

Making Sense of Self-Defense

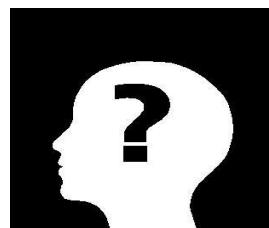
*"Preparation leads to
peace of mind."*

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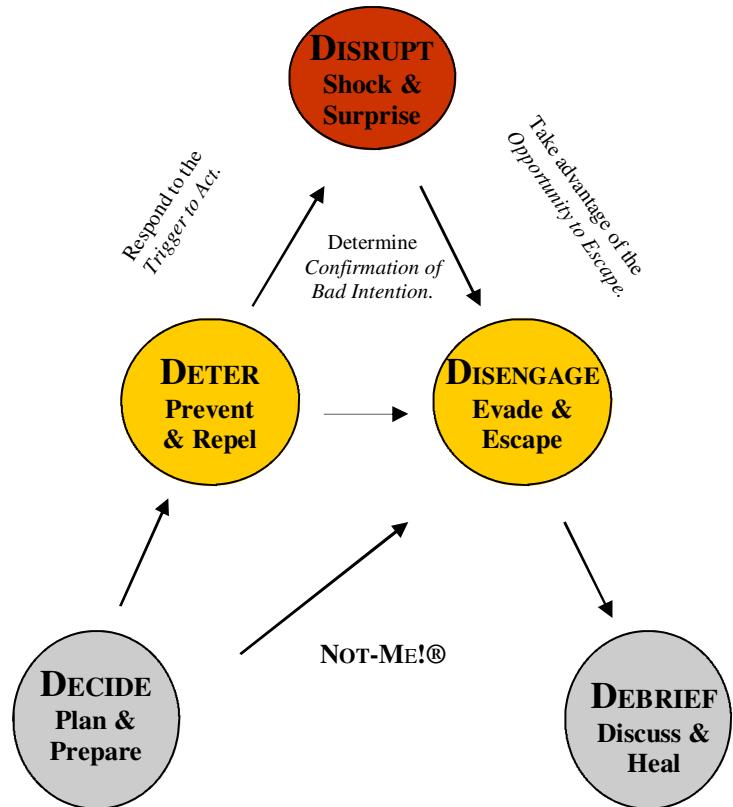
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"Always do this... never do that...
unless he does this... then you do that...
But if he does that... then you do this..."
- Unnamed Self-Defense Guru



This booklet will enable you to *make sense of self-defense.*

Introduction to the 5D's of Self-Defense



Begins with a plan.

Ends with peace of mind.

DECIDE
Never be taken to a second location.
Carry a mobile telephone.
Take a self-defense class.
Never give up. Lock your doors.
Do not accept a ride from a stranger.

DETER
Be aware of your surroundings.
Be assertive.
Stay alert for danger.
Walk with confidence.
Use your intuition.

DISRUPT
Kick to the groin. Stomp on foot.
Use anything available as a weapon.
Yell as loud as you can.
Gouge the attacker's eyes.
Fight with everything you have.

DISENGAGE
Flee at the first opportunity.
Get away as fast as you can.
Never corner the attacker.
Have an exit strategy.
Evade and escape.

DEBRIEF Call the police. Get medical attention. Talk to someone.

What Does All the Advice Really Mean?

Has all the commonly known and repeated tips and advice on self-defense left you a little confused?



Have you been told?

1. Don't walk alone at night.
2. Stay calm.
3. Be aware of your surroundings.
4. Use your keys as a weapon.
5. Learn a martial art.
6. Stomp on the attacker's instep.
7. Use your intuition.
8. Use your attacker's strength against him.
9. Take a self-defense class.

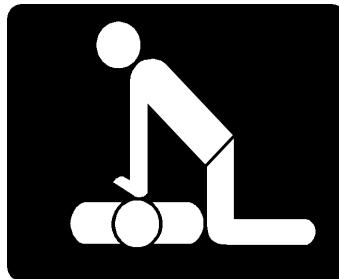
But were afraid to ask?

