

Tactical Awareness & Combat Techniques

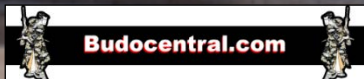
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T.A.C.T.



Courage is being afraid to do the right thing but doing it anyway!

Acknowledgements

This manual would not be possible if not for the Late Grandmaster of Kyushu-Ryu Ju-Jitsu Jacques Dionne of Ottawa. His devotion to the study of violence and the study of the martial arts was nothing short of fanatical, something I have seemingly taken over. He was a real task master and the more interest I showed, the more he demanded from me and my fellow students, as well as himself. It was an exciting time. He started the ball tumbling and since his death I have tried to stay true to his devotion.

TACT would not be where is today if not for my wife Johanne. She is the one who endures the tortures of a nice family meal with me saying, “Violently grab my wrist and pull, I want to see what’s available” or during inappropriate times “throw a punch at me while I’m.....” and the list goes on. Outsiders looking in surely must think ours is an abusive relationship and seeing I’m the one usually with the bruises one might over look who gets the short end of the stick. But we have fun and are in love, despite being hip thrown, punched or kicked at. It’s all in good fun and in the interest of science and study and the hope that if we help just one person it will all be worth it. Johanne has really grown as a martial artist and I am more afraid of her now than ever before, I can’t wait to see what she’s capable of in the future. Her insight to violence against women has been a huge value to our highly successful WASP program.

My Dad spent 37 years in the RCMP. I guess there is a soft spot for me in developing something that may help protect policeman everywhere. It can be a dangerous job and coming home in one piece is always the goal. When my Dad was a rookie, boxing was the defense of choice, but violence has changed and so have the methodology for its response.

I should also thank the dozen people who decided to mug and try to kill me when I was 15. That event left me paranoid with low self-esteem and a sense that I could never protect myself. It forced me to look inward and to try to gain some control in my life. As I searched to find answers to why I reacted the way I did that night I also wondered was there anything I could have done to avoid it. The group mentality escalating violence for entertainment, status of peers, and self image is an interestingly deep topic. The violence used on me that night, you will never find practiced in any martial art dojo in the world really. The attack was senseless violence with a complete lack of empathy for me what so ever. Most dojos never discuss violence at that level.

I’m glad at least that at a young age I was capable of viewing that, “They may have targeted me, but I will decide if I am a victim”. I tried very hard for that incident to not change me. Did I see it coming... absolutely! Looking back at it, I ignored my intuition that was screaming for me to run...to leave the area but like all untrained people I denied my God given self-defence mechanism, thinking it was my paranoia. I was nearly dead wrong!

T.A.C.T.

What is TACT

Today's law enforcement and "at Risk Professionals" encounter tough situations and even tougher scrutiny by superiors and the public. At Risk Professionals often find that they not only battle crime but battle the lack of equipment and insufficient training not to mention battling civil actions brought against them for excessive use of force during an altercation. Civilians feel helpless in a sea of violence in the media.

It's difficult enough for Police and at risk professionals to protect the public and property but now they must constantly question their actions without compromising their own safety by over analyzing a situation thus hesitating and finding themselves in a deadly confrontation. TACT is battle proven, resistance and force training that can help at risk professionals and civilians to reduce hesitation time and provide them with modern effective tactical responses that are court defensible. TACT includes in its curriculum Nerve Impact Control Techniques (NICT), the method of disabling or stunning a person by impacting certain motor nerve points without causing any skeletal damage or major injury. NICT is a major part of the TACT course.

Tact was designed to give law enforcement personnel subject control techniques, self-defense methods and an ability to create distance to withdraw and deploy a weapon and give at risk professionals and civilians a self-defense method and a window of opportunity to escape and get help. The techniques are easy to comprehend and retain during high adrenaline battle scenarios and TACT provides students with tactical communication skills which are vital to the resolution of any potentially volatile encounter. Workshop material that may be covered includes weapon disarming, baton work, hand to hand combat skills, ground fighting, take downs and the study of pressure point and pain compliance.

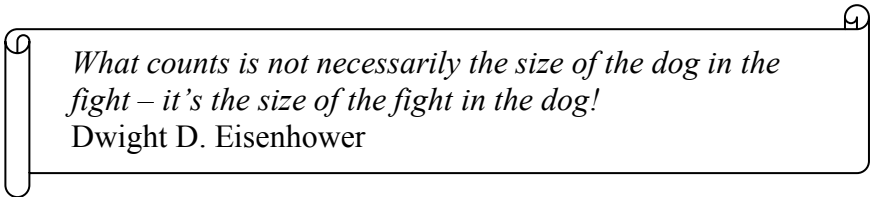
TACT is a non-profit **volunteer based program** with all funds collected being put back into the Budocentral Martial Arts Academy to further help both youth and adults.

Disclaimer

Johanne and Frank Zinck, Budocentral Martial Arts Academy, the North Woodside Community Association, Mount Saint Vincent University and TACT instructors accept no liability whatsoever for any injuries to person or to property resulting from the application or adoption of the techniques, tactics, principles or procedures presented or implied in this book or during training.

Mission

The mission of TACT is to provide men and women with a safe, open environment to focus on practical every day street defense while focusing on awareness, intuition and de-escalation techniques with highly effective physical self-defense skills.



What counts is not necessarily the size of the dog in the fight – it's the size of the fight in the dog!
Dwight D. Eisenhower

Instructors

T.A.C.T. BIOS:



Co-Creator/Instructor/Technical Advisor Frank Zinck - Frank Zinck holds a fifth degree black belt and holds a Menkyo Kaiden Masters ranking in Kyushu-Ryu Ju-Jitsu.

Frank Zinck also holds a second degree black belt in Karate-do Shotokai. Frank Zinck is also ranked in several other styles and systems.

Frank Zinck is the senior instructor of RSAD (Rape Self Awareness Defense) in Nova Scotia, a self-defense workshop for women offered throughout metro. He is also a recognized senior NICT instructor and technical advisor as well as a graduate of Tactical Academy of Controlling Techniques.

Frank Zinck is best known for his work helping to develop confident youth and is the creator of the internationally renowned “Bully Proof” program. Bully Proof is assertiveness training for kids and teaches kids how to deal with schoolyard violence in non-violent ways. Local law enforcement often refers parents to Frank’s lectures and seminars.



Co-Creator/Chief Instructor Johanne Zinck - is a Black Belt and the secretary treasurer of Kyushu-Ryu Ju-Jitsu and a high ranking Sempai in Karate-do Shotokai, both at the North Woodside Community Centre in Dartmouth.

She is a strong leader and instructor in the Kyushu-Ryu Ju-Jitsu youth program, she is the co-treasurer of the KRJJ Foundation and the president of the Parents Kyushu-Ryu Fundraising Association.

Johanne is a Certified Instructor of the RSAD (Rape Self Awareness Defense) and co-creator of WASP (Women’s Awareness Survival Program) in Halifax, a self-defense workshop for women offered throughout metro. Johanne is strongly dedicated to helping build the self-confidence of women through Ju-Jitsu and WASP. She is also a senior instructor for Bully Proof (Assertiveness training for elementary school aged children) which is taught by the creator, Frank Zinck.

Johanne is a graduate of TACT, is certified in NICT (Nerve Impact Control Tactics) and has successfully completed workshops on Yawara stick and ground fighting.

Safety

Student safety and an environment conducive to learning are two high priorities of the TACT system and instructors. Students will be required to perform and recreate scenarios with partners. It's important that students respond quickly and cooperatively with instructors and that student's leave their egos at home.

Observe the rules and safety of others during all dynamic simulations. As well, use the method of "tapping out" for techniques that require pain compliance. Ensure that your "tapping out" is loud and effective; tapping out not prior to injury, but when the technique has become effective. The student applying the technique should slowly release pressure immediately upon hearing his partner tap out. Releasing pressure too quickly can cause a "snapping back" effect causing injury, so release gradually.

It's important all students communicate the effectiveness of techniques with their partners. However, communication does not mean that you try to teach or be boastful. It is also important that students report to instructors any injuries during class or medical problems going into class.

TACT instructors observe three strikes and you're out policy. After three minor warnings the student will be expelled from the class and money paid will not be reimbursed. A student may be expelled immediately after one major offence.

TACT deals with two types of attacks, an attack to do harm to your body or an attack to take your possession. Obviously for Law enforcement there is no distinction here but for most at civilians there is a distinct difference between how you handle these two situations. Any time you can give up a possession to avoid a fight do so, but in either case once you decide to fight, you must be decisive without hesitation and unleash everything you have with the most amount of power you can muster with complete indignation until the situation is over. Unleash hell!

Swear Check

We strive to provide realistic scenario based street self-defense situations. In the street, an attacker will attack your spirit with aggressive, brutal, vulgar and violent language. During some training exercises and movies you may be exposed to some foul of words or swearing to hopefully help desensitize you and better prepare you for all forms of attacks. Please understand this is a necessary evil for your preparation but you may choose to opt out of this participation and may leave the training facility if you wish.

Using this Manual

After reading this manual you may want to hide under a rock and avoid everyone. Fortunately not everyone is evil as some of the issues we deal with here. Unfortunately, for the 3% of people out there we must be 95% vigilant. I hope this manual does not create paranoia but does make you more aware of your surroundings and the people around you and helps to provide you with new insights to help keep you safe.

*When a rattlesnake is poised to strike, you do not wait until
he has struck before you crush him.*

Franklin D Roosevelt

Chapter 1

Getting Prepared

“It’s better to sweat in training than to bleed in Battle.”

-Motto of the Navy Seals



Introduction to Violence

Most of us have historical experience with violence that stems from fights with siblings, run ins at school and from what we see in the media on TV and Movies. These experiences produce our beliefs and most often misconceptions on violence. Most people we teach have absolutely no idea about real world violence. During seminars for women we always get questions like, “what if he grabs you like this?” A lot of the time my response is “statistically speaking people do not attack like.” The woman is quick to point out “well my brother grabbed me like that once”. Where I would reply, “was he trying to kill you, was he going to rape you or was he just horsing around with his sister?”

Even Martial Artists have this simple question “What is violence?” confused. Being an expert Black Belt in Karate makes you about as much of an expert on street violence as an expert in street violence knows about Karate. Just because you can drive a car doesn’t mean you know how to drive a motorcycle. Just because you’ve seen every Jackie Chan, Bruce Lee, Chuck Norris movie there is to see does not make you an expert martial artist. Most martial arts schools do self-defence backwards. “Here are the techniques we have, what type of violence can it be used against?” TACT is different; we look at statistical violence and have developed techniques based on gross motor skills. Martial artists need to also be reminded that the mindset you have during training will not be the mindset during true combat.

Once I was being interviewed for a big article in the local paper. The reporter had a bit of an attitude when she first came in with a friend. Unbeknownst to me, the article was going to trash the local so called experts on self-defence for women. She had all ready taken a few workshops and this day, her and her friend were alone with me. After an extremely brief introduction the reporter proclaimed that due to her living with several rough siblings and her life experience of wrestling with her boyfriend, self-defence was not an issue for her and that no violent predator could get close enough to her to attack and even if they did she didn’t need my workshop to help increase her survival. She really believed she knew violence and was prepared.

She met me all of 5 seconds and made this bold declaration. Not one to turn down a challenge I violently grabbed her, threw her to the floor, all the while screaming the most vile disturbing obscenities and curses and described the despicable acts I was going to do to her. I can play a good bad guy when needed. While her knees buckled in unimaginable fear I straddled her pinning her to the floor and continued my verbal assault. Her friend dropped everything she had and ran out to get help. I then calmly said, “is this how your boyfriend wrestles with you?” She completely let this stranger inside her safe zone despite saying she wouldn’t, and she never even so much as lifted a finger to protect herself she was completely locked in panic and a “freeze”. It took my best apology and 45 minutes of her walking the halls to calm her down not to mention explaining to an angry mob that it was all just an experiment. Her beliefs were not based on facts but on the myths and lies she was fed by TV and movies. The whole process can severely change your self-image. As a worst case scenario the attack is at arm’s length and a total surprise. Criminals don’t look any different than you or I.

Although violence for most of us in truly unknown territory you can bet the criminal element understands violence. I read an article about a purse snatcher that would knock down little old ladies and stomp on their head and necks. The second woman he attacked held on to her purse after being knocked down and he had to kick her in the head to get her to let go so he decided to avoid possible delays by putting the boots to his victim as soon as they hit the ground. Criminals will attack using the methods that have successfully worked for them in the past. There are clear patterns that emerge that help us predict or prepare for the worst kind of attack. They are:

T.A.C.T.

- 1) **It will almost always occur within arm's length** (excluding guns and weapons) – criminals know that their best attack is not a karate lunge punch, or to start charging from ten feet away. To increase the odds that the attack will be successful it will typically be done up close and personal.
- 2) **It will be a surprise** – Most attackers prefer the blitz surprise method. In a lot of cases just being aware can change an attacker's mindset and cause him to cancel his plan of attack.
- 3) **It will occur in the now** – This may seem a bit weird to some people but it is an important fact that violence happens in the "now". If your brain is preparing for tomorrow or you are rehashing a conversation in your head you will not be present enough to spot danger. Criminals and predators count on you not being aware. You need to be alert in areas of known violence such as places known for alcohol or drugs or areas where young men hang out and of course, places where you are alone.
- 4) **The attacker chooses the place** – obviously the attacker will chose the time and place based on what will be good for him. The primary initiating attack (the first strike) will take place in the surface area of a coffee table and often in an area that will hamper the victim's movements or escape.
- 5) In a lethal fight, **one party gains the upper hand quickly and presses on until its brutal conclusion**. It's usually quick with zero drama. 93% of the time the fight is won by the most aggressive person. This very import statistic alone should tell what needs to be done.... Go psycho, unleash hell!

. There is one thing you're likely to do though....**Freeze**. Violence from a criminal intent will come from such close range that if you think, "oh my god I'm being punched in the face, duck, cover, fight back" you are already half unconscious and have been struck three times all ready. It's called the "freeze". This manual and training is devoted to beating the freeze to start moving forward the millisecond you need to respond to an attack, without a cognitive thought process, reacting to the primal core of your survival instinct.

Hicks Law states that the more options you have the longer it takes to choose one. Tact is extremely simple, **Freeze and die or create impact while moving forward**..... even easier than it sounds.

TACT and Violence

During your time with TACT you will learn how to create impact and learn techniques to escape various holds and grabs. Most self-defense workshops focus on this area. TACT is different as we will take you through the various stages of violence when your defensive strategies are not even physical. When a policeman is knocked to the ground we ask, how did it get to that point? "He had me in a head lock." How did he get you in a head lock? "He was standing in front of me and rushed me." How did he get so close to you? "I was asking him some questions about.... And he kept getting closer to me." And you let him? "I told him to back up but he refused to accept it." "So you gave into him, giving him your control? "Well I guess". "when he was walking up, how did you feel?" "I was having some deep anxiety". When it comes to a personal self-defense strategy make sure to include your ability to understand and act on your intuition. The longer you are in a situation the harder it is to get out of it. Take control from the beginning and do not negotiate.... Zero negotiation.

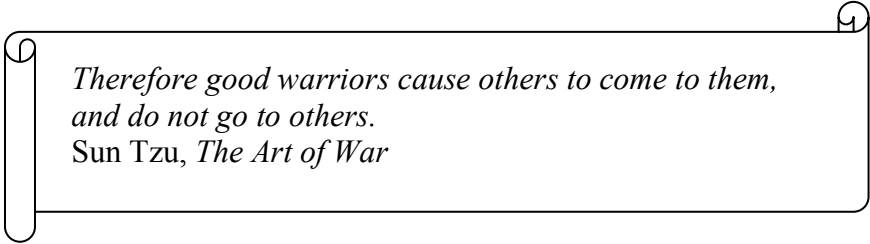
I would bet none of you would think twice about running and coming to the aid of a child relative about to be molested by a predator, fighting with everything you had, yet you question your ability to defend yourself. Who will run to your aid? Who is your personal body guard? The answer is simply that you must be your own personal body guard. The truth is that your personal safety is your responsibility and no else's.

T.A.C.T.

Unfortunately we live in a world of modern fear and as a society we invest in technology to help keep us safe with scanners at the airport, cameras in the mall, weapons on our belt, etc. and as citizens we rely on others to keep us safe as well like police, security or others, which is all well and good but what about investing in your ability to predict bad behaviour and actions and deal with them before they become violent. Our ancestors relied heavily on the art of predicting human behavior, now we are more concerned with controlling it. With all this control in the modern age we presently have far more fear than ever before in our history and that fear is mostly from each other. Our personal security strategies are based on controlling it as it happens rather than predicting and avoiding, which should be your first line of defense. Intuition is our hardwired survival tool.

Can you predict when someone is going to harm you? Driving to this class you successfully predicted the high-stakes actions of other drivers did you not. Sometimes your predictions of another driver's actions are faster than your cognitive thought. This is intuition. When I talk to officers and security guards who have been involved in a violent encounter they always say things like, "I knew there was something wrong with that guy", "I thought something was up", "my inner voice told me to watch out but I thought I was just being paranoid". Unfortunately, as humans we have the ability to judge situations and deny that they are actually happening because "someone appears to be nice or compliant". Nice is a social strategy to get what you want. It's not a sign of good character. This is our greatest downfall. You need to start listening to that inner voice the minute you feel "anxious" and take action to control the situation or remove yourself from it.

