, verbal challenges, stare-downs, physical assaults ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-damage(s)

... **inflict damage** ... – ... timing, power generation (impact), targeting ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-day(s)

... **live to fight another day** ... – ... unless your life or the life of another is on the line, it's almost always best to swallow your pride and walk away ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-defense(s)

... **your best defense is situational awareness** ... – ... closing, cornering, surprise, pincering, herding, surrounding ...

fight-drill(s)

... going into a drill knowing that you cannot win takes guts ... – ... you will learn something about yourself by undergoing it ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-embrace(s)

... **embrace your pain and fear** ... – ... it can serve to urge you on ... – ... **never give up** ... – ... use your pain as a reminder that you are still alive and still in the fight ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-end(s)

physical defense – decide what is worth fighting for

- awareness – of the situation
- initiative – action trumps technique
- permission – pre-emptive attack(s)

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) []

fight-enemy(s)

... by discovering the enemy's dispositions and remaining invisible, we can keep our force(s) concentrated while the enemy's must be divided ... Sun Tzu

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-enter(s)

... after enter the dragon legions of young men swamped martial arts schools all over the world, seeking to be strong, to be brave, to be capable – to, in other words, deal with their fear that they would not be able ... – ... or to feed their hunger to learn what that mysterious creature lurking in the back of their conscience was ...

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) []

fight-escalato(s)

... **escalato** ... – ,, the cycle of one-upmanship that inevitably leads to physical violence unless one party is willing to lose face and back down ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-escape(s)

... escape is an admirable goal ... – ... self-defense really isn't about fighting, like most people think ...

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fight-expert(s)

... personal experience would seem to be no-brainer, but very, very few people will trust their own experience against the word of either many people or a single *expert* ...

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) []

fight-force(s)

1. don't get hit – awareness, avoidance, de-escalation
2. stop continuing attack – defensive or pre-emptive
3. thing alternatives – change moves when necessary
4. judicious use of force – ability, opportunity, jeopardy, preclusion

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-freeze(s)

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... freezing is not moving when you are in danger ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-game(s)

... rule(s) of the game(s) ... – ... don't kick above the waist, don't play *tank*, don't hit with closed fist, use your mouth, don't play your opponent's game, don't use the wrong techniques

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-goal(s)

... breaking out of a group ... – ... you must fight to the goal and the goal is to escape ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-identity(s)

... space ... – ... but they are fighting for their identity, not the piece of ground ... – ... violence is so psychologically damaging, not because of the physical damage but because of the attack on self-image, the attack on one's identity ...

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) []

fight-image(s)

... people fight and kill to defend imaginary territory – respect, honor, symbols, membership in a group ...

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) []

fight-interview(s)

... interview(s) ... – ... the less you look like a victim during the interview process, the safer you will be ... – ... dialogue, deception, distraction and destruction ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-justification(s)

... justification is vital ... – ... being able to articulate why you did what you did ... especially at the higher end of the force continuum ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-kill(s)

... unnecessary pain is wrong ... – ... when you kill, under any circumstances, it should be as quick, clean, and painless as you can make it ... – ... this is the right thing to do ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-law(s)

... **IMOP** ... – intent, means, opportunity, preclusion

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-level(s)

... **self-defense centered strategies** ... – ... you must be able to act at any level of the force scale ... – ... from the highest to the lowest ... – ... you must be able to choose the appropriate level ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-limit(s)

... **distance can keep you safe** ... – ... a seasoned street fighter can hit harder than most black belts have ever felt ... – ... **finding your limits drill** ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-martial(s)

... martial arts and self-defense, on one level, is the manufacture of cripples and corpses ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-math(s)

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life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-mind(s)

... one of the biggest disconnects in martial arts is that it is so easy to forget what you are training to do ...
– ... this is not mindfulness! ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-ooda(s)

- **observe** – what is happening
- **orient** – to observation(s)
- **decide** – what to do about it
- **act** – decisively (without delay)

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) []

fight-option(s)

... doctrine of competing harms ... – ... **option(s)** ... – ... presence, voice, touch, empty-handed restraint, non-lethal force, lethal force ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-pain(s)

... pain has one good side ... – ... **pain is not injury** ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-predator(s)

... de-escalate predatory violence by appearing to be too dangerous to attack ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-projection(s)

... **projection(s)** ... – three principles – ... use threat's momentum, use threat's structure, control the threat's contact with the ground ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-rule(s)

... **golden rule of combat** ... – ... your most powerful weapon, applied to your opponent's greatest vulnerability, at his time of maximum imbalance ...

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) []

fight-run(s)

... self-defense is not always what you think it is ... – ... when dealing with force, there is the art of disengagement ... – ... "what, run away?" ... – ... the answer is yes! ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-safe(s)

... fighting is your last resort to keep yourself safe after your blown up your self-defense, when awareness, avoidance and de-escalation have all failed ...

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fight-scale(s)

... even the best intentions do not always work, hence the need to move to higher levels on the force scale ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-scan(s)

... situational awareness is your first line of defense ... – ... scan everyone that approaches you ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-simple(s)

... **standardization & simplicity** ... – ... are the hallmarks of a good fighter ... – ... the cost of ,a href=@s5-fight-clear.html failure is too high to attempt things that might not work ...

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fight-situation(s)

... **situational awareness** ... – ... of you see violence coming early enough, you can easily walk, or more often, run away ...

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fight-skill(s)

... **confidence** ... – ... being able to evade attacks and hit hard ... – ... to recpver when something hard smashes you in the back ... – ... **whatever skill and experience you have is exactly what it is** ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-social(s)

... **social violence** ... – ... monkey dance, group monkey dance, educational beat-down, status-seeking show, territorial defense ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-space(s)

... self-defense ... is really about ... – ... **not being there** ... – ... using awareness, avoidance, and de-escalation, eliminating the ... need to fight ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-strategy(s)

... **position before submission** ... – ... is not a winning strategy ... it is a winner's strategy ... – ... **consolidate** or **chaos** ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-style(s)

... **self-defense** is really about awareness, avoidance and verbal de-escalation ... more than anything else ... – ... **it is a lifestyle choice** ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-tell(s)

... looking for the **tell** involves noticing the really small physical movements a person might make to signal intent to attack as well as subtle changes in the person's energy ...

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fight-threat(s)

... if a threat is bent on your destruction, you need to take away his **means** or **opportunity**, or both ... – ... you take away opportunity by escaping ... – ... you take away means by breaking him ...

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fight-touch(s)

... **four ways to touch** ... – ... calming, directive, distractive, projection ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-trouble(s)

... **situational awareness** ... – ... the ability to spot trouble before it reaches you ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-truth(s)

... assaults happen ... – ... **fast, hard, close, surprise** ...

life(s) / closure(s) / reflect(s) / attack(s) / meditation(s) □

fight-victory(s)

... an un-witnessed victory is not a victory ... – ... status occurs always within a group ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-violence(s)

... everytime you engage in violence, no matter how small and trivial, it has the potential of escalating into something that has life-long consequences ...

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-war(s)

... **rule(s) of the military** ... – ... measurement, assessment, calculation, comparison, victory ... Sun Tzu

life(s) / closure(s) / reflect(s) / attack(s) / book of violence

fight-weapon(s)

... **use weapon(s)** ... – ... **access, draw, use** ... – ... accessing a weapon ... – three considerations – ... **concealment, location and retention** ...

life(s) / closure(s) / reflect(s) / attack(s) / scaling force

fight-worth(s)

... one of the harder things for a young man to hear is that many of the things that he is willing to fight for aren't worth fighting for ...

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