- How am I supposed to get home from work?*
- How do I stay calm in the midst of a physical assault?*
- But what do I do next, after I become aware of danger?*
- Should I always carry my keys in my hand while walking?
Will it hurt my hand to use them?*
- But are martial arts really effective for self-defense? Are they all the same?*
- But won't that just make him mad?*
- What does that mean?*
- Are you kidding? How would I do that?*
- Will the techniques taught really work?
How will I remember them?*

By the time the average American reaches adulthood he or she has been exposed to a wide variety of tips and advice on self-defense. This information has come from a range of sources such as: parents,

friends, police, news stories, books, magazine articles, martial artists, self-defense gurus, and more. Unfortunately, most of the self-defense advice has been reduced to mere *sound bites of self-defense* that are subject to misunderstanding and misinterpretation. What is missing is a method to interpret and digest the information and a *plan of action* to apply the *sound bites* to actual situations.

A side effect of this advice is the belief that martial arts or self-defense instruction will provide you with the *right technique(s)* to handle an attacker. The thinking is that self-defense involves simply the application of the correct technique in response to a particular attack.



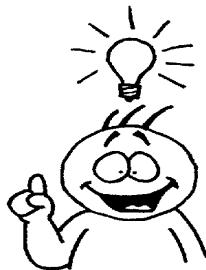
But while it is comforting to believe that there is a "*Heimlich Maneuver*" for stopping an attacker or a method of "*CPR*" for surviving an assault, it is not true. The circumstances and persons involved in any self-defense situation are so widely diverse that there is no *one size fits all* technique of self-defense. Therefore, the most successful method of self-defense is to minimize physical actions and maximize the mental and emotional aspects of preparation and prevention.

The **5D's**: *DECIDE DETER DISRUPT DISENGAGE DEBRIEF* define the five stages of self-defense. They provide a blueprint for understanding and conveying all self-defense tips, advice, and concepts along with the *emotional modes* that accompany them.

The **5D's** help explain why "*what you do*" in response to an assault is driven primarily by your *emotional state*, not by "*what you know*". Your *emotional state* will be predetermined by your preparation and conditioning in the DECIDE step combined with the building of readiness of the DETER step of the **5D's**.

Making Sense of Self-Defense requires a realistic assessment and

evaluation of your *emotional state* in assault situations not simply instruction of *what to do*. It is your *emotional state* that determines your ability to execute the actions of DISRUPT thereby creating the *opportunity to escape* and DISENGAGE..



The “Experts” Don’t Agree on Self-Defense

This internet tip supposedly taken from a self-defense seminar given by Pat Malone (a personal safety expert and former bodyguard) states “The elbow is the strongest point on your body. If you are close enough to use it, do!”

This seemingly benign bit of advice was refuted by Susan Bartelstone of Safety Solutions Company. She states on her website “This is a pretty useless tip. Using elbows to fight with is fine, but how should you strike with them and what targets are best? It’s dangerous to start flailing appendages around without knowing these important things (or taking a course to practice them). ...In my opinion, your legs (knees and feet) are far stronger than your elbows.

But when Tenna Perry discusses the elbow she writes, “The elbow is a strong hard joint that makes for a fantastic weapon in self-defense. Unlike punch and kicks, there are few specifics to remember to make the strike effective.”

According to Brian Bramer’s website he states: “Elbows are very effective either striking under the jaw, across the face, into the back, the solar plexus or into the groin, e.g. if on the floor.

Avoid elbow strikes to the spine or neck; such blows can cause serious injury or death.”

But, also refuting the initial elbow tip, Barbara Mikkelson writes on her website the following: “This is poor advice in that it recommends a course of action far more likely to result in the victim’s being physically harmed than do other potential counters such as running away and screaming for help.

Engaging in hand-to-hand combat with an attacker should be an option of last resort unless you are very well trained in self-defense.”

This last statement is contradicted in an article titled Fighting Attacker Often Safer Than Submitting, Say Experts, authored by Stacy Finz. The article interviews San Francisco Police Capt. Dan Lawson, Director of Training. According to the article: Sometimes, Lawson advises, the best course of action is to fight - kick ferociously, scratch like mad, scream loudly and run as fast as your feet will carry you. Do anything, he says, to control the situation.”



The **5D's** do not debate the merits of using the elbow for self-defense. Using the elbow is only one example of a single **DISRUPT** technique. **DISRUPT** is only one stage of the five stages of **DECIDE DETER DISRUPT DISENGAGE DEBRIEF**. Understanding the **5D's** will enable you to make sense of self-defense.

Advice From Non-Experts Is Also Confusing

The following question was posted on the Yahoo 7 Answers message board:

Best Martial Art for Self Defense?