There are usually pre-incident indicators or clues that lead up to a violent attack, usually not obvious at first but very much so, after the fact. Since these clues are best hidden by strangers we will assume the worst case, however, 20% of all homicides are committed by strangers while 80% are committed by people the victim knew.



*Therefore good warriors cause others to come to them,
and do not go to others.*
Sun Tzu, *The Art of War*

Forms of Violence

There are basically two forms of violence that we will concern ourselves in TACT. They are:

1. Violence against your body – Assault and predatory behaviour.
2. Violence against your property - When someone tries to steal your property and harm you in the process.

There are sub-categories of each

1. Violence from someone you know
2. Violence from a stranger

Attackers

To generalize there are two types of attackers we will discuss in class.

1. The **Intense Dynamic Initiating Offensive Threat**– or the IDIOT. The idiot dance is two guys fighting over status, pride or self-image. This is the guy who will look to do damage after you offend his ego and self-esteem. He'll want you to say anything that will give him an excuse and justify his use of violence or he may be one or a group of individuals feeding off each other to rob a stranger or hurt someone they feel is inferior.
2. The **Predator** – The predator is a manipulating expert that tries to get you to drop your guard long enough to get close and attack.

Dealing with Violence

In terms of unarmed attacks, a push, punch, tackle, hair grab is all the same and gets dealt with the same.... extreme impact. I will either turn it on completely (driving forward creating impact) or staying calm and assertive. There is no in between. There is either violence committed against you or there is not. If there is violence (I do not have to be touch to deem something violent)... end it definitively, decisively without hesitation, without fighting in levels or stages... when you reach your “Go Button” unleash hell!

Social workers are placed in a terrible position being told that “when a mental patient attacks you, restrain him. Hit or hurt someone and you may lose your job” or how would it read in the paper if you hurt a 15 year old boy who was punching you in the face (despite the fact he was 6 foot 4 inches, 230 pounds). Talk about being defeated before you start. Easy for decision makers to decide policy from behind a desk, there is something wrong when liability trumps your personal safety, so decide for yourself where you stand.

The Seven Stages of Violence

1. **Plan** – Most bad guys rely on a method that has been successful for them in the past, a quick blitz from behind, a sucker punch, distract and tackle, etc
2. **Intend** – The bad guy decides to start the violent encounter, plans it and prepares, looking for the right time and place. The intent is to do “damage”.
3. **Place** – It will usually happen in a place that’s good for the predator and for the IDIOT Dancer the location is usually near other IDIOT dancers. A lot of violent attacks occur in places where young men gather or where alcohol or drugs are present. Limiting these places, limits the chances of violence against you.
4. **Time** – It always happens in the now, so if you live in the present you can intercept it.
5. **Proximity** – attacks almost always happen within arms lengthy
6. **Execution** – Attacks are almost always, very quick, intense and extremely aggressive.
7. **Resolution** – The attack usually ends with either you or the attacker “damaged”, on the ground.

How Many Ways Can You Be Attacked?

Violence comes in many forms. Write down as many forms of attacks (not scenarios) as possible. Are there infinite attacks or really just a few?

Next decide from your list which are primary initiating attacks and which are secondary in the fight.

Primary –Tackle (Bear hug, head lock), Grabs (Wrist, hair, collar), Strikes (punch, slap), Weapons.

Secondary – bite, kick (People rarely kick as a primary attack), grapple, etc

Are there any similarities in the movements of a primary attack? Try our “Can you see it coming” drill where your partner performs the attack and you just stand and watch passively.

As you can see the ways you can be physically attacked by a primary initiating attack is actually very limited. TACT has one technique that actually deals with all primary initiating attacks (except weapons). Practice with focus, intent and forward dynamic energy.

Why some people choose not to fight back when attacked

Not fighting back or submitting are not the same thing. Not fighting back is a valid survival method. In some attacks a person may appear to submit because he has no idea of the assailant’s strength and abilities and gives him super human qualities (Superman complex). His brain plays tricks and he “awefullizes” a horrific conclusion if he fights back. He buys into the lie that because the attacker is bigger, more aggressive, and stronger that he can not resist him or hurt him back and so he manufactures fear which handcuffs him.

For an “at risk professional” an attack can be overwhelming and cause your sensory motor system to shutdown. Awareness training and formulating a plan can help decrease this.

T.A.C.T.

Not fighting back is a valid survival strategy when the odds are against you (ie: you are at gun point...). As you will see in class, there are actually times when we don't want you to fight and this is a strategic move to lower the attackers guard while conserving your energy.

*It's not important to come out on top.
What matters is to be the one who comes out alive.*

Can You Survive an Attack?

Can you survive an attack from Albert DeSalvo. He admitted to raping and murdering hundreds of women. He was ex-military, 5'9" with broad muscular shoulders, over 200 pounds, fit, aggressive and became very skilled and experienced in his sadistic techniques and lived a life of violence from early childhood. Would you be able to successfully fight him off? Right now you might have some doubt.

When police asked him if anyone ever escaped his grasp he stated that if any woman ever gave him a hard time he fled immediately for fear of being caught. One woman bit his finger and he ran off as fast as he could. DeSalvo figured that there were enough women out there willing to lie down and submit because of his aggressiveness, he didn't have to work that hard or take added risks during his attacks.

Michael Derrick Robicheau walks into an Ultramar in Dartmouth, brandishing a knife demanding money and telling the clerk that if she complied he would not harm her. She is raped and has her throat cut yet survives. When someone threatens you with the potential of violence and makes a promise to leave you unharmed if you comply willingly, should you comply? Has the person exhibited any behavior that would make him trustworthy or is this just blind hope and lack of training or is it "freezing" from fear?

Do you need to be specially trained to fend off a violent attacker? There are more people in Canada that successfully defend themselves every day, than trained people will in a whole year. As humans we have the tools and desire for self-preservation. What was your first thought when you read the first paragraph of this page? Did it change when you read the second paragraph?

If Robicheau had done this to you would you have fought back? What would you have done if he was about to murder a loved one and you walked in on the attack? Do you see yourself going psycho and coming to their aid or do you see yourself as giving up? Why would you fight harder for someone else and not yourself? Who should be your bodyguard? We think you should! You should fight as hard as if your kids were right there.

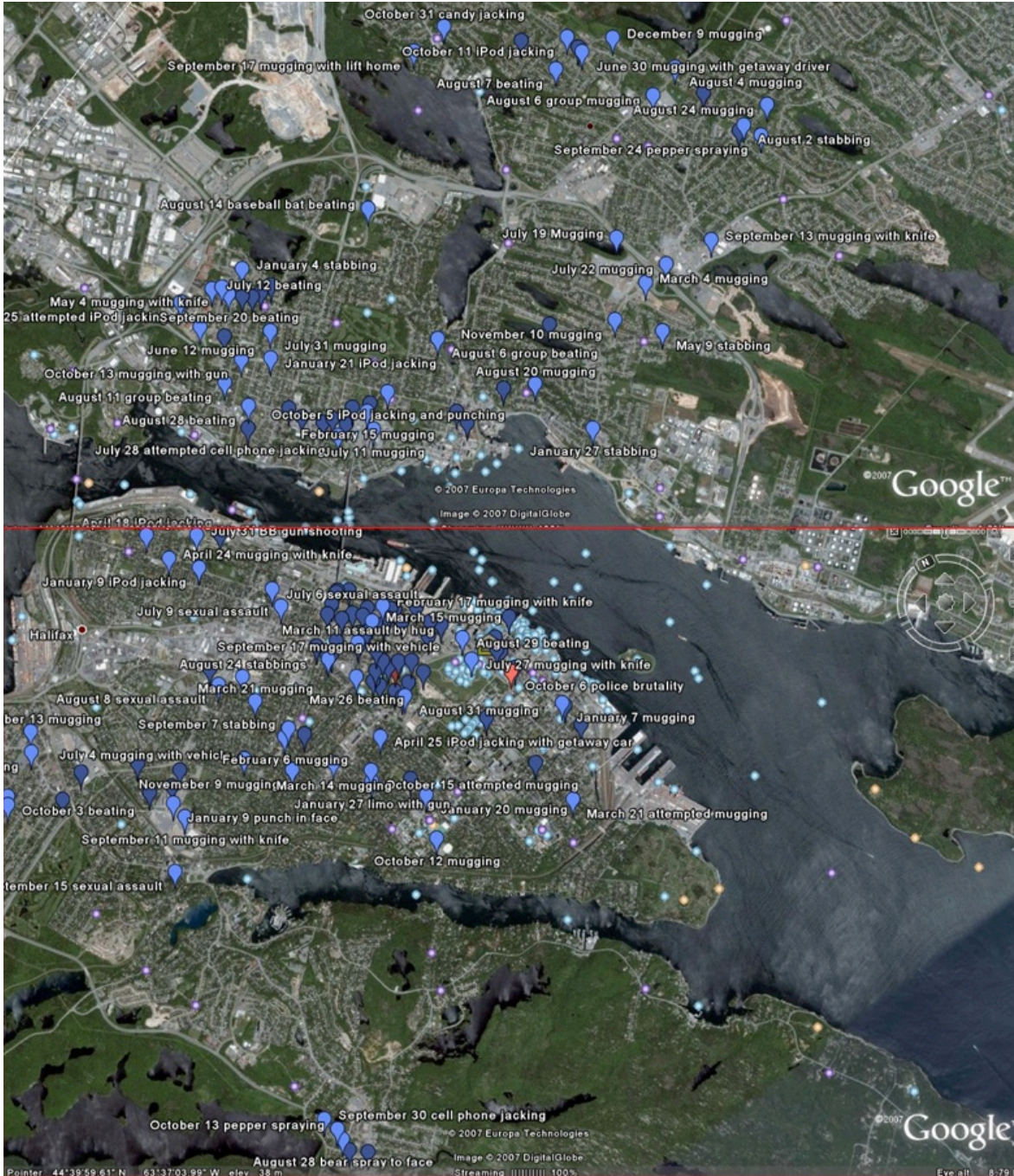
As an "at risk professional" you have an obligation to your family and friends to return safely from work every day, to be prepared to defend yourself as if your family were standing beside you.

If you were attacked and severally maimed or killed you would miss out on a world of possibilities. Others would miss out as well. What would you miss? Write down five things that you would miss or that others would miss. Use this list as a reason to fight for your survival.

1. _____
2. _____
3. _____
4. _____
5. _____

Halifax Violence – January to November 2007

Think violence only occurs in certain areas in Halifax? Think again. This chart only shows reported violent crimes for the first three quarters of 2007, many more violent crimes went unreported. It also does not take in out lying areas like Bedford or Sackville.



Halifax Crime Rate

Stats Canada collects stats on crime activities across Canada. These stats are complimented by victimization data from the General Social Survey also collected by Statistics Canada.

According to the 2004 General Social Survey, Halifax had the highest rate of violent victimization in the country. The violent victimization rate in Halifax was 229 incidents per 1,000 population.

In comparison, the rate of violent victimization in Toronto was 107 incidents per 1,000 population, the rate in Montreal was 64 incidents per 1,000 population and the national average was 106 incidents per 1,000 population.

Overall Crime Stats

- In 2005, there were approximately 36,000 incidents of crime reported to the police in the HRM. This represents 46% of the total volume of reported crime in Nova Scotia.
- The HRM region has the highest rate of crime in all of Nova Scotia (9,389 incidents per 100,000 population)
- Fifty-two percent (52%) of all crime reported to the police in the Halifax region was for property crime, followed by other *Criminal Code* offences (34%) (for example mischief, bail violations, etc.) and violent crime (14%). It should be noted that the majority of violent crime (61%) reported to the police in the Halifax region is for the least serious form of physical assault, also known as common assault in which no weapon or injury was present.
- Forty-seven percent (47%) of violent crime incidents in Nova Scotia occurred in the HRM, the equivalent of approximately 5,000 incidents. The rate of violent crime in HRM (1,306 incidents per 100,000 population)
- There were 10 homicides and 21 attempted murders reported in the HRM in 2005. This represents almost half of all murders and attempted murders in Nova Scotia.
- Three hundred and eighty-eight (388) sexual assaults were reported to police in the HRM in 2005. The vast majority (97%) were for the least serious form of sexual assault (e.g. unwanted sexual touching). This is likely an underestimate of the actual number of sexual assaults occurring in the HRM as sexual assaults in general are the least likely crime to be reported to the police according to the 2004 General Social Survey.
- Approximately 3,800 incidents of physical assault were reported to the police. The vast majority (79%) were for the least serious form of physical assault also known as common assault (such as a fight or threat of a fight in which no weapon was used and no physical harm was caused). On the other hand, 20% of physical assault charges were for assault with a weapon or causing bodily harm.

- A total of 591 incidents of robbery were reported to the HRM police in 2005, representing fully 84% of robberies which occurred in Nova Scotia. The majority of robberies which occurred in the HRM involved a weapon (53%), either a firearm (15%) or other weapon (e.g. knife) (38%).
- In 91 of the HRM robberies, a firearm was present. This represents 89% of all firearm robberies in Nova Scotia. The use of firearms during the commission of a robbery is largely an HRM issue.
- Victimization rates are also particularly high among youth. In 2004, the rate for Canadians aged 15 to 24 years was 1.5 to 19 times greater than the rate recorded for other age groups. The risk of violent victimization steadily declined as age increased. For example, those aged 25 to 34 years had a rate of 157 incidents per 1,000, compared to a rate of 115 incidents per 1,000 for the next oldest age group (those aged 35 to 44 years). Rates of violent victimization were lowest among the oldest segment of the population, those aged 65 and older.

The cost of crime:

- The federal Department of Justice estimates that, in 2003, crime in Canada cost an estimated \$70 billion, of which \$47 billion was incurred by victims. Costs to victims include the value of their damaged or stolen property, pain and suffering, loss of income and productivity, and health services. Criminal justice system expenditures such as police, courts, and correctional services comprised \$13 billion of the estimated total cost of crime. The remaining \$10 billion was spent on defensive measures such as security devices and protective services. Property crimes cost Canadians \$40 billion, violent crimes cost \$18 billion and other crimes cost \$12 billion.
- Here in Nova Scotia, the provincial Department of Justice estimates that about \$235 million is spent on the administration of justice (including policing, courts, legal aid, corrections and public prosecution) each year, and the cost is climbing.
- A 2004 study by GPI Atlantic, a non-profit research group, attempted to capture the broader costs associated with crime. It estimated that crime costs Nova Scotians an estimated \$550 million a year (based on late 1990's data) when one includes private spending on security services (alarms, guards, surveillance and insurance) and economic losses to victims in addition to public spending on police, courts and corrections. That translates into \$600 per person. And it climbs to \$1.2 billion a year or \$1,250 per person when losses due to unreported crimes, insurance fraud and shoplifting are added.
- GPI's estimated cost of crime is based on 1990s data, and it is probable that current costs are higher still in light of higher crime rates, which leads to higher taxes for public justice expenditures, higher insurance premiums, higher rates of personal spending on security and more victim losses.

Police Chief Frank Beazley said some of the rise in crime rates can be blamed on an increase in drug use in the community.

Who takes the blame for all this Violence?

According to the Journal of the American Medical Association the introduction of television caused a subsequent 15-year-later doubling of the homicide rate, i.e., long term childhood exposure to television is a causal factor behind approximately one-half of the homicides committed annually. If, hypothetically, television technology had never been developed, there would today be 10,000 fewer homicides each year in the U.S., 70,000 fewer rapes, and 700,000 fewer injurious assaults.

Chapter 2

More Mental Strategies

“Master the divine techniques of the Art of Peace and no enemy will dare to challenge you.”

-Ueshiba



Permission

One of the biggest obstacles you need to overcome is the ability to give yourself permission to fight back. Often people find themselves in a situation and are in such disbelief and shock they can't fight back, they become frozen and hesitate. Awareness training will greatly reduce this issue. Seeing things unfold will help.

A 15 year old female student of mine was walking home one day from school as she had done everyday. It was a nice warm day and she had on her iPod and as with most teenagers she was jammin' to her tunes. She had an uncomfortable feeling and instead of denying her intuition she glanced behind self and saw two older males approaching and gaining on her. She immediately removed her music and crossed the street to test whether they were potential threats. The two crossed the street as well. She crossed again and so did they. Her school bag was heavy and she was unable to move any faster so she formulated a plan, "if anyone so much as touches me I'm going to start throwing as many impacts as possible". This plan gave her permission to fight back and to hurt others.

She looked for an open area that she thought would not be an easy area for them to drag her off some where if they were intending to rape her. The story could have ended with the two men running for a bus. Her preparation could have been viewed as paranoid. But there were enough pre-incident indicators to make her rightfully suspicious. As it would turn out her threat assessment proved right, one of the guys grabbed her backpack and spun her around where he received a sever forearm smash to the side of his neck which knocked him down and dazed him. I can only imagine the pure shock and surprise of her assailant that this little girl would deliver such a devastating blow with no warning and without hesitation. The incident gained international media attention.

