

Download Physical Confrontation

TW. Smith

Download Physical Confrontation

Agent of Action : Peter Consterdine

Contributed to KFP [Power Up Your Martial Arts Imagery Training Podcast Achieve Your Objective: 12 Factors Effect Your Ability to Make Swift Decisions](#) [Decisions Calistenics For Martial Artist's](#)

Summary of Physical Confrontation

Define Physical Confrontation Starts when you recognize someone's unwanted attention Approaches: ACKNOWLEDGE vs IGNORE Assertive vs Aggressive

5 Fundamentals of Situation Management of Physical Confrontation 1. Be Physically Prepared : No Casual Posture 2. Put up the Fence 3. Get in the Moment 4. Confidence to Act Swiftly 5. Ability to Improvise Striking Ranges

10 Aggression Signals

Gestures Pursed Lips Squint Red or Flushed Face Clench Jaw Finger Pointing Throwing Things Around

Threats Threatening Posture Invading Space Unwanted Touching Sudden Movements

Principles to Remember

1 Action Beats Reaction 2 Flawed Decision Making 3 Paralysis by Analysis 4 Develop Action Triggers 5 Force Option 6 Manage Fear and Emotional Control : Jose Wales 7 Lack of Commitment 8 Execute and Improvise : Being Hit : Train Your Objectives under adversity 9 Flame On : Go Aggressive

Situation Management

2 Paths of Appearance: Psych out or Suck In
The Critical Place Management

If you have a window to escape, it is smart to use it.

This is the difficult personal dilemma to work on for some :

Moral: Is sucking in an invitation to violence? My view, No, First, Sucking in is a tactic used when you suspect or realize that the attacking force may not let you out, but is not in a position that you can operate in. Secondly, sucking in is used to bring the attackers attention closer to you, lets say, so that they don't take the child, or halt their assault on a woman. You can use sucking in as a tactical tool to change the situation.

Remember, that even if you follow the criminals commands that the assault and threat may not be over, and you will need to exercise everything you just heard, swiftly.

Marine Gunnery Sergeant Highway : 1986 Movie Heartbreak Ridge : *Adapt :
Improvise and Overcome*

To transcend obstacles or faced with challenging circumstances, resist discouragement, and regain your determination. As a result, your sense of purpose will become more powerful than your problems!

Your Inner Voice

The part of your mind that must be internally aware of action triggers and path of force, while externally aware of enemy distance and threats.

Professional and Personal Considerations when dealing with a Physical Confrontation

Professional Laws of Your Community Rules of Your Environment (ie. Public Schools) Off Duty Police Officer (Poor Example, Off duty sheriff stops guy from urinating, escalates to guy dies from rear naked choke) School Teacher Confronted by Adolescent Student

Personal Considerations Specific faith, ie. Christianity, Buddhist, have you reconciled what your protocols are? There can easily be a conflict between the Law (NC Stand Your Ground) v Christian (Avoid a Physical Confrontation if at all possible that does not put you or someone else in harms way)

Talk with your teacher about scripts for your thresholds. For example: My Objective Oriented Martial Art Class is designed situational objectives, You are responsible for meeting your objectives based on your scripts and standards.

Effective Self Defense Must Pass This Filter, is it, Practical - Legal - Moral Throat punch can't be the answer to every problem

Priorities Recognize Situation Have an Objective (prefer have 1 consistent) What tools are in Utility Belt Practice Successful Applications

If you need a tool, I add the tool.

Thank you for listening to the program.

KungFuPodcasts.com