I'm female, and tiny, like 97 pounds, and am likely not getting any larger. I need something that doesn't require a lot of brute strength to be effective.



Here are some of the varied suggestions she received for martial arts:

1. “**krav maga**” Posted by *The Dark Emperor*
2. ” “**Aikido** is great for self defense” Posted by *Rage*
3. “for self Defense that would be **tae Kwon Do**” Posted by *Lethal Weapon*
4. “**Kung fu** or **jiu-jitsu** (not BJJ). But it takes years of practice before you can become proficient.” Posted by *mac1hull*
5. “I suggest **Aikido** or **Hapkido**. Both are great for women.”
Posted by *bjjnoobie*
6. “**taekwondo**, **judo** or **karate** will be good for your self defense”
Posted by *Anthony*
7. “**Brazilian Jiu Jitsu** - Great ground work. It will teach you how to defend from bigger opponents.” Posted by *andrecan2002*
8. “some form of midget **ninjitsu** should work well.”
Posted by *Ninja216*
9. Look into **Danzan Ryu Jujitsu**, it is highly effective.” Posted by *ALogicalConstruct*
10. “i would say **tae kwon do**. but maybe im just prejudiced since i do that martial art.” Posted by *rainbow unicorn*
11. “**Jeet kune Do**. It teaches you combat moves and self defense techniques.” Posted by *Nivel*

As for *self-defense* advice she was told:

1. “**Pepper spray** or a **taser** would be better for personal safety. At that size an average man would walk right through anything you could throw at him, then he would only be more angry.” Posted by *Apollo*
2. “Your smaller than needed to carry a good pow in a punch, so you need **trickery** most of all. Yup, learn **to be like a fox, and a cat**. You need **nails** my dear, and you need to learn to use them at close quarters” Posted by *FireFly*
3. “There isn't really a perfect art for self defense only **good principles** that you can apply at certain moments” Posted by *idai*
4. “Martial arts is the talent or art in using either your body or the attackers body against him. In either situation, if they **grossly out match you in strength**, chances are **the odds will be stacked up against you**” Posted by *Jimmy*
5. “You need all the dirty moves like **groin kicks** and **eye gouges** if you're only 97 pounds. Or mace” Posted by *scholsky*
6. “A **pistol** or **gun** is good for self defense.” Posted by *Buzz*



The posted responses have only covered the DECIDE and DISRUPT steps of self-defense. Despite multiple responses from “*experienced*” people, little or no mention was made of the *prevention* step of DETER and the escaping *goal* of DISENGAGE. Complete self-defense requires implementation of all five steps of DECIDE DETER DISRUPT DISENGAGE.DEBRIEF.

A Little Knowledge Can Be Dangerous

Despite the wide variety of martial arts suggested, most of the responses were similar in that the person posting only views self-defense in the context of the physical techniques of DISRUPT. For a women who weighs less than 100lbs, it is counter-productive for her to focus solely on DISRUPT for self-defense. She needs to concentrate on the preparation and education step of DECIDE, the prevention step of DETER, and the escaping step of DISENGAGE. Most martial arts mainly teach physical DISRUPT techniques. Therefore, the practitioners have a limited understanding of self-defense.



A LITTLE KNOWLEDGE CAN BE A DANGEROUS THING

Among all the conflicting advice and sound bites of self-defense, it is still possible to obtain worthwhile information. This response by Pugpaws2 is focused on the DECIDE step of self-defense.

*"Now comes the real question. I teach a lot of women how to defend themselves. Before I start teaching them I ask a few questions to see how they would answer.
I ask them things like.....*

Would you be willing to..... Bite someone's nose off, poke their eye out, rip their ear off etc. to defend yourself???

If they say that they could never do that to someone else then they are wasting their time learning any self-defense.

To defend yourself you must have several things:

- 1. the training*
- 2. the willingness to do what ever is necessary to survive*
- 3. Be ready to do what is necessary with no hesitation."*

Posted by Pugpaws2

Weapons of Mass Confusion

The question of whether or not to carry a weapon and which weapon is best for self-defense is hotly debated. The wide variety of weapons available only adds to the confusion. Below is a list of five types of popular weapons.

Firearms

Knives

Taser and Stun Guns

Pepper Spray and Mace

Batons and Sticks

The next list contains five weapons for sale that demonstrate a true lack of understanding of the realities of self-defense by the manufacturer.