The second attacker hesitated seeing his friend on the ground almost unconscious. There was a bit of a struggle as the girl became entangled in her backpack but successfully got it off where she continued to throw punches and hip threw the second guy to ground. She realized she was target fixated on the second guy and was now unaware of the location of the first attacker. She stepped back preparing for battle or to run when she sees the first man running away for all he was worth. When the second attacker realized he was alone, he jumped up holding his arm and ran off too.

About an hour later the shock and trauma of what happened set into the girl. Flooded with emotion she told friends and family who called the police and took the description. Unfortunately the men were not caught but later that night they mugged and severely beat up a woman for a pack of cigarettes near the Future Inn in Dartmouth.

Because of the awareness training we gave an ordinary civilian threat assessment and the ability to see the pre-incident indicators and predict the likely hood of violence where a lesser person would have said, "it was completely out of the blue." With awareness comes choice and she gave herself permission to use violence to hurt others in her own defence and because she gave herself permission early there was no hesitation and she didn't display her willingness to fight back making it a complete surprise to her assailants leaving them to react to her instead of the other way around.

Predicting violence can be trained into a young girl... As a trained professional how is your predicting process? Do not deny the obvious, listen to your instincts and intuition to keep you safe.

*How hard should I fight? Fight like you're defending your children from the worst kind of molester. If you are taken away for good what will their life be like for them?
Be your own bodyguard!!*

Intuition

Intuition is an amazing survival tool bred into each of us. Unfortunately as humans we have the burden of judgment which gives us the ability to squash our natural danger signals and dismiss them as paranoid feelings or deny them completely. There is no other animal in the wild kingdom other than man that when confronted with fear would spend any amount of energy trying to dismiss the feeling as “I’m probably just paranoid”. My cat knows better than most people to listen to fear and react accordingly. Rather than denying it, invest in exploring it. Spend that energy on information gathering and decision making. When a woman is “creeped” out by a man she will deny her fear and say “my fear is unjustified, he seems like such a nice man.” Do not get caught in this psychological trap.

For some reason we are more focused on things we can’t control than things we can. I have travelled with associates with the fear of flying that terrorists may bring down the plane. Then, as soon as we land they step out side for a cigarette. Which is more likely to harm you, a terrorist or smoking?

Predators prey on people who are to polite to take control of a situation, don’t be one of these easy targets.

Intuition has several levels of urgency. The most important one is feeling true fear. The levels of intuition in order are: a nagging feeling, anxiety, doubt, hesitation, suspicion and at the top of the list is true fear.

Last year Johanne and I went to Cuba and we brought her then 16 year old daughter and a friend. We went on a bus excursion into town. As we prepared to get off the bus I had a nagging feel. When we got off the bus I felt my anxiety and began to look for danger. There were some gypsies in the crowded street begging for money and very focused on the people getting off the bus. My intuition got more and more ramped up. I have travelled all over the world and am very comfortable with beggars, gypsies and crowds but something was quit different. What was different was there were more than just gypsies eyeing us and as we walked they encircled us and were trying to separate us. The gypsies refused to hear my “no, I’m sorry but I don’t have anything to give you”. I hit the “true fear” stage when an older woman grabbed me to distract me from my family. At this point I jumped into action, pushing the old woman away and extremely assertively yelling “don’t f@#\$ing touch me!” I assumed a defensive posture and directed my attention to the men closing in on the girls pointing at them shouting, “Back off!” I know they didn’t understand English but they understood my body language very well. I gathered my family and got everyone moving.

The teenage girls were extremely upset with me, “Why did you have to be so rude?” I would rather be considered rude and my family safe then to deny my intuition and have a camera or purse taken or worse, someone hurt. And if I was wrong then I can handle the “rude” label if it keeps my family safe. Later that night the girls admitted that they too had true fear when we got off the bus but would not say anything. This is living in denial of your intuition and this behaviour is what predators are counting on. The girls had the same intuition that I had but they chose to deny their sixth sense, I reacted on mine and made sure everyone was safe and I was considered the rude bad guy. Predators prey on people who are to polite to take control of a situation, don’t be one of these easy targets.

*Afraid of the legal consequences of a fight?
Better to be judged by twelve than be carried by six!
Frank Zinck*

Tips for Dealing with Angry People

Dealing with our own anger is one thing. Dealing with another angry person is another. When we are angry we feel we have every right to be angry. We can justify our feelings. When someone else is angry, we just can't figure them out. We don't understand what is wrong with that person.

Dealing with angry people requires a combination of strategies and techniques including:

- Communication skills
- Problem Solving skills
- Relationship building

However, sometimes you just don't have time to build a relationship. Such is the case when you are a security guard. You only have a few minutes with the subject.

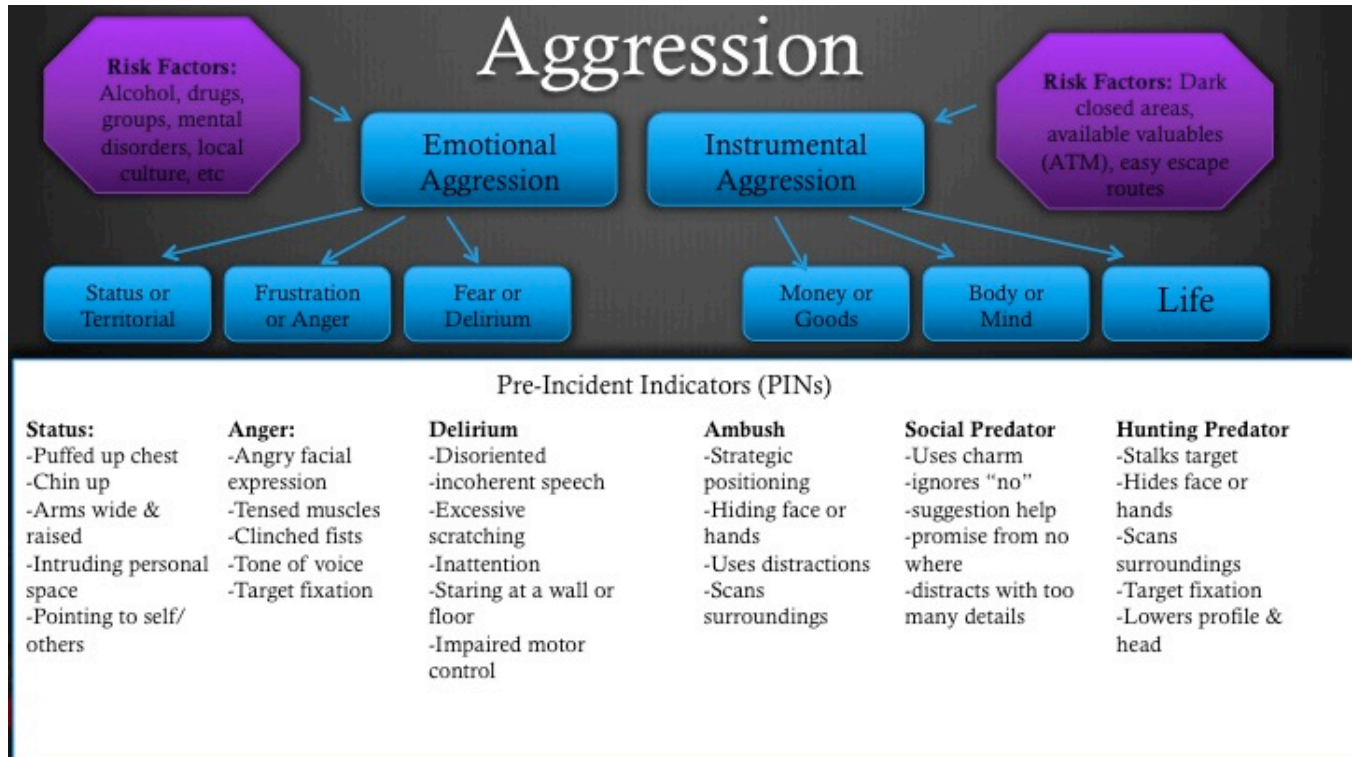
Dealing with the angry people has to be quick to avoid escalating the anger.

Here are some suggestions.

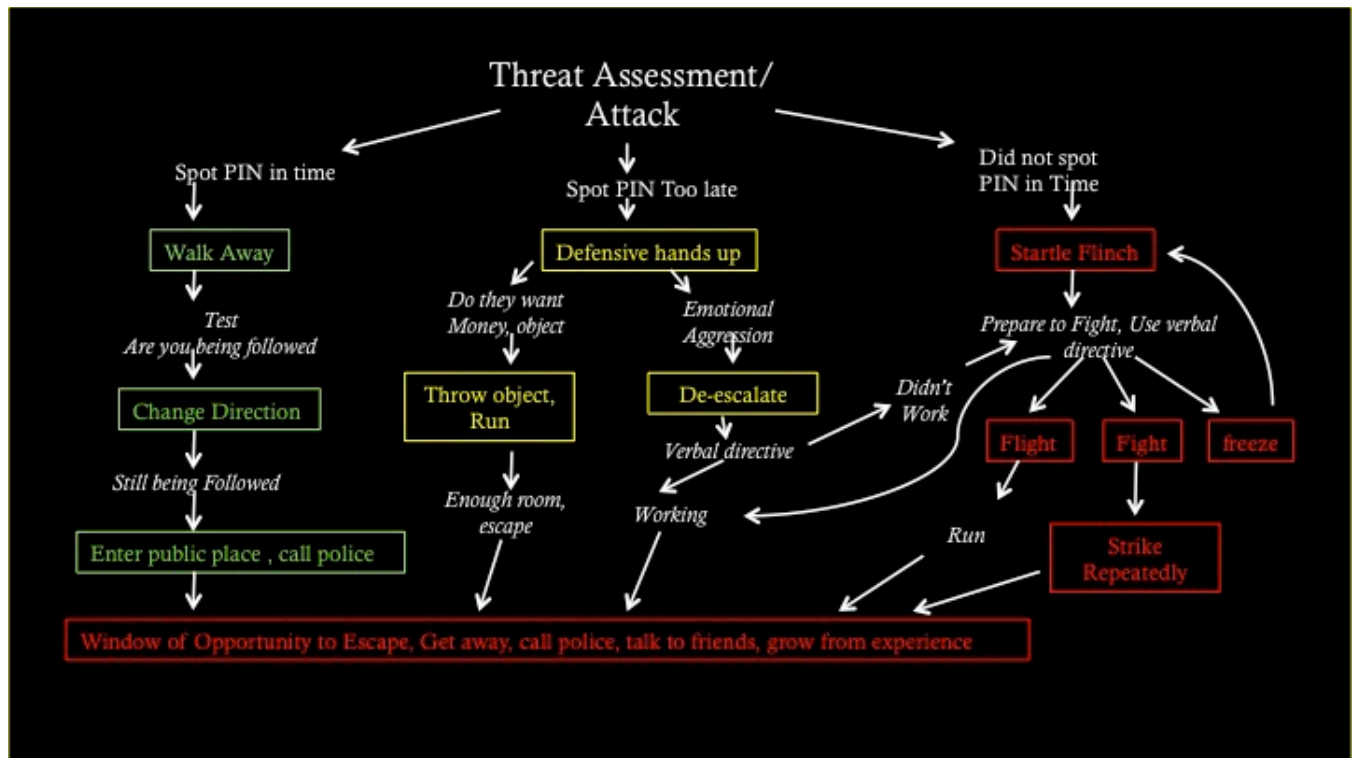
1. Be as empathetic and understanding as you possibly can. This will help diffuse the anger. It is hard to stay angry at someone who agrees you have a problem.
2. Don't take it personally, take it professionally. They are not angry at YOU. They are angry with the company, the situation, the process, your authority – but not YOU.
3. Respond in a positive, self - controlled way. Assure them you will do your best to help them. Responding with the same attitude they have, will only make them angrier.
4. Listen to them. Maintain eye contact. Paraphrase what they are saying. Determine what the real issue is and try and respond to it.
5. Solve the problem right away, if you possibly can. If you can't, then get help.
6. Don't be judgmental. It is not up to you to decide whether the individual has the right to be angry or not.
7. Find something to agree with them on. E.g., "Yes, I agree that 11:00 is too early to turn off the TV but those are the group home rules and we all must obeyed by them."
8. Negotiate a win – win whenever possible. "We can calmly resolve this issue now, without anyone being arrested."
9. Use the person's name during your discussion.
10. Slow down and lower your speaking voice.
11. Sit down if possible (be careful of this dangerous position).
12. Allow the person to talk – don't interrupt. When a person is venting don't offer solutions or try to fix until they have calmed down.
13. Deal with feelings first, then issues.

Two types of aggression

Tact deals with two types of aggression, “Emotional Aggression” and “Instrumental Aggression.



TACT Threat Assessment Decision Tree



Signs a Subject is About to Blow

Here are some typical signs that a subject is about to blow.

1. Failure to obey
2. Conspicuously ignoring commands (authority presence)
3. Folded arms (posturing)
4. Walking away
5. Pointing
6. Looking around
7. Hands on hips
8. Invading space
9. Obvious verbal clues



Defend your personal space, securing the reactionary gap, but unlike this security guard, use both hands to do so.

More pre-incident indicators of Violence

1. **Repetitive Aggressive Questions:** Subjects will frequently ask such questions (Why are you always hassling me?). When the pattern is clear, it should be taken as a warning that the subject may choose action against you.
2. **Bladed Stance:** Another signal that the subject may be prepared to assault you. Watch for a planted back foot.
3. **Grooming:** A subject who constantly wipes his fingers through his hair is usually in a highly agitated state. The officer in this, and all such cases, should put more distance between himself and the subject.
4. **Pacing:** Constant pacing by a subject should be considered a warning sign.
5. **Thousand Yard Stare:** When a subject stares at a person with a piercing, unblinking gaze, it can be a sign that action will follow.
6. **Spitting:** A sign of disrespect should be considered an actual attack.

The Predator

Often we like to categorize rapists, murderers, or dangerous people. I hear people say of such people, “What monsters” “What kind of human being...”. This is the wrong approach because it compartmentalizes people into “Us” versus “Them” as if they were completely different beings. Rather than seeing the differences you need to see the similarities. The pedophile that buys groceries and is always nice to the butcher, the murder who used to go to his kids soccer games and talk to parents, the rapist who works as a loyal security guard with a charming personality. If you see predators as being a lot like you, you will be less likely to deny your intuition and more likely to recognize a rapist trying to con his way into your home. The fact is predators are exactly like you and me only with a flaw in part of their character, they are your next door neighbor, school teacher, security guard. Their flaw may not be big enough to appear that much different from the rest of us. You need to redefine what a rapist looks like then you can see through their disguise of being normal. Desmond Maguire, 37, and Ashley Haley, 20 murdered 20 year old Jennifer Horne of Dartmouth in 2008, a horrifically heinous act of torture and abuse. Prior to the murder there was nothing much different about Maguire or Haley as compared to a lot of other people. Sometimes evil deeds are done by the people we least expect, so be prepared.

The predator is an expert at concealing their intentions. Their goal is to gain your trust so you will lower your guard. They are controlling and information gathering experts and they do this in several ways:

Forced Teaming – This is a method predators use to prematurely and quickly gain your trust. It’s a very effective and sophisticated form of manipulation. “You and I are in the same boat”, “you’d do it for me” sort of thing. The predator wants you to feel like you and he are on the same team, they use words like we, us and team oriented sentences. It’s hard to be rude to someone who is on the same team or you are on equal ground with. *Forced teaming of a woman when she is alone and vulnerable should be a classic sign of predatory behaviour.*

Charm and Kindness – The one thing to understand is that charm is not a human personality trait. Charm is something one turns on to convince others to do something for them. Charm is a tool for a means. Instead of, “he’s so charming” think “why is he charming me?” Kindness does not mean good intentions. Kindness is a social interaction strategy. There can be quite a difference between a good person and someone who is charming and kind. Many murders and rapists are considered kind and charming by others.

Too Many Details – People who want to deceive and manipulate will often provide too many details of things in their stories. They tell you something and it’s always followed up with extra details sometimes pointless details. A truthful person has no reason to doubt that you believe him and will tell his story as is without throwing in supportive details. A predator uses catchy details to convince you he’s not a threat. “I see by the cat food in your grocery bag you have a cat. I love cats too, when I was kid I had five cats growing up. I now have two cats at home. One of my cats likes sleeping on the top of the fridge. I love cats too.” Why didn’t he stop at “I love cats too”? Why the extra details?

Using Labels to Control – Often a predator will use an insult to force you to prove him wrong. “I’m just a middle income guy, you’re probably too snobby to talk to someone like me.” The label here is “snob”. Your response is, “no I’m not like that”. When a guy approaches your car as you are loading in groceries and you refuse his offer to help, a manipulator will say “What, are you too proud to take help from an ordinary guy like me?”

Now You Owe Me – Most predators want to help you in some way, that way you are in their debt and its hard to tell someone to go away when you owe them. This manipulating strategy always comes with a debt and you can be assured that a predator has calculated the price it will cost you.

The Promise From No Where – Promises are used to convince us that something is going to happen or not going happen, it doesn't really mean anything. There's no guarantee with a promise. A person promises something when he sees that the other person is not convinced. "I'll help you load your groceries into your apartment and then I will leave... I promise." This should always raise a red flag when it comes to your personal protection strategies. Why does this person need to convince me?

When "NO" is Ignored – "No" should never be up for negotiation. Say it with meaning and conviction and don't waver. A person who chooses not to hear an officers "No" is a person trying to control the officer. If you let someone talk you out of "no" you might as well wear a sign that say's "I'm an easy target, come get me". "No" is a complete sentence that doesn't require any follow up. When someone refuses to hear you, ask yourself, "why is this person trying to control me?" Remember, a decent man cannot be turned violent or become a killer because you made him angry.

All these traits can be found in everyone at one point or another. It's the combinations that count and the ability to raise your level of awareness.

Predatory Process

It's important to understand how the criminal predatory process works. It usually starts with what I call "targeting". It's similar to a lion scanning a group of gazelle, looking for one that is alone and vulnerable. Human predators look also for someone they know they can control through intimidations. Just as the predator gives pre-incident indicators so can he read them of his "target." The man who approaches a woman in an underground parking lot to help her load groceries in her trunk could very well be "targeting" her. Her sheepish "no, thanks I'm okay" response gets challenged by the predator and he tries to convince her (question why would a reasonable man not listen to you?). She would likely be less of a victim if she were to raise her hands in a defensive stop posture stating with intent, "Thank you I don't need your help."

As an "at risk professional" if you ever find yourself in a position where you require help, it's always better that you ask someone for help rather than wait for someone to offer it. This greatly reduces your chances of being intercepted by a predator. If you need to borrow a cell phone ask a woman if possible. I'm not saying all men who offer assistance are evil, I'm just giving you a strategy for survival.

Some women do not like doing harsh direct tactical responses because it appears rude. As I have said many times so far, better to be rude than injured. Remember you can not turn a decent man into a murderer by making him upset. Someone with an agenda will try to sway you with guilt or make you feel you owe him something simply because he offered to help you, "What.... am I not good enough to help you". Will you give way to someone else's control simply because he wants you to? Or will your will be strengthened when someone is trying to control you or most importantly will you listen to your intuition, honour it and stick with it.

If you think about predators as being normal everyday people instead of "monsters" you're less likely to be fooled and manipulated by them.

Predicting Violence from Someone You Know

How can we successfully predict when someone we know is ready to commit violence? Rarely does a person “snap”. News reports of violence often contains statements like, “No one saw it coming...” but often the build up of violence is completely predictable and there are lots of pre-incident indicators. To predict violence we have to see what the stimulus, context and development might be through the eyes of the predator. Maybe it’s a boyfriend or former boyfriend, a co-worker or a next door neighbor.

One of the most predictable circumstances for violence is the split of a couple that has been dating or married for a while. Past behaviour is a real good indicator of future behaviour. The better you know someone obvious the better you’ll be at predicting violence. If you’re working in a group home get as much information about everyone that you can and listen to what other co-workers warn you about.

First of all violence is in everyone. Every one of us at some point has fantasized about violent acts but some people actually act on those fantasies. When you read the news about some violent act we think about how inhuman that person must be, “what a monster”. But in order to predict violence one must see the human side of that person without judgment or label as I have all ready stated. By separating the predator with an “Us” versus “Them” mentality you will fail to see them clearly and block your intuition. You can be sure that you have sat next to people or have friends who, if you knew their life sorry, might be horrified by the things they have done. Instead of seeing rapists as rapists and murders as murders see them on a common ground.

Intuition is about listening and unconscious predicting. Logical predictions are about consciously determining an outcome. There are many factors one needs to consider for logical prediction, too many to go into detail in this manual but we will try to explore some here. The art can be quite complex but human behaviour can be predicted quite accurately.

When trying to predict violent behaviour it’s important that you consider how that person perceives things like rejection, attention, revenge, entitlement, his identity, his ego. An over inflation of these things will mean he is more prone than a man say who has a lowered ego, doesn’t seek attention and takes rejection well. Think of a man with a big ego who gets turned down for a job or promotion, his reaction will be more explosive than a man whose ego is better controlled.

With any prediction of violence you must consider how the context, stimulus and situation will be perceived through the eyes of that person not just through your eyes for the reasons in the prior paragraph. Will that individual see his violent action as progress for himself or will he see it as making his situation worse. The decision to anything in life is usually embroiled around mental processes and emotion but can be narrowed down to four basic things:

- His perceived justification
- His perceived alternatives
- His perceived consequences
- His perceived ability

Justification – Does the person feel justified in the use of violence? Can he give himself permission to commit violence? Does he feel provoked? I watched a man in a grocery line up who violently pushed a woman’s cart back into her. Prior to his response I had successfully predicted that the incident was not going to go well. She bumped him the first time and he said, “hey” she bumped him again and he said “do you mind” when she bumped him the third time he felt justified in pushing the cart back violently

into her. If she had done this to another man he may have positioned himself so as not get bumped a second time, but this man's ego and personality was not one of avoidance. Another issue is perceived intent. This guy may have perceived that the bumping action was intentional where another man might think it was accidental.

Alternatives – Does the person perceive that he has any alternative to violence? Knowing the persons goal can help in prediction. If your boyfriend wants to try to reconcile with you, violence will not be his first alternative. If however, his goal is to make you pay or for his own revenge, violence may help him achieve his goal. If the goal is to physically hurt you there are few alternatives to violence. If his goal is to punish you he may have many other alternatives, smear campaigns, ridicule, humiliation, lawsuits, etc. It's really when he sees no other alternatives that violence becomes prevalent. A person with no alternatives to violence will fight even when they do not feel justified and the consequences look bad.

Consequences – How will the person view the consequences? I might perceive incarceration as a deterrent for violence, but for someone who has been arrested before he may think, "if I beat the crap out of you I'll be out of jail in 24 hours.... Well worth it." You and I might be worried about losing our job while someone else might care less. You might worry about how it might make you look in the eyes of others while someone else doesn't care what others think. Self-image can be a big factor. Before resorting to a violent action people generally weigh the consequences, even if it's just for a fleeting moment. The added attention verses incarceration is the perception of why so many assassins of public figures do what they do.

Ability – Does that person believe he has the ability to execute a violent act? If that person has used violence in the past to dominate someone successfully he is more likely to perceive he has the ability. For example, someone with no prior violent history may perceive that they are not physically strong enough.

Conclusions of Predicting Violence Formula

Pick up any newspaper and read about violence whether it is individual or some global conflict between nations and you will see these four behaviours in action. Recently in Halifax a man was seriously hurt when a bouncer punched him in the face knocking him out so that his head hit the concrete causing him life threatening complications. Was this predictable and avoidable?

Michael had a lot to drink that night and was acting quite aggressive inside a local Halifax night club. He was asked to leave and escorted outside and once outside Michael and the bouncer exchanged words. Michael had left his jacket inside and wanted it back but the bouncer refused him entry. His actions inside the bar would warn you of his violent tendencies. He felt justified in using force because he saw no other alternatives to getting his jacket back. If the bouncer had presented alternatives like, "I'll get someone to look for your jacket" it may have de-escalated the situation but he did not.

Apply these principles to your awareness evaluation skills and it will help you get closer to avoiding bad situations and hopefully help you in conflict resolution.



Confidence: It's okay to be scared. It's not okay to show it.

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Active Listening

Active listening is an art all onto itself. Active listening involves giving your complete attention to the subject speaking and actively asking questions to understand completely the message being sent. It's important that officers and at risk professionals do not jump the gun and try to predict what the subject is trying to say but rather stay in moment and actually listen to what's being said.

Tips on Active Listening

Professionals should listen as if they were going to have to write a report on what was said. Attention to detail is important and Professionals should use the perception checking method to aid in remaining active and focused. Use verbal and non-verbal cues to show the subject you are listening.

Preventing Aggression

A first impression is the biggest factor in preventing aggressive behavior. First impressions are formulated in the first 90 seconds. It's important for officers and at risk professionals to set the tone of control and look confident to handle the situation they are entering. Maintain your reactionary gap. Make sure to identify yourself and your authority and state clearly your reason for your contact.

If the subject becomes irate and uses discriminatory comments state clearly, "No, that's not the reason. The only reason I am hear is because...." Point out the consequences of the actions that might be taken by subject.

- Remain calm with a firm by soothing voice.
- Focus on the individuals displaying the aggression.
- Never let the subject's friends control or try to calm the situations down.
- Have awareness of your body language and that of the subject.
- Separate individuals.
- Where appropriate use humour or distractions "Do you a pen?"

Martial Arts for the Mouth

Simply put, the experts say most confrontations involving police and social workers are the result of verbal jousting. Situations can escalate quickly as a result of what is called "mind and mouth disharmony." It is a form of tactical communication which we call "martial arts for the mouth." It is a concept of using words to achieve a tactical goal. That goal is voluntary compliance. The martial art known as "ju-jitsu" is the art of adaptability. Are you adaptable?

VERBAL JU-JITSU

Using verbal ju-jitsu effectively relies on several factors. Two of the most important are “respect” and “courtesy.” Regardless of how heinous a person’s crime may be, if they are treated with respect, even if you don’t respect them, it leaves them less room to maneuver in a confrontation. Be more than willing to concede the last word to a subject. The theory is that you shouldn’t care about what subjects say, as long as they do what you want them to do. The benefits thereof are:

- Ensure your Safety
- Enhance Professionalism
- Decrease Citizen Complaints
- Decrease Liability
- Lessen Personal Stress.

TACT recommends two verbal ju-jitsu techniques, the 8 and 5 step programs. 8 Step Verbal Ju-jitsu can be used in any confrontation and easily modified.

The steps are:

1. Meet and Greet
2. Identify yourself and your authority
3. Give reason for confronting the infraction or behaviour
4. Ask the subject for a “justified reason” for the infraction.
5. If you know the person, give a “Crap” sandwich – Positive comment, negative comment, positive closure.
6. Discuss consequences
7. Effective close and close on a positive note so the person does not leave angry.

The 5 Step verbal ju-jitsu plan is employed only when you meet resistance. TACT recommends that it be employed quickly so that the officer or professional may maintain control.

The steps are:

1. Ask for or order cooperation.
2. Explain why you are asking.
3. Present Options which will appeal to him or her such as “you can cooperate or go to jail,” or for at risk professionals, “you can cooperate or I’ll contact the police.” etc.
4. Confirmation. Ask if there is anything you can say which will make the subject cooperate.
5. Act. If it is clear there will be no compliance, Officers should take him out with legitimate use of force or at risk Professionals may disengage the conflict until police arrive.

Words may fail, but verbal ju-jitsu does not. Verbal ju-jitsu is a form of deflecting the concerns of subjects when they are upset. Used as deflection, verbal ju-jitsu:

1. Makes you feel professional, because he or she becomes how they act. By acting polite and courteous, they become polite and courteous.
2. It encourages the use of professional words only and keeps the goal of voluntary compliance on track.
3. It empowers the at risk professional or officer. Civilians often use words as weapons. If the professional deflects those words, the weapon is taken from the subject.
4. There is a public relations benefit. Professionals using verbal ju-jitsu sound good and using the right words can not be incriminating against you in court or in the media.

Big Bored Thoughtful Dog Approach

Another big skill worth developing is what I call the “Big Bored Thoughtful Dog” approach. This where you maintain a very relaxed body language while treating verbal threats and challenges as innocent serious questions. I once got caught watching a man and woman arguing at a gas station while I was pumping gas. The guy glanced over and stepping toward me said, “What the f*%\$ you lookin’ at asshole?” Without missing a beat I gave a little bored yawn and said, “My ex-wife gave me a shirt just like that one. I haven’t seen it since she left.” He was the one that froze for a second, “What the f*%\$” he replied turning his attention back to his car. I think he thought I was nuts, but because I wasn’t acting afraid or worried he had no power over me and in fact it calmed him down. My insides were doing flip flops and my heart was racing a hundred miles per hour and in my head I was formulating my attack plan if he came to close. No one got hurt and everyone went home in one piece.... That’s true self-defence!

Boredom is a huge behavioural trait of someone who is confident. In boardroom meetings the nervous excitable underlings cater to the big, relaxed, confident executive. It’s a status thing. Make people want to respond to the status you create with your body language. The opposite of nervous is calm.... Bored and calm really. Your body language should not portray nervous, unsure... weakness.

A friend of mine got himself out of an altercation by pretending to talk to Jesus.... No one wants to mess with someone mental unbalanced.

Verbal ju-jitsu Police Scenario

A van was pulled over in Wilmington, Ohio by deputy Harold Harker because of a missing license plate. It turned out that the van was occupied by two militia men, the Kehoe Brothers, from Washington State. Unbeknownst to Harker, the van was filled with weapons.

The driver of the van had no license. For almost 12 minutes, Harker negotiated over patting down the subject and putting him in his cruiser while he checked out the man’s story. Eventually, the second man came out of the van shooting. Several shots were exchanged, and the Kehoe brothers escaped.

Later critique included the observation that Harker used all the right phrases associated with verbal ju-jitsu, but did so over too long a period of time, allowing the brothers to escalate the scenario.

At TACT we say officers need to be tactically aware of three kinds of people they will generally be confronted with. They are:

- **Nice People:** They generally comply.
- **Difficult People:** They are incapable of doing what they are asked the first time.
- **People Who Sound Nice:** Be wary of them. They may be showing a good attitude to keep you from proceeding, or to gain an advantage if you drop your guard.

LESSONS LEARNED BY HAROLD HARKER

- **Stay Cool:** Maintain composure, because common sense can become uncommon under pressure.

- **Be Reassuring:** Put subjects in mind that everything will be fine. If they did nothing wrong, they have nothing to worry about and will soon be on their way.
- **If it makes you feel good, it's no good:** The natural tendency of most people is to snap at people who are insulting to them. It feels good to tell them off. That's exactly the wrong way for professionals to act with subjects because it diverts them from the intended goal of using language to achieve compliance.

EPILOG

- You can treat subjects respectfully even if you don't respect them.
- The street officer must win in three deadly arenas... on the street, in court and in the media.
- Verbal Ju-jitsu is not a communications course. It is a course in tactics.
- As ego goes up, officer safety goes down.
- Make it your rule to allow a subject to say what he/she wants, but do what you say.
- Street Savvy is the ability to become who you have to be to handle a situation showing fearlessness when you are fearful and showing interest when you are bored.
- Repeating commands more than twice can imply weakness to a subject.
- Treat the subject as you would like to be treated in a similar situation.
- Never argue with anybody.
- An officer or professional in uniform arguing with a civilian will always look bad and sound bad.

Tactical Communications

Officer and Professional Challenge

Clearly communication can escalate or de-escalate a situation depending on tone and perception. Proper communication skills are a necessity for today's modern at risk professional. The words used by at risk professional will only account for 7% of the message they convey. 38% is tone and 55% is body language. You must have the ability to portray assertive, compassionate or aggressive demeanors as the situation requires it. Officer or a person of authority's presence is at the first level of our continuum scale because the uniform if there is one conveys an initial message.

The use of body language when properly understood can greatly improve an officer or at risk professional's level of communication. Body language can be used to emphasize verbal communication. The hands can be used to add impact to key words etc. At the same token Professionals need to be aware that body language can also contradict their verbal communication. Looking at your watch while telling someone you have lots of time can send conflicting messages.

The importance of body language

An at risk professional or officer is interviewing a subject. He stands square on to the subject three feet away. The officer or professional is unshaven, with long hair, is 50 pounds overweight and is wearing a wrinkled shirt and pants. He has one hand in his pocket and is rocking back and forth. He takes no notice of the subject putting his hand in his jacket pocket. The professional or officer is conveying his ineptness and to any street thug this could be all that is needed to start resistance especially if the subject is trying to determine his odds of success in a struggle.

Take the same situation and with a clean cut and clean shaven professional or officer, with a pressed and properly fitted uniform, standing six feet away observing the reactionary gap while assuming the policeman's stance, (gun side away from the subject). Imagine this professional standing using the notebook approach so his hands are above his belt and that he is physically fit. A military type look as in this example conveys a sense of control and authority. The potential for attack here would be greatly reduced simply by body language and presence.

The Communication Loop

What the sender intended----- what the sender actually said----- what the receiver heard-----what the receiver understood----- the receiver's response----- What the sender intended----- what the sender actually said----- what the receiver heard----- etc. The message can be easily misconstrued.

The big conclusion here is that the message sent can only be as effective as the message received. You can send out a hundred pieces of information but if the receiver only understood 60% then by the receiver ears and brain the sender only send out 60 pieces of information.

Perception Checking

There's an old saying, "Perception is reality." In order to ensure we have received the information from the sender properly we can use a checking system to verify. By repeating what the subject has said using:

1. As I understand what you're saying.....
2. Am I to understand that.....
3. It feels to me that.....
4. I get the impression that.....