Anti-Rape Condom

Bullet Proof Briefcase

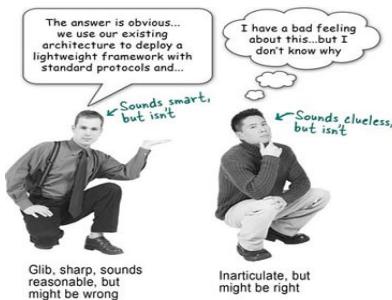
Electrified Jacket

Weighted Baseball Cap

Brain Wave Neutralizer

Debating the effectiveness of individual weapons or the merits of carrying a weapon misses the point. Use of a weapon is merely a method of DISRUPT. The disadvantage of a weapon is that focuses too much attention on DISRUPT and thereby minimizes the importance of the DECIDE, DETER, DISENGAGE DEBRIEF steps of self-defense. Since DISRUPT is the most violent and most dangerous step of self-defense, it should be minimized not maximized. The **5D's** were created to define and maximize the importance of the DECIDE, DETER, DISENGAGE DEBRIEF steps of self-defense.

Which one wins?



News Snippets Will Confuse You Even More

The following news snippets consists of internet news titles and brief descriptions or sentences of note. They are not intended as “news”, but as examples of the misunderstandings and misconceptions that surround the term “self-defense”. Therefore, no references are cited.

Self-defense plea dropped; soldier gets jail for fight

The first punch was self-defense. The next five were not.

[*The immediate goal of self-defense is to disengage at the first opportunity, not to beat the other person senseless*]

Orlewicz: I killed in self-defense

Teen tells jurors he beheaded man, hid body in a panic.

[*The goal of self-defense is to minimize the consequences of aggression, not to kill and hide the body.*]

Chicago cop: One punch got me five years

Mike Mette has been a Chicago police officer for almost four years. But now, as a result of a fistfight one night in Dubuque, Iowa, he is a convicted felon.

[*One punch can put you in jail and end your career*]

Former Marine to serve two years in jail for killing Albuquerque robber

Richard [Marine] had chased Romero [robber] a quarter-mile from his property before shooting.

[*Chasing someone who is running away is not disengaging at the first opportunity*]

Woman gets prison for death of boyfriend

Davis had argued her client acted in self defense in stabbing Ramos to death when he attacked and tried to kill her with a knife.

[*what really happened?*]

Stabbing suspect gets nine years in prison

The 230-pound Prater claimed he stabbed 155-pound Thomas in self-defense after Thomas took a swing at him.

[*why did he need a knife, when he was so much larger?*]

Applying the NOT-ME!® Strategy of DECIDE DETER DISRUPT DISENGAGE™ to the news stories would enable the reader to determine for him or herself if the situations described were truly self-defense. The goal of self-defense is to DISRUPT the attacker in order to create the opportunity to escape and DISENGAGE. If there was no attempt to DISENGAGE then the situation probably was not self-defense.

“Sound Bites” of Self-Defense

The **5D’s** can be used to make sense of the commonly known and repeated “sound bites” of self-defense.

*Be assertive
Kick to the groin
Use anything available as a weapon
Fight with everything you have
Get medical attention
Never be taken to a secondary location
Be aware of your surroundings
Escape at the first opportunity
Stomp on the instep
Never give up
Carry a mobile phone
Get away as fast as you can
Talk to someone you trust
Gouge the attacker’s eyes
Yell as loud as you can
Have an exit strategy
Take a self-defense class
Use your intuition
Don’t take a shower
Walk in groups at night
Never corner the attacker
Write down what happened*

DO THIS...DON’T DO THAT...

These “sound bites” are only useful if you are able see them as mere examples of the five steps of self-defense.

Each one may be categorized by the stages of DECIDE DETER DISRUPT DISENGAGE DEBRIEF.

Use the 5D's to Create a Framework

Using the framework of the **5D's** allows the “*sound bites*” to be ordered in a manner that creates understanding. All tips, techniques, tactics, and strategies of self-defense can be organized and categorized in this manner.