Verbal and non-verbal Signs of Deception

1. Repeating questions
2. Covering mouth
3. Continual movement of arms and hands (rubbing or wringing hands)
4. Averting eyes
5. Pauses in speech
6. Over explaining
7. Evasive answers
8. Over use of sayings like "on my mother's eyes, I swear on a stack of bibles, as god is my witness".

Verbal Communication

What not to say ----- What to say

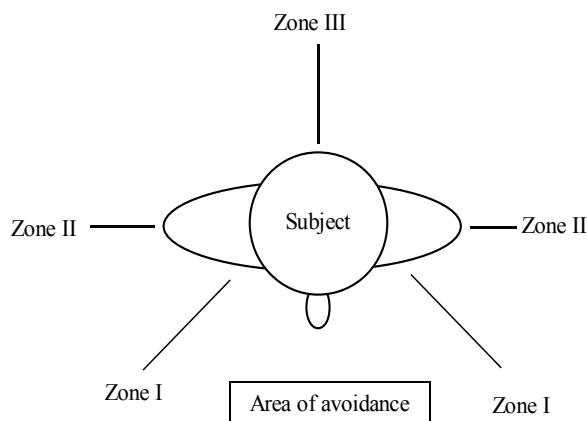
1. What's your problem ----- How can I help?
2. What's wrong with you? ----- How can I help?
3. Calm down -----Everything will be okay
4. Get over here ----- I'd like to speak with you a moment.

Words like "but", "don't", "should" or "try" need to be avoided during your conversations with subjects.

Escorting

Three Positional Zones

1. Zone I - a 45-degree angle to the front.
2. Zone II - side-by-side approach.
3. Zone III- Directly behind the subject.
 - i. Interviews are held at Zone I.
 - ii. Escorting is done at Zone II ½.
 - iii. Handcuffing is done at Zone III.



During the interview process, professionals and officers should assume the notebook stance or the thinker stance. If the officer is right handed the officer stands with his left foot forward, weight basically even between both feet with a slight bias toward the front foot, back foot slightly turned out. The right hand is at the solar plexus level with palm up and your left hand, resting in the right hand. This way your hands are in a non threatening position but you can react quicker to a punch due to the fact that your hands are already at mid level. Because of the angled stance your weapon side is away from the subject.

By standing at Zone I during the interview process you will be able to take one side step to avoid an attack and even if struck the force of the blow will be minimal due to the angle. Standing directly in front of a subject will require you to take two steps to avoid attack and taking a blow here will deliver the full force.

Relative positioning

Relative positioning is a principle of zoning, as it relates to the relative position of the subject to the officer or professional and his ability to readjust his position.

Keep in mind the subjects actions as Zoning changes. Is he trying to line you up for a sucker punch? What are his motives for changing the Zoning? Try to maintain the Zone you want and consider why the subject wishes to change it.

Escort Techniques

Once the subject is on his/her feet, you can maintain control through one of three escort techniques.

1. Compliant people are controlled through the use of this first technique. Hold the subject by the elbow if not handcuffed and held by the chain between the cuffs if handcuffed. If you are carrying a weapon, then keep your weapon side away from the suspect and walk in the 2 ½ position.
2. Passive to active subjects are controlled by the above method with one simple addition. Hold the subject's elbow in your weapon hand and use your support hand to hyperextend the wrist joint through movement of the subject's palm toward his elbow. Once control or compliance is gained, reduce the pressure. If the subject becomes active again, the control is re-established by continued pressure.

3. Active to overly aggressive subjects are controlled through the use of the third technique. Under ideal conditions, keep your weapon side away from the subject. Face the opposite direction to the subject. Then, pass your closest arm between the subject's elbow and his ribcage. Grab his closest wrist and apply pressure in a direction to hyperextend the wrist joint. To accomplish this, move the subject's palm toward his elbow. In order to control the subject's elbow, pin the elbow against your body or bicep muscle.

Escorting a non handcuffed subject



Chapter 3

Getting Physical

“Know the difference between personal safety and justice – Stun and run is our Motto for at Risk Professionals, creating a window to escape. Obviously police or security may have to disengage and draw a weapon or ground and detain the subject. Executing your personal form of justice can get you in big trouble.”



Stun and Run

Obviously in a book such as this we are unable to realistically describe and write accurately how to create impact or escape a hold. This training is for the classroom, it's the only environment realistic enough. Most systems are attack based, TACT is scenario based for a more realistic approach. The training you receive is based on case studies we have analyzed over three decades, thousands of files and scenarios ultimately evolving and developing to what TACT is now. There are no words to prepare you for battle only training itself. Here are some thoughts.

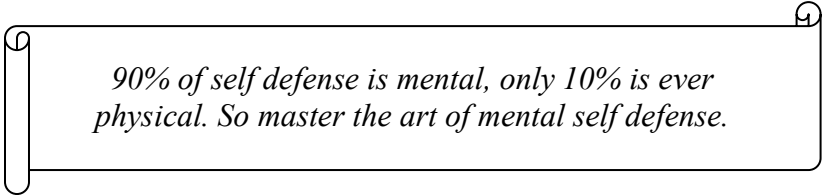
KEEP MOVING - Predators may not have formal training in conducting ambushes, but they understand the concepts. When you get jumped on the street or in the bathroom at the local bar, don't stay in the "kill zone" -- keep driving forward! This will keep your attacker off balance.

USE YOUR NATURAL WEAPONS - Natural weapons are the fairly indestructible parts of the body that make good "clubs", such as the palm, the elbow and the heel of the foot, your forearm. Punching can easily result in a broken hand. To illustrate this point, walk up to a brick wall and consider if you'd rather punch the wall full-force with your fist or a palm strike. If you're like most people, you'll see that a palm strike is less risky, and will allow you to throw more power into the blow because you're not as afraid of hurting your hand. What applies to the brick wall also applies to your opponent's jaw or skull: Use the forearm for rounded strikes or the palm for direct impact. Throw strikes in multiples of three to five impacts, never hit once then stand back to re-access the situation, finish him with three to five impacts. Lots of people fight back after having a broken nose or broken hand. Even if the blood is flowing, keep moving forward while creating impacts.

COVER YOUR HEAD - Conversely, the most damaging blows you can receive are blows to your head. To minimize that risk, bring your chin down, your shoulders up, and to raise your elbows above eye level with your open hands touching over your head. From this position, you can protect your head against attacks from all angles and still execute powerful palm and hammer fist strikes as well as downward elbows.

ATTACK THE HEAD - Body strikes, even to the groin, can be effective but many times are not. With adrenaline, drugs or alcohol, or just physical size, many assailants will not be fazed by a good body blow. Even a groin strike takes twenty to thirty seconds to produce maximum pain, and football players, and other athletes routinely "suck it up" and keep functioning. By attacking the body's "computer", the head, either directly or by striking the base of the skull, face or throat, you can stun your opponent regardless of size.

GIVE LOAD VERBAL COMMANDS - Firmly giving verbal commands can mentally disrupt your attacker or even discourage the attack. Setting strong boundaries, being direct with your communication is a mind set that can help you de-escalate a situation or control the perception of others who might be witnessing an attack. Develop a specific set of commands that you can train with to ensure your commands are injected with confidence.



90% of self defense is mental, only 10% is ever physical. So master the art of mental self defense.

F.E.A.R. Management

First and foremost, understand that you always have a choice about how to respond to and deal with fear. You can cave into it, struggle with it, accept it, or work around it. You always have a choice, a choice you can make again and again or that you can change based on your assessment of what is best for you. As you will learn there are two basic types of fear, manufactured fear (unhealthy) and true fear (healthy, part of your natural defensive mechanism).

Being afraid is natural, in a confrontation you will shake, tremble, twitch, sweat, breath erratic it's all completely normal. I used to think it was a sign of me being a coward or weak but it's not, it's the body preparing for battle and is a perfectly normal response. This is easy to say but tough to do but do not let fear paralyze you in battle.

You always fear what has not yet happened

Knowing that you have a choice about how to deal with your fears, consider the following thought. Think of F.E.A.R. as an acronym for **Fantasy Expectations Appearing Real**. Manufactured FEAR takes unsupported premises about impending doom, amplifies them, and presents the alleged results as inevitable failure. Keep in mind that true fear (not manufactured fear) is not really an emotion at all. It's not like being happy or sad, true fear is a built in survival mechanism that tells you that **you are in the presence of danger**. The beauty of true fear is that you always fear the event that has not yet happened. When you are walking to the edge of a cliff you fear getting too close, when you look out over you fear falling, when falling you fear the impact. *You always fear what has not yet happened* therefore true fear is a tool and is something you can act on.

True Fear should be a welcome survival signal, warning you to evaluate the environment and situation. Once you acknowledge your fear the fear itself tends to disappear as you focus on those other areas. The key here is to be relaxed and not paranoid or manufacturing fear. If you are filled with fear every day how will you be aware of your body's natural survival signal. It requires you to be relaxed and the less fear you have the better you will pick up on it. Pay **relaxed attention** to your environment and you will have great awareness.

You need to make sure that your fear is real and not manufactured. Worry is manufactured fear. True Fear is involuntary while worry is voluntarily created. There is a huge difference that you must understand. True fear is in the presence of danger and can be traced directly to fear of injury or death. When you feel true fear, listen. When you don't feel fear, don't create it.

Dealing with Fear - Make a list of all of your fears, writing as fast as you can to block the internal censor. Include EVERY fear, however small or irrational. Then read them aloud, suspending judgment. Allow yourself to feel the fear without them grabbing a hold of you. Notice that being afraid does not have to mean losing ground. Writing down your fears can be a powerful tool and helps create a space for awareness and choice.



Building self confidence while eliminating unwanted fear can be created through positive self talk and self image! Be your own best friend and don't settle for anything less.

Two Types of Fear

Manufactured Fear (unhealthy) magnifies danger and vulnerability while minimizing your sense of competence. Manufactured Fear is **Fantasy Expectations Appearing Real** and leaves you feeling you are incapable of dealing with the situation.

True Fear (healthy) mobilizes your whole being for effective action. It includes a series of marvellous physiological changes that prepare the body for peak performance. True fear focuses your attention, provides adrenaline for extraordinary effort, and sharpens perception. True fear promotes effective action. Manufactured fear paralyzes us and prevents action.

Now take your list and notice where *manufactured fear* and *true fear* show up. The following distinctions will help:

- *Manufactured fear* promotes panic and confusion. *True fear* promotes clarity and purpose.
- *Manufactured fear* is often about saving face. *True fear* is about stepping out of your comfort zone.
- *Manufactured fear* triggers avoidance of the facts. *True fear* heightens awareness and perception.
- *Manufactured fear* wants you just to stop. *True fear* wants you to move forward powerfully and safely.
- *Manufactured fear* magnifies danger and vulnerability. *True fear* calls on our capacity to respond to danger.
- *Manufactured fear* originates in our ego mind. *True fear* is a whole-system response.

Both types of fear are present in many situations. What is important is to use your powers of assessment and discrimination to turn down the volume on manufactured fear while calling on true fear for the energy and focus to move forward. With practice, you can actually transform your fears by focusing and accurately assessing the real risk and your real competence.

You manufacture fear for example when you are confronted by an aggressive person and your brain plays mind games by giving him super human qualities. “I could never hurt or get away from him. He’s too big and too strong”. Think of the time you saw a grown man grimace and hop around in pain from a stubbed toe and how vulnerable and over confident the aggressor is and knowing that one good brachial plexuses shot will down the biggest brute. Instead a healthier fear, true fear, would be to recognize the situation as getting worse unless you do something decisive and immediate. Seeing and feeling true fear you burst into action and as an officer place him handcuffs or as a professional you leave the environment or escape and evade. Trusting in your competence and in your assessment of the challenge, you complete your shift from a manufactured fear (panic) into true fear (concentrated exhilaration).

Learning to deal with fears in this manner takes practice. The pay off is potentially unlimited as you remove barriers to learning, performance and a healthy lifestyle.

The Gas Station Rage

I pulled into a gas station one time and a vehicle cut in front of me. A very large aggressive man started swearing and approaching me as I got out of my car to get gas. My fear and intuition was going off like the sound in a cockpit of a crashing airplane. My first reaction was “holly crap he’s huge and he’s going to kill me for some reason” (manufactured fear). Suddenly I realized my blank staring was making it worse (true fear) and positioned myself in a defensive posture with hands out, palms down as if stating calm down (not showing him my willingness to defend myself). I even feigned slight fear to make him over confident. Apparently, I cut him off on the road and his rage was out for justice or an apology.

I noticed there was girl in the car and this guy was out to prove he was right. It could have ended with him being dead right if I escalated it. I knew that I needed to give him an alternative to violence so I said, “Dude, I

don't remember cutting you off and if I did I'm sorry. I'd rather buy a big guy like you a beer than piss you off." The last line was a distraction that threw him for a loop. He calmed down and turned and went into the store and I finished pumping my gas. Before I drove away I looked at the girl in his car and said, "I don't know your relationship with him but it's apparent he's prone to violence so you need to be very cautious and careful." I often wondered what happened to her.

I have had many people say to me that I was wrong for apologizing for something I felt I had not done. My argument is always, "do I want to be right, or safe". And not just safe for me but for him as well for if this had escalated to violence I might have killed him due to my belief that he intended grievous bodily harm and I was prepared to defend myself fully. I did not let my ego control me, I controlled it. True self-defence is about going home unhurt and alive.

The Food Court Profiler

I was at a food court one day close to where I work. I noticed a pretty young girl about 18 sitting a few feet away from me. She was filling out a resume and had an envelope that no doubt had more resumes in it. A man close to his forties sat down near her. I noticed he was watching her fairly closely when he leaned over to her and said, "filling out resumes eh?"

She said "yes" politely.

"God I sure know what that's like, it can be a real drag" he replied. (forced teaming). "I put out hundreds of resumes before getting the job I have now, I have a good job and make great money, my boss is a bit of a dick but I have great hours, a nice car..." (Too many Details). "I'm Dave," he said while gathering information like a true professional predator.

"I'm Julie," she said.

The conversation continued with Julie divulging she was in town from the valley going to school and now looking for work. Like a pro he was profiling and targeting her and she was giving up all the answers. Especially the one about being alone and vulnerable in the big city and he understood this perfectly. He told her that he had a friend with a store downtown who was looking for employees and that he could help her out. (You owe me!)

"Can I buy you a drink, I need another pop." (You owe me).

"No thanks."

"I'm getting' one anyway, what can I get you (won't take no for an answer).

He persists and finely she gives in "a Pepsi then please." (giving control over to him letting him know she can be easily manipulated).

While he was gone I quickly looked at her and said, "He's profiling you like a professional predator. He won't give you his friend's phone number. Ask him. He'll insist on taking you there himself and he won't take no for an answer. You need to get away from this guy, he's bad news." I stood up and went to the garbage and emptied my tray. She looked bewildered. Staying close I watched as he returned unaware of my message to her.

She said, "Can I have your friend's number?"

Like a pro and as predictable as a sunset he said, "I got a better idea, I have to go downtown anyway why don't I give you a lift." Her expression said it all. I think she thought I had ESP. She looked over at me and so did he. I acted like I was unaware. She's an adult and can make her own decision, at least I warned her. He tried to control her again, "I'll just take you there and drop you off..... nothing else, I promise!" (There it was... the promise from no where).

“No thanks” she said standing up, “I’m meeting friends later” and she started walking away. He kept trying to persuade her to come back but she left. He gave me a funny look and he went back to his lunch. I thought to myself, “good girl. Today you’re not a victim. Hopefully you learned something”.

Unwarranted Fear

Logic and anxiety never seem to go hand in hand. My friend was telling me one day how scared he was of thunder and lightening, how terrified he was of being killed by lightening. Yet his 40 pounds of extra weight doesn’t seem to concern him much.

I was talking with some else who said he envied my martial arts skills and that it must feel great to be so confident. I wasn’t quite sure what he was referring to. Being trained in TACT or the martial arts is never a guarantee that you will walk away from a violent altercation. He told me he wished we were like the United States so that he could carry a gun for protection for himself and his family. If guns made for a safe society than the US would be the safest place in the world and we all know that’s not the case. In the US a family member is more likely to be shot by the family hand gun than an intruder.

He said, “.... with a gun I wouldn’t be afraid to jump in and help someone if they were about to be killed by some crazy psycho.”

I asked, “so, you want to be able help people then?”

“Ya, exactly” he said.

“Well, why don’t you learn first aid or the Heimlich Manoeuvre or CPR. Instead of carrying guns why not carry an Epi pen or adrenaline injection which is more likely to help someone than a gun will.”

His fear wasn’t linked to death or injury like true fear, the reality is his fear is a fear of people and the fact **he doesn’t feel capable of predicting violence so all people are a potential threat**, completely unrealistic. As you have learned violence is completely predictable and being paranoid doesn’t help, it hinders intuition. My friend’s head was completely filled with what might happen, so much so he was oblivious to what was really happening at any given moment.

Where does this fear come from?

What we focus on we tend to gravitate to. Today’s violent news casts, newspapers, and internet bring the world’s calamities right to our front door. Murders, robberies, rapes, pedophiles, thieves, dangerous people... you name it it’s on the news. As human beings we are programmed for survival and as such we all slow down at car accidents. Not so much for curiosity but to learn from the mistakes of others. It’s almost a subconscious act, “he must have been driving too fast for the conditions”. The news draws us in just a car accident, our brains saying “pay attention so this doesn’t happen to you, learn from someone else’s misery”.

My grandmother’s fears were completely different. Her fear was that her death would be a painful one or she would die during child birth and she did die during child birth. Today we are removed from death as most people pass on in a hospital filled with pain medication. In her day people died at home with no medications. The only news she had was on the radio or what people told her so it was mostly local. Today our news is filled with people doing very bad things to other people, too bad we never hear about the good things people do for each other. It was for this reason that I have greatly reduced my viewing of news casts and keep a realistic perspective on what I absorb.

All though most of us can discern the difference between reality and fiction most of our action packed and horror movies are violence based. All this violence has an impact on the human psyche. Pay attention to how you feel after leaving a movie like this and keep it in perspective.

Defensive Postures

If it isn't a surprise attack or blitz attack and you can see a situation in front of you develop into an escalating dangerous confrontation your first reaction needs to be to calm down the individual with the world wide universal defensive postures. These postures will have a calming visual affect while preparing you for battle by placing your hands in a tactical position without giving away your willingness to defend yourself. If things are escalating you never want to assume a fighting position. Your willingness and preparedness to fight should be a total surprise when you decide to turn it on and you never fight in stages, its either all out war or nothing.

1. Hands up at chest level with palms down like you are pushing away the danger
2. The Jack Benny
3. Hands on hips
4. Finger tips touching or one hand in the other at chest level
5. Forward hand holding other wrist

The defensive posture depends on the situation and conditions, you can even cycle through them during a situation to help keep your awareness up, just being in one of these positions while assuming the policeman's stance will heighten your sense of awareness. Practice these drills regularly.



Prime Minister Tony Blare of England tells President Putin of Russia to calm down over missile plans using the international hand gesture that everyone understands. If there is more distance between you and the aggressor extend your personal space by reaching further out.

Five Levels of Awareness

Quite often professionals become frozen or paralyzed with fear during a violent confrontation. In some cases it stems from the officer or professional being too relaxed. The reality is that the brain has a difficult time jumping from a relaxed state to one of all out survival. You basically want to keep your awareness level high when in areas of potential danger so things don't become such a shock to your nervous system if they occur. Below are the TACT five levels of awareness and some examples.

1. Sitting at home with your family after being home for several hours.
 - a. Here you know the house is clear from intruders and you are extremely relaxed and tuned out.
 - b. There is absolutely zero threat of physical harm.
2. Walking through your local shopping mall.
 - a. Here you become aware that there is potential for danger, however it is limited and there are others to help. You have to be aware not to bang into someone else.
3. Entering a place you know has the potential to be violent.
 - a. Walking through a bar or through a dark parking lot.
 - b. You should be scanning for bad actions and bad behaviors all the time, however, at this level you need to be intently aware. Make the distinction here. You're not looking for people who look rough or dangerous; you are looking for aggressive or bad actions or any action that causes you anxiety or fear. It's not about walking around in fear; it's about being relaxed and listening to your intuition and acting on it. Those bad actions could be coming from someone wearing a biker jacket or a three piece suit.
 - c. If bad actions are perceived you must make adjustments, be assertive or choose an appropriate response such as the decision to leave the area, call for backup, draw a weapon etc.
 - d. From this zone up you need to remain in the "Present". Live in the "Now"
4. Someone aggressively approaches you. You feel physical violence against you is immanent.
 - a. Predators often use the method known as targeting. They pick a victim and give you an aggressive look or gesture to gauge her response mechanism. You need to be assertive and defiant in your expression. No laughing, or awkward reactions. Your body language should be one that says I see you, mess with me and there will be repercussions for your actions. I am not going to be an easy victim.
 - b. When you reach this level you are in a fight or flight state and may use verbal ju-jitsu to redirect or calm the person or you may strike out physically to defend yourself.
 - c. Sometimes people arrive at this level in disbelief and shift down, look away, act nervous and display a state that says I'm scared. It's okay to be scared but it's just not okay to show it. You should be preparing yourself for the possibility of jumping to the next level quickly.
5. A physical violent action is brought against you.
 - a. You are grabbed violently, struck or pushed to the ground.
 - b. If you find yourself here you must act decisively and swiftly to end the confrontation and escape. Go completely psycho.

Problems usually arise when people enter places of known violence in a state of awareness such as level one. When something violent happens it becomes a complete shock due to the fact they were not scanning for potential dangers and did not see things building. Awareness is about your ability to predict what may happen. Practice these levels of awareness everywhere you go, looking at the actions of others and not the people themselves.

Never display your preparedness to fight. It's your element of surprise.

Core Tactical Concepts

Keep in mind that some concepts are geared more toward professionals or officers and not all may apply to your job or position.

1. Awareness

- a. The five levels of awareness.
- b. Listening to your inner voice (intuition)
- c. Situation avoidance

2. Assertiveness

- a. Avoid awkward reactions
- b. Assume the policeman's stance
- c. Give the evil eye
- d. Use the invisible force
- e. State your wishes clearly
- f. Do not repeat yourself
- g. Do not beg or plead

3. The art of distraction

- a. Feigning compliance so he will lower his guard.
- b. Use verbal ju-jitsu to distract by completely changing the topic
 - i. What time is it?
 - ii. Do you have a pen?
 - iii. Can you change a five?
- c. Non-verbal distractions
 - i. Pretending to see someone you know
 - ii. Pretending to sneeze or cough
- d. Screaming aggressively with total indignation
- e. Impact distractions

4. Breathing and staying calm

- a. Do not hold your breath, breath normally

5. Going psycho

- a. Dig deep down and summon up every ounce of anger and indignation to go crazy
- b. Think, "How dare you try to take me away from my kids..."
- c. Never fight in stages, always full force with forward momentum
- d. Keep it off or pour it on, no in between – Do not display your preparedness to fight.

6. Balance and balance displacement

- a. Keeping the attacker off balance by driving forward or pulling him back
- b. Mind your body and keep your balance

7. Creating impact and intent

- a. Creating pain compliance
- b. Striking for a window of escape

8. Escaping and reporting

- a. Methodology

9. Third party intervention

- a. Helping others in need
- b. Staying safe

Defensive Strategies

When it comes to realistic self-defense training several things must be considered to develop an effective strategy. First one must consider when does the attack actually occur? When you are grabbed, when someone interferes with you or tries to impede you? TACT says as soon as it has been formulated in the attackers mind. So to be fully prepared a professional should have five real life strategies, mental self-defense, de-escalation techniques, distance training, clinching and ground fighting. This will cover all ranges so one can deal with all situations.

There are usually three aspects of an attack:

1. Attack against your spirit
2. Attack against your mind
3. Attack against your Body

A spiritual attack is nothing mystical. It's the feeling you get of impending doom (intuition). That sick feeling of danger and it can really weaken your resolve. A professional needs to rely and trust her intuition here and remove herself from the situation or take control. An attack against her mind is when an individual verbally attacks you by putting you down or manipulates you and makes you feel inferior, often crushing your spirit as well. Your inner dialogue needs to be strong willed to deflect these blows. Attack against her body is a physical assault. The techniques of TACT will help prepare you for this.

Next, your strategy should be based on primal responses to deal with spontaneous attacks with movements based on simple gross motor skills. During an aggressive attack it will be difficult to execute a complex movement. Stick to the basics.

So who typically wins a street attack? It's quite simple really. The aggressor wins the altercation more than 90% of the time. This is why it's imperative that you embrace our "Go Psycho" philosophy. The attacker will likely feel over confident but when you pour it on, it will be with full commitment and with total resolve. To be successful one must become the aggressor.

Why is it so important to be the aggressor? In most cases the defender is back peddling, off balance and trying to avoid blows, reacting to the aggressor's attacks thus unable to launch his own. You need to be moving forward as much as possible for officers looking for an opportunity to withdraw to draw a weapon or professionals with the idea of "Stun and Run", looking for an opportunity to escape.

How do you become the aggressor if your attacker is bigger and stronger than you? It starts with the mental attitude of "Go Psycho". But an attitude is nothing if it can't be backed up. Here are some other basic rules of engagement.

1. **Mental self-defense.** Prior to any actual physical attack, try to de-escalate the situation if you sense things are getting out of control.
2. **Never telegraph your preparedness to defend yourself.** Never let him know your willingness to defend yourself by threatening or gesturing. This can often heighten his arousal and make him a more dangerous opponent. Instead as an at risk professional you might feign compliance to get him relaxed and close enough to strike or as an officer exacting your authority.

3. **Start with a defensive posture.** Standing in the policeman's stance you're your hands out gesturing is very defensive and non-threatening, but allows you to be prepared for a blitz attack.
4. **Use multiple strikes.** If you do hit, do not hit once and check the reaction. You need to strike multiple times before considering stopping. Once you stop he may become the aggressor, do not let him shift gears. He should be responding to your attacks not the other way around.
5. **Lead with speed.** The first strike should be fast not necessarily powerful. Get his attention first, each strike after should carry power and deep penetrating impact without a huge wind up.
6. **Strike through the target,** do not try to hit or slap the target. Follow through with each technique impacting beyond the target such as a golf swing doesn't stop right after making contact with the ball.
7. **Consider palm strikes.** Mike Tyson broke his hand during a street altercation. Shawn O'Sullivan broke his hand with boxing gloves on and his hands taped up. Punching the head with a fist can leave you with a broken hand and defense-less.
8. **Use your brain and fight his brain not the attack.** If you are grabbed don't just pull away, use multiple distractions and impacts to release his grip.
9. **Action is faster than reaction.** If you are constantly defending and responding to the attacker you will never win. You must become the fusion of action and aggression to "Go Psycho"! When confronted by an aggressive subject and while staring a violent person in the eyes, he has already processed all of his information and he will deliver his attack. Surprise and action is on your side, don't react to him; act on him.
10. **Use the closest weapon to attack the closest target.** Trying to kick someone in the head may look cool in the movies but completely impractical in real life just as you wouldn't try to punch someone in the shin from a standing position.

Reactionary Gap

Reactionary gap is the idea of creating distance between you and another so that if a violent act occurs you have time to react to their movements. This gap is usually six feet. The reactionary gap is the minimum safe distance to evaluate a situation. We tell professionals that if you defend yourself when someone grabs you it's too late. You need to defend your personal space. If you suspect something is wrong, it probably is. If someone gives you anxiety and you suspect you're being setup, defend the reactionary gap with verbal ju-jitsu, distractions. Defend your personal space!

Reaction time is the time it takes for an individual to respond to a stimulus. Example: an assailant cocks his hand back to hit you, your reaction time is the time it takes for your brain to respond to the action and make a defensive movement. Average reaction time can be as slow as one second and as fast as 0.4 seconds with non-stress reactions. However, if a Professional predicts the behavior and jumps into action first she does not need to worry about this reaction time. Experience, awareness and training can greatly improve one's reaction time.

It's important to realize that an actual attack can occur in as little time as $2/10^{\text{th}}$ of a second, the blink of an eye. That is why it is so important that officers and professionals understand their own limitations.

When he says, "Stop fighting me..." you should hear "...or you will ruin my plans for you."

Survival Stress

Stress is defined as the perception of a substantial imbalance between environmental demands and response capability. During any situation that you believe is dangerous to your survival three important issues must be resolved. They are:

1. Your perception of the threat.
2. Your response capability to control that threat, and
3. The amount of time you think you have to accomplish the task.

If any one of these variables is negatively received by you, your brain will change your body's physiology and it will prepare you to survive. The changes are involuntary.

Stress can increase your blood pressure, heart rate, and your respiration. Under high levels of stress such as in a violent attack situation, the brain prepares the body by drawing blood away from the extremities and digestive system and decreases production in other areas of the body while it prepares for action. If the stress causes your heart rate to continue its increase, the changes will become more pronounced. Your visual field narrows, the muscles of the eye relax and your ability to focus on things near to you is lost. You may have auditory exclusion. Your head will turn in order to allow both of your eyes to open and face the threat. Your hands will move out in front of your body. You will lose the dexterity of your fingers. Your ability to execute complex movements will become greatly diminished, and you will become unable to remember and think clearly. The chemical cocktail flowing through your blood will create significant changes in your body hindering your dexterity.

The thought processes of the brain are not reliable and can be highly impaired under overwhelming physical stimuli. A person who is this frightened or stressed will have a diminished thinking capacity and can make rash decisions and act like that of an animal, flailing and freaking out. This can play to a person's strength of "go psycho!!!" and is the reason we want officers and professionals to act immediately and not delay.

What does this mean?

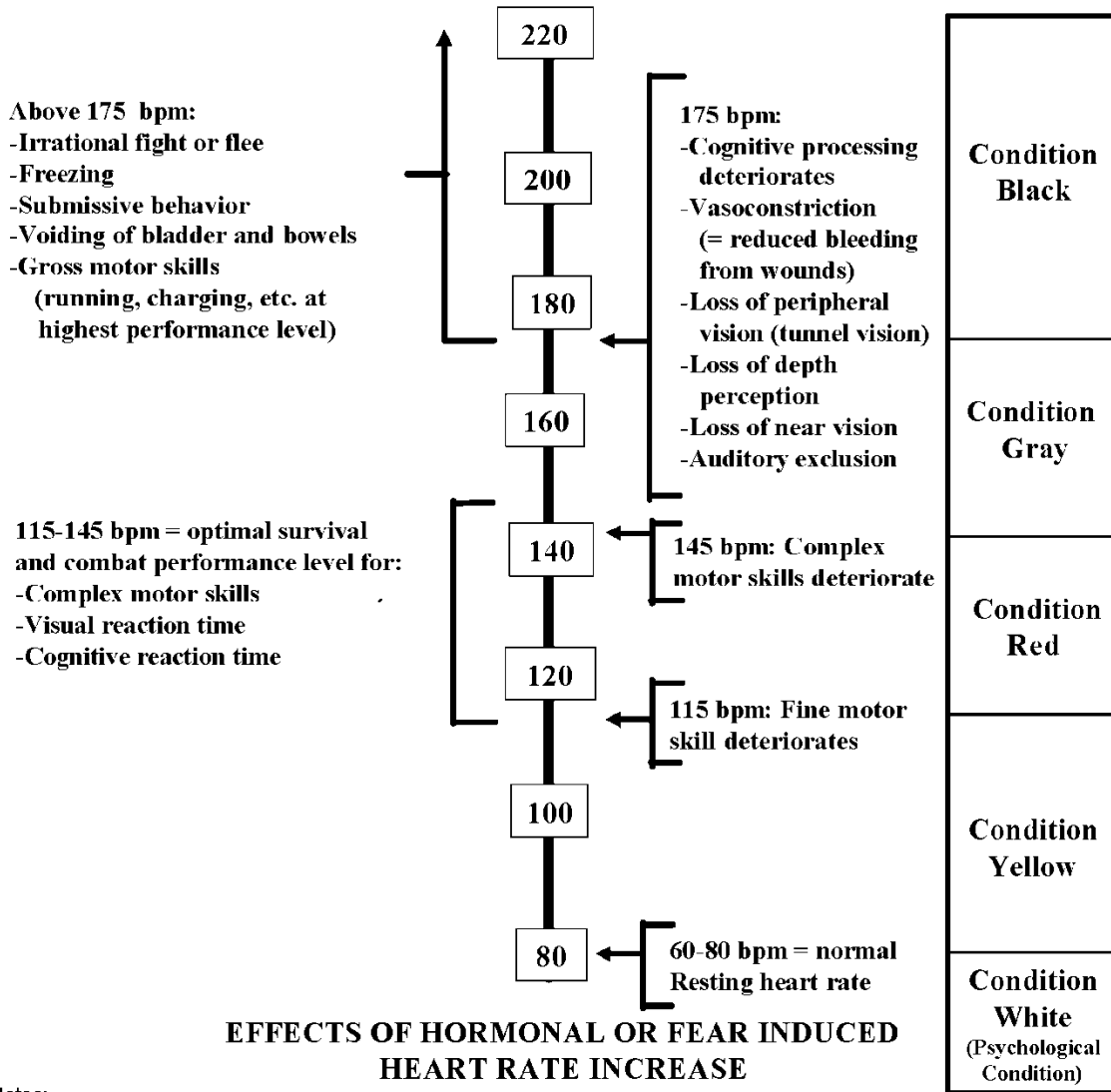
If you are not confident in your skills or your techniques are too complicated or you are unable to remember them, you may fall into a state of hyper vigilance. That's why we designed the TACT techniques to be simple and effective and train professionals and officers to respond immediately.

Sometimes when a person is in hyper vigilance, he will simply lie in a fetal position and submit totally as often happens in the animal kingdom. This can work both ways for the attacker or defender. An overwhelming defense can cause the attacker to lie down and submit.