DECIDE

*Never be taken to a secondary location
Carry a mobile phone
Take a self-defense class
Never give up*

DETER

*Be aware of your surroundings
Be assertive
Use your intuition
Walk in groups at night*

DISRUPT

*Kick to the groin
Use anything available as a weapon
Fight with everything you have
Stomp on the instep
Gouge the attacker's eyes
Yell as loud as you can*

DISENGAGE

*Escape at the first opportunity
Get away as fast as you can
Never corner the attacker
Have an exit strategy*

DEBRIEF

*Don't take a shower
Talk to someone you trust
Write down what happened
Get medical attention*

The 5D's of Self-Defense Defined

DECIDE DETER DISRUPT DISENGAGE DEBRIEF

The **5D's** divides the entire spectrum of self-defense into five distinct stages. These stages are defined by the five steps of the *strategy* of **DECIDE DETER DISRUPT DISENGAGE DEBRIEF**. The explanation of each step is as follows:

DECIDE

DECIDE is the preparation step. It is the foundation of self-defense. It is made up of *planning, education, acceptance, training, conditioning, avoidance, and strategy*.

Decide not to be a victim. Use preparation and planning prior to an act of aggression. Learn about crime and criminal behavior. Train to respond to all forms of aggression. Practice avoidance and risk reduction. Acknowledge the existence of risk. Condition your body and mind for the realities of violence.

Therefore, I say:
Know your enemy and
know yourself;
in a hundred battles,
you will never be
defeated.