Another possible response is known as the irrational behaviour response. The officer or professional executes the only response he can come up with. The response is obviously ineffective to anyone who could see it. However, it is not so obvious to person in the middle of it all. A person that experiences this will often continue those actions even in the face of obvious failure or the increase of danger. Be adaptable!!

Once you have given yourself permission to fight back you must do so without hesitation and with total resolve, summoning complete and utter indignation for the attacker.

Heart Rate



Notes:

1- This data is for hormonal or fear induced heart rate increases resulting from sympathetic nervous system arousal. Exercise induced increases will not have the same effect.

2-Hormonal induced performance and strength increases can achieve 100% of potential max within 10 seconds, but drop 55% after 30 seconds, 35% after 60 seconds, and 31% after 90 seconds. It takes a minimum of 3 minutes of rest to "recharge" the system.

3- any extended period of relaxation after intense sympathetic nervous system arousal can result in a parasympathetic backlash, with significant drops in energy level, heart rate and blood pressure. This can manifest itself as normal shock symptoms (dizziness, nausea and/or vomiting, paleness, clammy skin) and/or profound exhaustion.

Legality

Often I am asked what happens legally if I fight back? Here is some of the Canadian law that supports you as taken from McMaster University.

SELF-DEFENCE AGAINST UNPROVOKED ASSAULT

... / Extent of justification.

34. (1) Every one who is unlawfully assaulted without having provoked the assault is justified in repelling force by force if the force he uses is not intended to cause death or grievous bodily harm and uses no more than what is necessary to enable him to defend himself.

If you're attacked you can repel it with the same type of force as long as you don't try to kill or maim the attacker unless he is trying to kill or maim you.

If your date pushed you and you shoot him, you will go to jail because you used more force than necessary to repel the attack.

(2) Every one who is unlawfully assaulted and who causes death or grievous bodily harm in repelling the assault is justified if

(a) he causes it under reasonable apprehension of death or grievous bodily harm from the violence with which the assault was originally made or with which the assailant pursues his purposes; and

(b) he believes, on reasonable grounds, that he cannot otherwise preserve himself from death or grievous bodily harm. [R.S. c.C-34, s.34.]

You are justified in killing or maiming someone if you believe they are trying to do the same to you.

If you come home to a ransacked house and a stranger grabs you and pushes you to floor and you feel he was about to kill you, you may be justified in shooting him.

Courts look at each situation case by case.

What is assault?

265. (1) A person commits an assault when

(a) without the consent of another person, he applies force intentionally to that other person, directly or indirectly;

An assault is when you believe that someone is forcing you to do something directly or indirectly.

In other words he physically forces you or threatens you through intimidation.

(b) he attempts or threatens, by an act or a gesture, to apply force to another person, if he has, or causes that other person to believe on reasonable grounds that he has, present ability to effect his purpose; or

Think about a threatening comment or gesture such as a shaken fist and that you believe it will eventually lead to a violent act.

A 90 year old 100lbs frail woman threatens a 20 year old 200lbs man it would not be considered an assault because the court would not believe she could carry out her threat.

(c) while openly wearing or carrying a weapon or an imitation thereof, he accosts or impedes another person or begs.

Someone wears a weapon and implies he would use it to hurt you if you don't do what he wants.

(2) This section applies to all forms of assault, including sexual assault, sexual assault with a weapon, threats to a third party or causing bodily harm and aggravated sexual assault.

In conclusion: The law is clear that if you feel threatened you have the right to defend yourself. You do not have to be struck first to be justified in using physical self-defense. In fact it has been a proven fact that victims who had a quick reaction to an assailant or threat were likely to deter the assault. If you think about “fighting back” then you have all ready lost because this thought pattern relies on the lie that you have to be struck first when you do not. Real self-defense can not be about fighting back. It's just not effective enough. Waiting to be struck means you have all ready lost control of the situation.



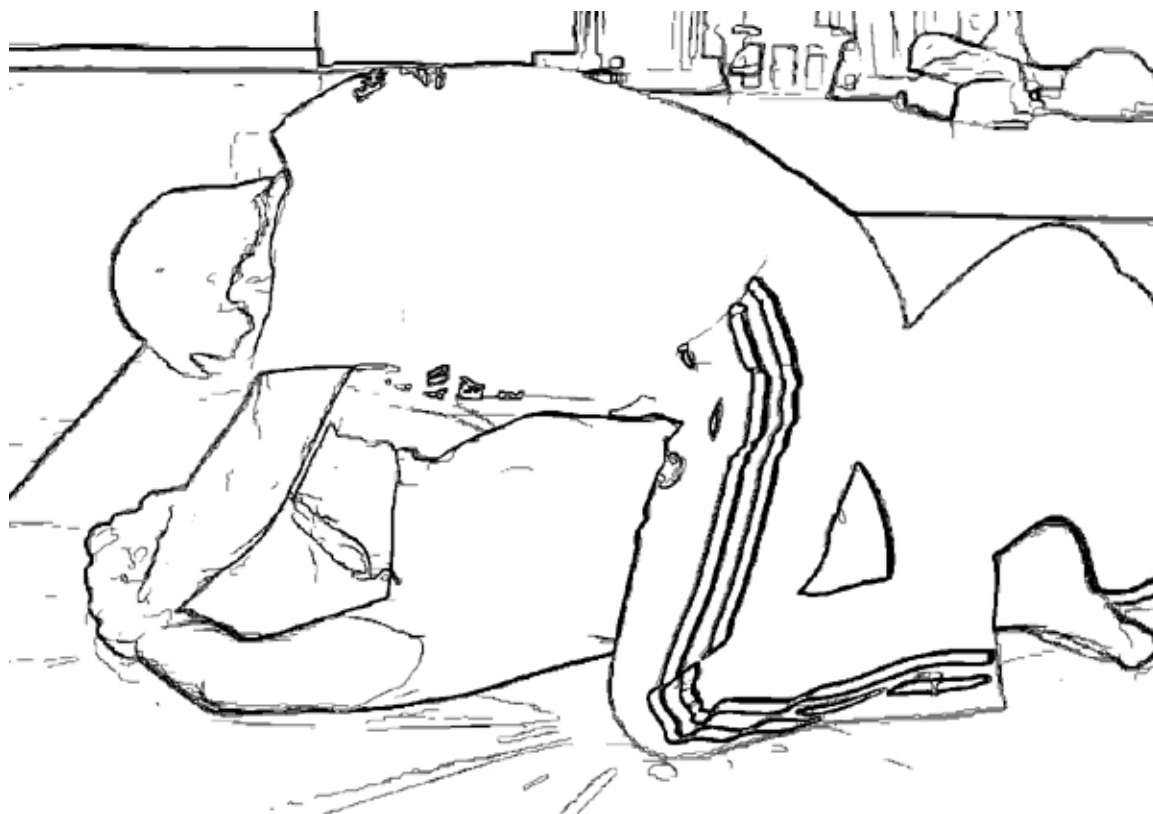
With the right type of awareness, understanding pre-incident indicators and relying on intuition most attacks can be successfully predicted allowing you to remove yourself from the situation or prepare a defensive strategy.

Chapter 4

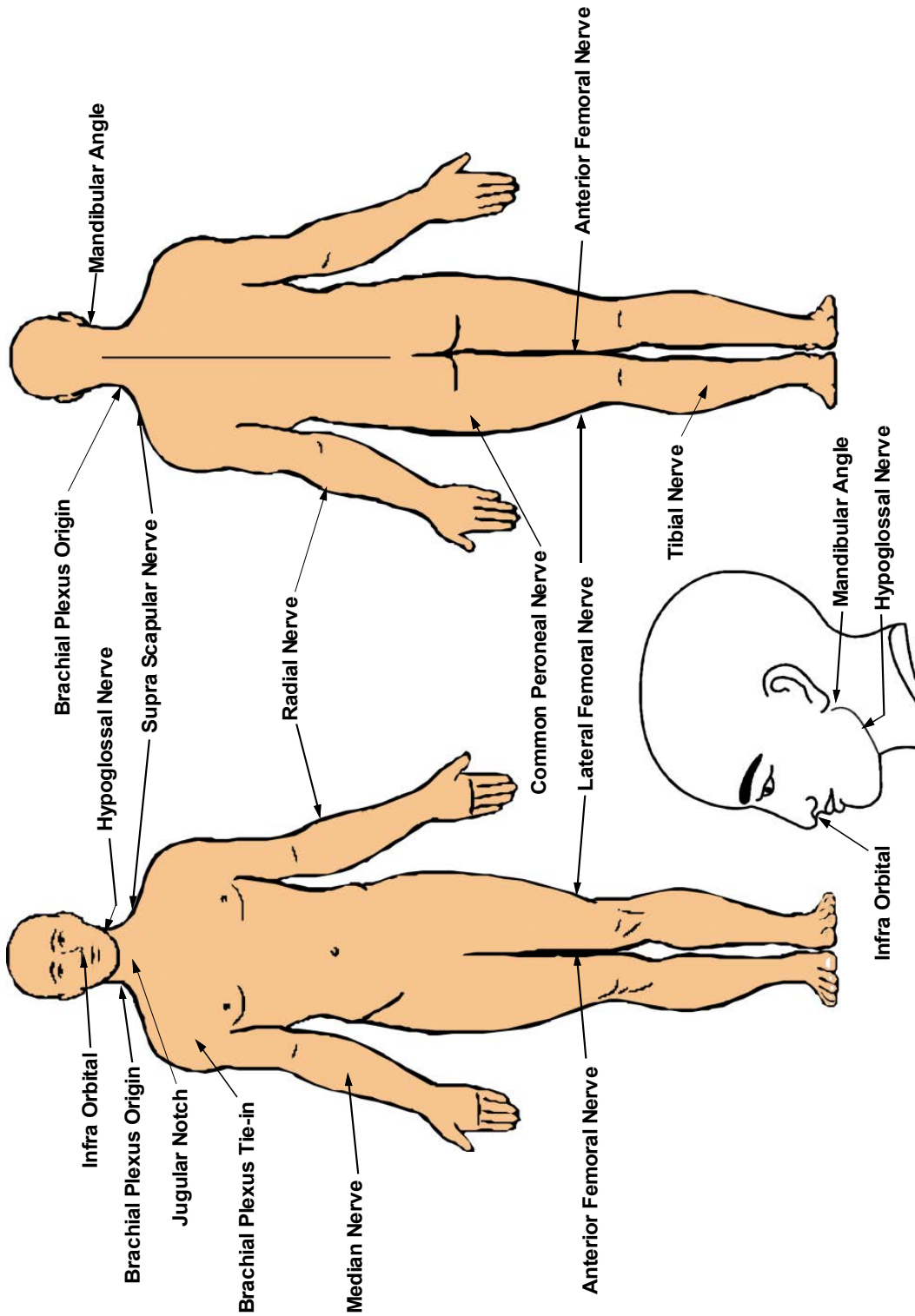
Nerve Impact Control Tactics

"To be prepared for war is one of the most effectual means of preserving peace."

- General George Washington



Nerve Impact Control Tactics



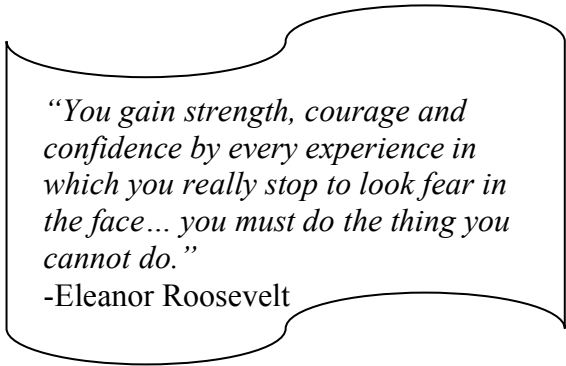
Nerve Impact Control Tactics

This section is only to give officers some other options other than the obvious impacts like striking the nose, throat or groin of your attacker. Also, you may find yourself in a situation where you are intervening between another citizen being attacked and need other options.

The methods of application are:

1. Touch pressure - Simply pushing with a knuckle or fingers pushing the nerve.
2. Quick penetration – Very quick driving knuckle of fingers stabbing the nerve.
3. Impact technique – by striking with your knee or fist.
4. Impact technique with a weapon – Using a weapon or object to impact

These techniques and pressure points are secondary to going absolutely crazy. Remember it's not the technique that counts it's your overwhelming response that counts. We include some pressure points here to give you more options and a greater understanding of the response mechanism, level of pain, locations and affect of these nerves.



“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... you must do the thing you cannot do.”

-Eleanor Roosevelt

Hypoglossal Nerve

Nerve affected - hypoglossal nerve.

Method of application:

Touch pressure
Quick penetration

Location - the most sensitive location of the hypoglossal nerve is where it enters the posterior part of the tongue. This is approximately one inch forward of the "r" angle of the mandible and one inch under the jaw.

Direction of pressure:

Apply pressure toward the top and center of the skull.

Expected effects of touch pressure

1. Medium to high intensity pain.
2. Cessation of all motor activity.
3. Immediate sign of submission.
4. Involuntary hyperextension of arms when used from the inside position.

Expected effects of quick penetration

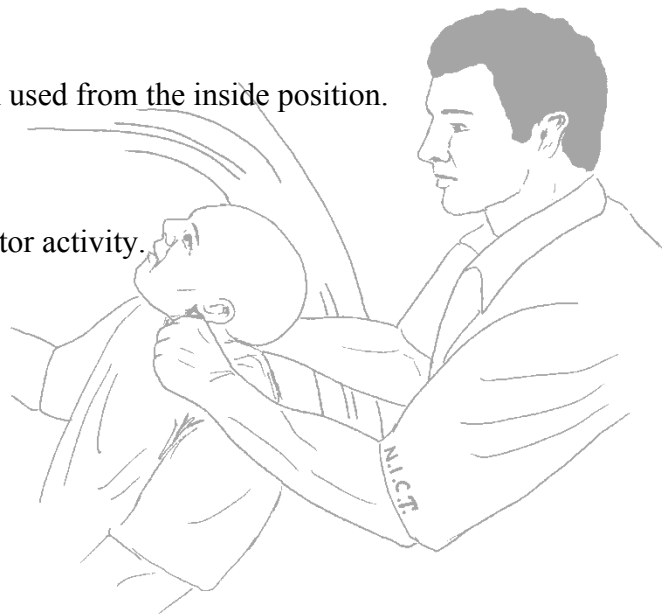
1. Immediate sensation of all intentional motor activity.
2. Mental stunning lasting 3 to 7 seconds.

Principles of application

1. Distraction technique
2. Pain compliance
3. Balance displacement

Considerations of hypoglossal

The hypoglossal nerve is best applied with the thumb supported the by the fist or by using the two middle fingers.



Mandibular Angle

Nerve affected – hypoglossal, vagus & glossopharyngeal

Location - The three nerves run together behind the mandible at the base of the ear lobe.

Method of application - Touch pressure or quick penetration

Direction of pressure - Pressure should be applied between the mastoid and the mandible, at the base of the ear lobe and toward center of the head, directed with a slight angle towards the nose.

Expected effects of touch pressure

1. Medium to high intensity pain.
2. Immediate signs of submission.
3. Probable cessation of all intentional motor activity.

Pain compliance - The mandibular angle is one of the most reliable pleasure points for controlling any type of resistance when the officer is in close proximity to the subject. It is most effective when the thumb is supported by the fist and a c-clamp combination with the infra orbital nerve.

Jugular Notch

Nerves affected - Superior laryngeal and recurrent laryngeal

Method of application - Touch pressure or quick penetration

Locations - Trachea and small nerve fibers in the jugular notch region.

Direction of pressure - Pressure is directed down toward the center of the body at a 45 degree angle.

Expected effects of touch pressure

1. Redistribution of offenders balance.
2. Involuntary reflexing away from the pressure.
3. Immediate change in aggressive thought process.