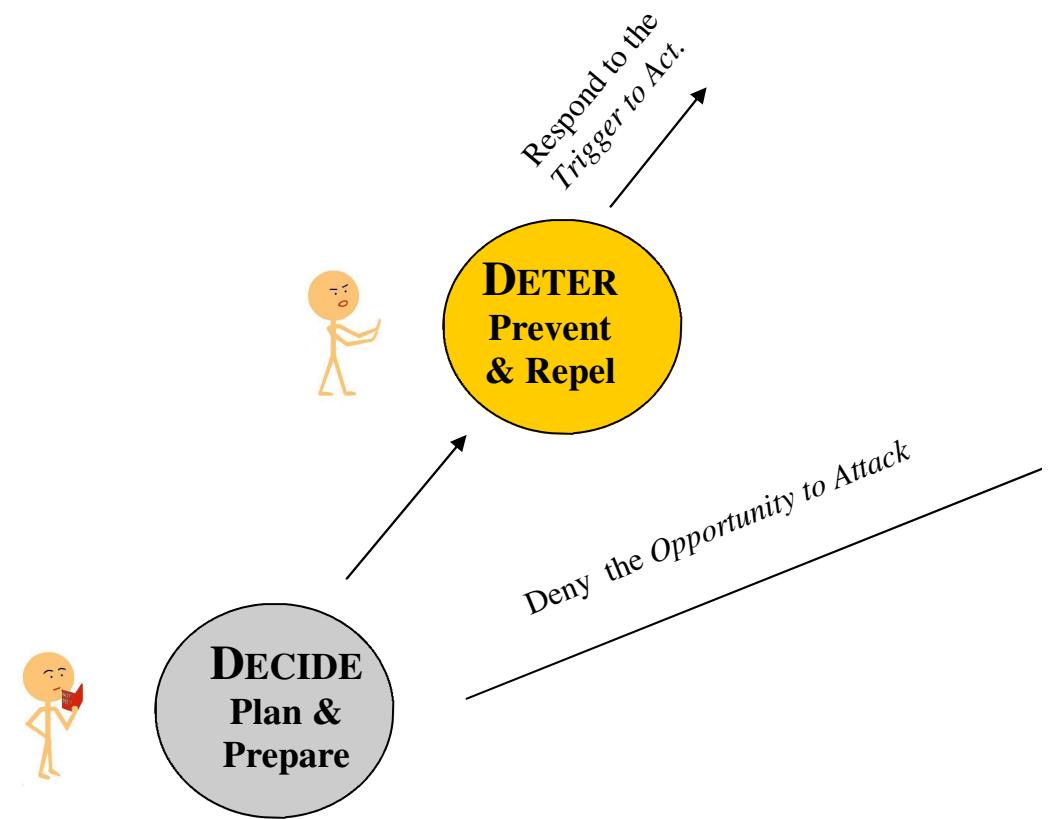
- Sun Tzu, The Art of War



DETER

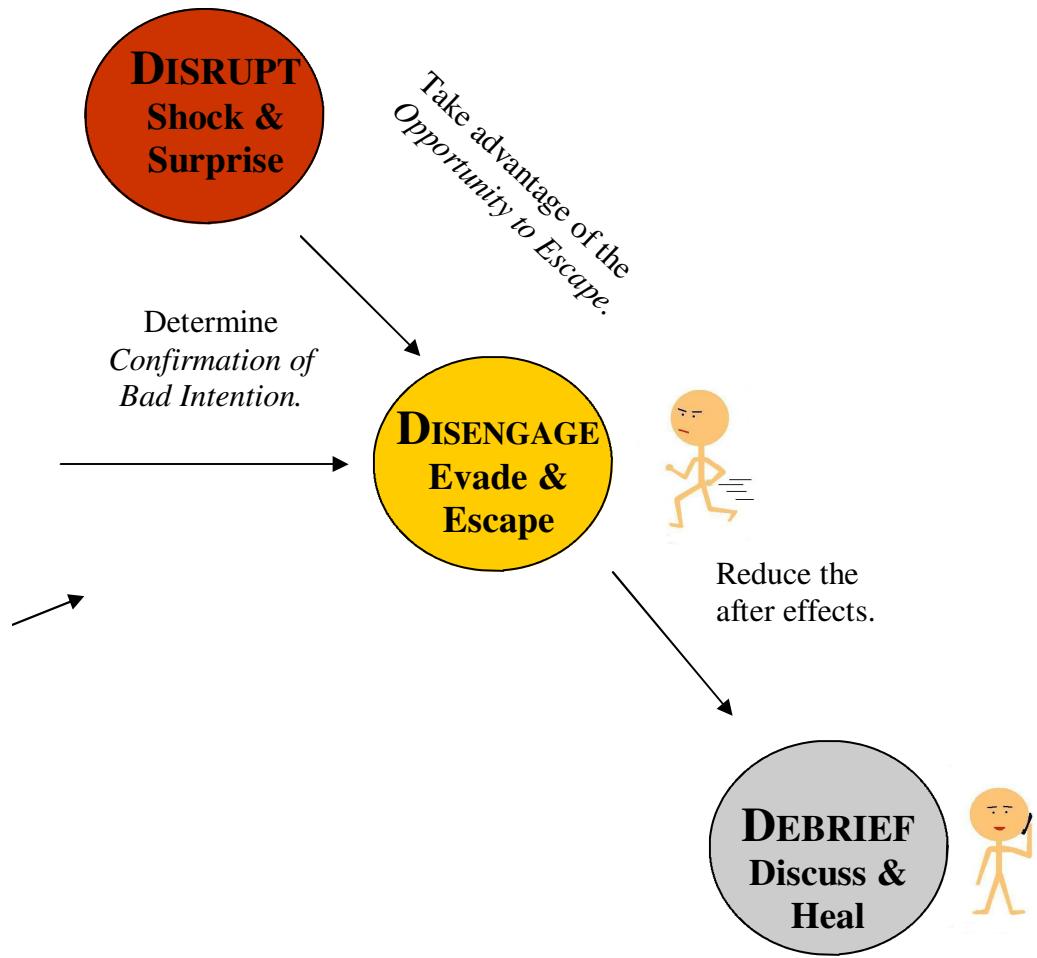
DETER is the prevention step. It begins when you leave an area of safety and continues until the moment of the action of DISRUPT. It involves repelling all potential aggressors and building your readiness for a physical assault. It is characterized by *awareness, intuition, attitude and appearance, assertiveness, body language, boundary setting, and deception*.

Making Sense of Self-Defense



Self-defense **begins** with preparation and creating a plan of action.

Defense with the 5D's



The **end** goal is to minimize the consequences of aggression and provide peace of mind.



Deter and prevent an act of aggression. Learn how to de-escalate a confrontation. Project confidence with body language. Be assertive. Practice situational awareness. Respond to the warnings of intuition. Create safety zones. Utilize boundary setting. Deceive when necessary. Build readiness. Determine *Confirmation of Bad Intention*.

DISRUPT

DISRUPT is the violent and most physical step of self-defense. Its sole purpose is to create the *opportunity to escape*. It begins with the *trigger to act* and involves the concept of *attacking the attacker* to surprise, shock, or cause injury to your attacker.

Disrupt the aggressor. Respond to the *Trigger to Act*. Foil his plans. Apply verbal and/or physical techniques. Use tactics such as the employment of weapons of opportunity. Execute a decisive strategy. Attack the attacker. Utilize any means available. Create the *Opportunity to Escape* in order to disengage.



DISENGAGE

DISENGAGE is the immediate goal of self-defense. It involves your complete commitment to get away from your attacker. Alternatively, it is sum of your actions that has caused your aggressor to discontinue attacking by his own decision. It is characterized by your fleeing to safety or the *aggressor's unwillingness or inability* to continue his actions.