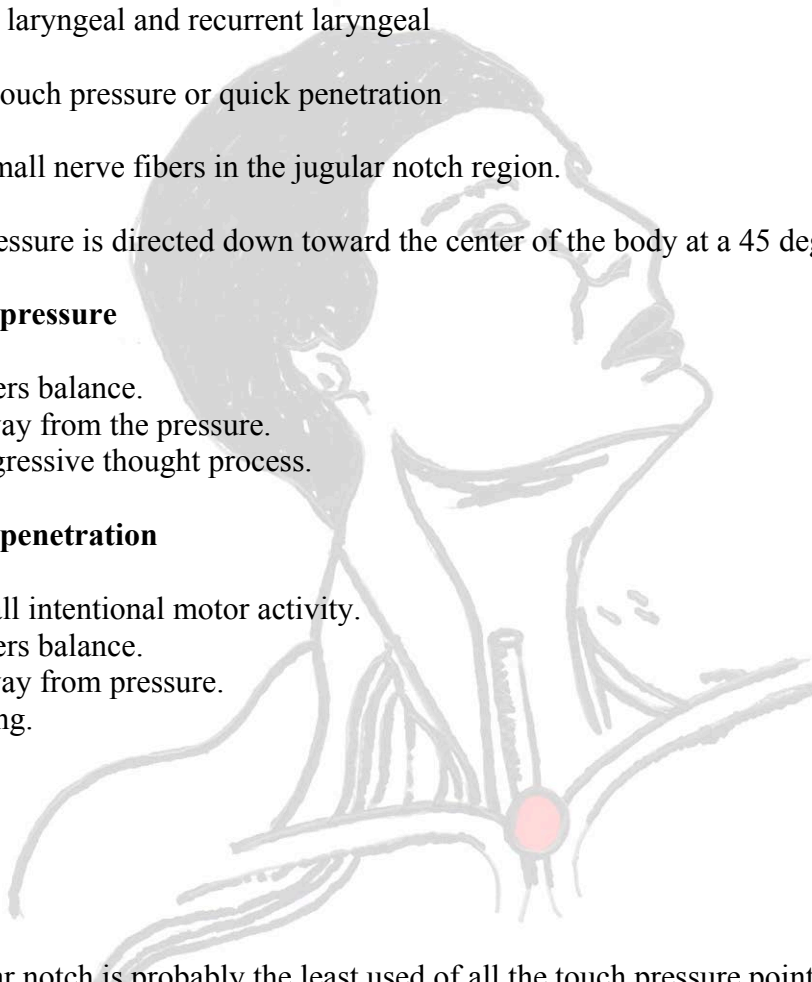
Expected effects of quick penetration

1. Immediate cessation of all intentional motor activity.
2. Redistribution of offenders balance.
3. Involuntary reflexing away from pressure.
4. Low level mental stunning.

Principles of application

1. Distraction technique
2. Balance displacement.

Consideration – the jugular notch is probably the least used of all the touch pressure points of the head and neck. It was originally developed as a distraction technique to precede joint locks from lapel grabs. Today, it is primarily used with the middle two fingers to move uncooperative subjects that are handcuffed.



Brachial Plexus Origin

Nerves affected – median; radial; ulnar

Method of application

Touch pressure, quick penetration or an impact technique

Location - the brachial plexus origin is formed where the nerve fibers protrude from the vertebrae in the neck, where they then travel to and down the arm. These nerves meet and form the brachial plexus group at the side of the neck, approximately six inches from the base, between the two groups of the sternocleidomastoid muscle.

Direction of pressure - pressure should be applied directly toward the center of the neck.

Expected effects of touch pressure

1. High intensity pain
2. Immediate cessation of motor activity.
3. Probable temporary motor dysfunction to the affected arm.
4. Mental stunning, lasting from 3 to 7 seconds.
5. Possible low level of unconsciousness

Principles of application

1. Pain compliance
2. Motor dysfunction

Considerations - the brachial plexus origin is the only NICT pressure point where all three methods of application can be used. The uses in the field vary from touch pressure with the thumb and quick penetration with the thumb. Also a series of brachial stuns with the back of the hand, palm heel, thumb supported by the fist and the inside or outside of the forearm. An officer should never deliver a brachial stun with a weapon because of the possibility of striking the subject in the head.

Brachial Plexus Tie-in

Nerves affected – median; radial; ulnar

Location - The brachial plexus tie-in is located where the brachial plexus runs through the shoulder into the arm. The motor point is at the junction of the pectoralis major, the biceps and the deltoid muscles.

Method of application – an impact technique.

Direction of pressure - This pressure point is most effective if the subject's arm is next to his side and the officer applies a direct impact.

Expected effects of striking techniques

1. High intensity pain.
2. Temporary motor dysfunction of the affected arm and hand.
3. Possible flexing of the hand.
4. Mental stunning, lasting 3 to 7 seconds.
5. Affected hand and arm may experience numbing or tingling.

Principles of application

Motor dysfunction of the hand and arm.

Considerations - the brachial plexus tie-in impact was developed to create a motor dysfunction of the shoulder, arm and hand for disarming. To ensure that a motor dysfunction occurs, it is imperative that no less than three strikes are delivered with the fluid shock wave striking principle.

Supra Scapular Nerve

Nerve – Supra scapular

Method of application – Impact technique

Location - The supra scapula nerve motor point is found at the junction where the trapezium muscle connects to the side of the neck.

Direction of pressure - The angle of the strike should be directed towards the floor with heavy follow through.

Expected effects of striking techniques

1. High intensity pain.
2. Temporary motor dysfunction to the affected arm and hand.
3. Mental stunning, lasting 3 to 7 seconds.
4. Possible flexing of hand.
5. Affected hand and arm may experience numbing or tingling.

Principles of application

Motor dysfunction:

Considerations - This particular motor point strike was designed to create a motor dysfunction of the vertical and horizontal motion of an arm from the rear. Its most obvious application is to deal with an armed subject that has target acquisition on a third party. However, the motor point can be used to get subjects to release another individual or a stationary object. In either situation, the officer can deliver a knife hand or hammer fist strike.



Radial Nerve

Nerve affected – Radial

Method of application - Impact technique

Location - the radial nerve is one of the three nerves comprised of the brachial plexus. The specific location of the radial for the pressure point is approximately two inches below the elbow joint on the top of the forearm.

Direction of pressure - toward the center of the arm.

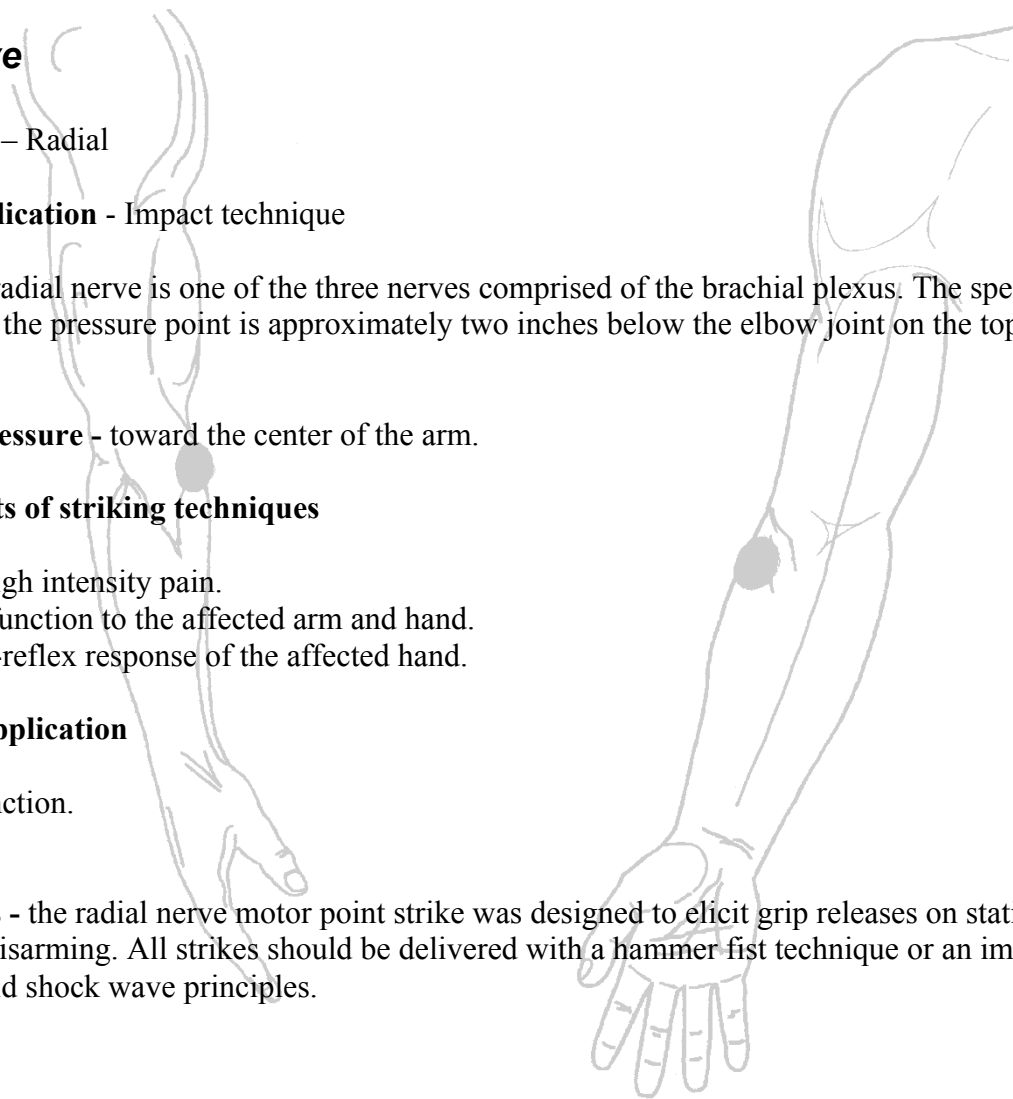
Expected effects of striking techniques

1. Medium to high intensity pain.
2. A motor dysfunction to the affected arm and hand.
3. Possible flex-reflex response of the affected hand.

Principles of application

1. Motor dysfunction.
2. Stunning.

Considerations - the radial nerve motor point strike was designed to elicit grip releases on stationary objects or for weapon disarming. All strikes should be delivered with a hammer fist technique or an impact weapon, utilizing the fluid shock wave principles.



Common Peroneal Nerve

Nerves affected - common peroneal

Location - The common peroneal is located approximately where the hamstring muscle and the gluteus maximus meet. It is between the outside seam of the pants and the rear of the pants.

Method of application - Striking technique

Direction of pressure - Impact should be as close to the junction of the sciatic nerve and common peroneal nerve as possible.

Expected effects of striking techniques

1. Temporary immobilization and motor dysfunction of the affected leg.
2. Flex- reflex response of the affected leg.
3. Probable sympathetic reflex-response from the unaffected leg.
4. High intensity pain.
5. Mental stunning, lasting 3 to 7 seconds.

Principles of application

1. Motor dysfunction.
2. Stunning.

Considerations

The common peroneal nerve motor point is one of the most accessible motor points in the leg. Its location is perfect for distractions during escorting as well as impact weapon strikes. As with all motor points, leg striking techniques should utilize the fluid shock wave principle whenever possible.

Femoral Nerve

Nerves affected – anterior and lateral femoral.

Method of application - Impact technique.

Location - the femoral nerve travels down the inside of the thigh along the inseam and around the leg three inches above the knee.

Striking point – The anterior femoral lies mid-line of the thigh on the inside while the lateral femoral travels above and around the knee with the striking point three inches above the knee on the outside.

Direction of pressure - Impact should be made in the middle of the inside of the thigh or three inches above the knee on the outside.

Expected effects of striking techniques

1. Temporary immobilization and motor dysfunction of the affected leg.
2. High intensity pain.
3. Mental stunning, lasting 3 to 7 seconds.

Principles of application

1. Motor dysfunction.
2. Stunning.

Consideration - The femoral nerve motor points are utilized as striking points for knee strikes as well as impact weapons. To ensure an efficient motor dysfunction with impact weapons the fluid shock wave principle should be used whenever possible.



Temporal Lobe

Nerve Affected – Temporal Lobe

Method of application - Touch pressure.

Location – Temple.

Direction of pressure - from behind the eye across the soft tissue at the temple.

Expected effects of touch pressure:

1. Medium to high intensity pain.
2. Watering of the eyes.
3. Low level stunning.

Principles of application

1. Pain compliance
2. Balance displacement.

Considerations of Temporal Lobe

The temporal lobe pressure point is a quick and easy method for facilitating escape and release and creating distance from the subject. It is extremely reliable and extremely painful often blinding the subject for 1 to 4 seconds. The most effective type of touch pressure is done with the first knuckle of the thumb protruding from a fist and quickly pushing it across the temple starting from just behind the eye.

Effectiveness of Pressure Points

In descending order:

- 99.7% Lateral Femoral
- 92.7% Anterior Femoral
- 91.3% Temporal
- 90.2% Jugular Notch
- 89.1% Mandibular Angle
- 88.5% Brachial Plexus

This can be slightly inaccurate as size, gender and many other factors can sway the balance. This scale is used to show women the legitimacy of pressure point tactics.



Shotokai is a non-competitive form of karate. Rather than winning tournaments, the emphasis is on mental and physical development through the study and practice of the art.

Safety, fitness and fun are highly emphasised in our class. Shotokai is a non-competitive martial art. We do not participate in tournaments where strength and aggression seem to dominate. Shotokai is, however, full of vitality and energy, while always applying the principles of harmony and relaxation and avoiding the use of brute force. The practitioner of Karate-do Shotokai is ever searching for that impossible perfect technique. This makes participation possible regardless of size, age or sex.

Fitness, coordination, concentration, self-discipline, self-defense and a higher state of awareness are just a few of the benefits of Shotokai enjoyed throughout the world by hundreds of students. Check out photos and movies at www.kds-canada.com



Our Karate Classes

Our Classes

Our youth and adult classes are fun and exciting and full of interesting activities and exercises.

Adults training here can also train in Sackville or Westfall for free if they wish additional training days.

Ages Categories

Youth:

6 - 14 years of age.

Adult:

14 years of age & up

Times

Youth Classes are:

Saturday morning from 10:00-10:45

Cost: \$60 for a 10-12 week term

Adult Classes are:

Saturday morning from 10:45-12:15

Cost: \$75 for a 12 week term



Karate-do Shotokai

The North Woodside
Community Centre

230 Pleasant St.

Dartmouth, NS B2Y 3R8

www.kds-canada.com

Chief Instructor: **Frank Zinck**

(902) 801-8274

budo@budocentral.com

Bully Proof



Assertiveness Training for Kids



"Kids believe there is strength in not telling on Bullies, when actually it's a weakness. We need kids to understand that there is great strength in standing up and reporting bullying behavior. Sometimes kids feel it's ratting or snitching on the bully when really those are the codes of conduct of thieves and criminals. Bully Proof kids know that the target of a bully is never to blame and they know how to properly report bullying behavior."

Frank Zinck

Here's what people are saying...

"Simply Amazing!!"

"Empowering!!"

"Best program I've have ever seen!!"

"Extremely informative!"

"Frank's energy is captivating"

"..."

Mental self-defence is the key to the Bully Proof formula. Teaching kids how to not look like an easy target and giving them body language skills they find easy to use and understand.

Bully Proof, started in 1993, is the internationally recognized workshop for kids designed and created by Frank Zinck, a black belt and senior instructor in Kyushu-Ryu Ju-Jitsu and Karate-do Shotokai. Frank's expertise on the subject of bullying has helped kids around the world and he is continually being sought after to lecture to kids, parents and teachers.

Bully Proof is Assertiveness Training for Kids.

Most kids believe that when they are confronted by a bully they must either fight and get beaten up or run away and look like a coward. Bully Proof provides kids with a unique third option.

Kids believe that there is great strength in not reporting bullying behaviour. Bully Proof kids know this line of thinking is a weakness and strength comes from reporting.

Kids think by telling they will be "Ratting out" the bully. Bully Proof kids know that is the code of conduct of thieves and criminals and because victims have done nothing wrong bullying behaviour should be reported.

Learn why bullies bully?

Learn the sad future of a bully.

Understanding what bullies do to intimidate you.

Understanding what bullies expect to see and using that against them.

Understanding the body language of the bully and the victim.

The psychology of bullying.

Why some kids are bullied more than others.

Learn how to stand before the bully.

Learn how to talk to the bully.

Learn how to calm your fear and your body.

Calming awkward reactions.

Reporting bullying.

Much more!!!

It's very important that parents attend the workshop. There's lots of information for them as well.

Where: Mount Saint Vincent University, Bedford Highway & North Woodside Community Centre

Cost: \$20.00 per child (\$15 each sibling).

To Register Call: (902) 801-8274



For workshop or general information please contact

Frank Zinck at 801-8274 or

Email: budo@budocentral.com

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Our Youth Mission
To provide a safe, positive, fun martial arts environment where instructors are dedicated to building self-esteem, self-confidence and the self discipline of all the youth who attend while fostering athletics, fitness and wellness.

Youth (6 to 14 years old)
** \$75 for 10-12 weeks (Approx.)

Beginners
• Tuesday & Thursday 7:00 - 7:45

Intermediate
• Tuesday & Thursday 7:45 - 8:30

Adults
**\$100 for 10-12 weeks (Approx.)

Beginners
• Tuesday & Thursday, 7:00 - 8:30

Intermediate
• Tuesday & Thursday, 8:30 - 10:00

To register contact Master Frank Zinck - (902) 801-8274 – bud@budocentral.com



A stranger aggressively approaches you... do you know how to remain calm, assertive & combat ready?

WASP

A self-defence, assertiveness and awareness workshop for women aged 13+

When: Monday Nights 7:00PM - 8:30PM

Where: The North Woodside Community Centre

Cost: \$60/person - \$50 each if you bring a friend.

Workshop Length: 10 weeks (Approx.)

New Term Start Dates: January, April and September.

Check the website for details at **www.wasp.budocentral.com**

Call Johanne Zinck at (902) 801-8274 --- budo@budocentral.com

WASP students receive a manual with over 60 pages of defensive strategies, awareness training, predator psychology, fear management, intuition training, survival stress and much much more.



Stop the Violence!