Disengage and get away from the aggressor. Respond to the *Opportunity to Escape*. Create an ending. Carryout an exit strategy. Cause the aggressor to break off his actions. Evade and escape. Terminate the aggressor's ability to engage and cause harm. Flee to safety. Get out of there.

DEBRIEF



DEBRIEF is the long-term goal of self-defense. It is the after-effects of an assault. The ultimate purpose of self-defense is to minimize the long term consequences and the aftermath of aggression. This concept includes creating peace of mind.

Debrief and discuss the consequences of aggression. Reduce the after effects. Promote physical and emotional healing. Get legal advice. Seek support and assistance. Learn resilience.

News Stories that Illustrate the 5D's

The **5D's** may be used to make sense of the different stages that occur in a self-defense situation as described by news stories.

BRITISH GIRL ‘FOUGHT OFF SEX ATTACKER’ IN FLORIDA HOTEL LIFT

ASSOCIATED NEWSPAPERS LTD 2005

Police said the girl’s self-defense training (**DECIDE**) helped her escape Carl Moore after he began fondling her and demanding sex. When she screamed (**DETER**), he allegedly grabbed her throat but the girl bit one of his fingers (**DISRUPT**), hit the alarm and fled (**DISENGAGE**) as the doors open. She reported the incident to police. (**DEBRIEF**)

KSU STUDENT FIGHTS OFF ATTACKER

11Alive.com 9/27/2006

“He grabbed my wrists and told me to get into the car,” she said. ‘I guess it’s just instinct I hit him in the face,’ (**DISRUPT**) and he let go.” (**DISENGAGE**)

GIRL FIGHTS OFF ALLEGED ATTACKER

ABC7Chicago.com

“He said to get into the car and I kicked him (**DISRUPT**), then I grabbed my arm away and I got on my bike and went home.” (**DISENGAGE**) said Emily, who learned how to fight from her brothers. (**DECIDE**) “They said whenever someone tries to hurt you, kick them as hard as you can,” (**DECIDE**) said Emily.

Learning Through Example Scenarios

You are waiting for a friend outside a local convenience store. Suddenly you notice large man walking rapidly toward you. He is looking directly at you and his clothes are in disarray. You start to feel panic, but you force yourself to remain calm. Unfamiliar with the effects of adrenaline and uncertain what to do, you do nothing. The man steps right up to you. Before you have time to react, he grabs you by the throat, squeezes and demands your wallet. Unable to breathe or speak, you are barely able to comply. After pocketing your wallet the man departs. But not before he gives a final vicious squeeze that permanently damages your vocal cords.

In this situation, your mindset was *conscious*, your body state was *adrenalized*, and your emotional mode was *calm/controlled*. Since you had never decided how you would handle this type of situation, you were completely unprepared. As a result, you did not act to protect yourself and received a serious injury.

The Application of the 5D's

Same situation as previously described, but as the man approaches you look directly at him and state clearly, "What do you want?" Responding to your voice he looks at you with a sinister smile. Immediately your *intuition* senses danger. You raise your hands forward and forcefully state, "Back off!" (**DETER**).

The man ignores you and you escalate your verbal intensity and yell, "BACK OFF !!!". The man continues to rapidly move toward you (you have now received *confirmation of bad intention*). Your mind becomes more instinctual (mindset is now in *transition*) and your body is filled with a surge of fear and energy as it is charged with adrenaline invoked by your yelling (body is in *adrenalized* state).

You are filled with an overwhelming urge to protect yourself (emotions in *protective* mode). As the man reaches out (you have now received the *trigger to act* which transitions your mind to *subconscious* mindset, your body into *fight* state, and your emotions into *violence* mode) to grab you, your hand instantly shoots forward into his face, two fingers strike his eye.

NOTE: See page 23 for explanation of *italisized* terms)

Filled with the motivation to stop him from harming you, you strike him repeatedly with the heel of your palm in the bridge of his nose while continuing to yell (**DISRUPT**). The man, filled with pain and unable to see through teary eyes, hesitates (you have now created the *opportunity to escape*). Sensing this opportunity (your mindset moves back to *transition*, your body goes from *fight* to *flight* state, and your emotions go from *violent* to *protective* mode, you flee into the safety of the store (**DIENGAGE**).

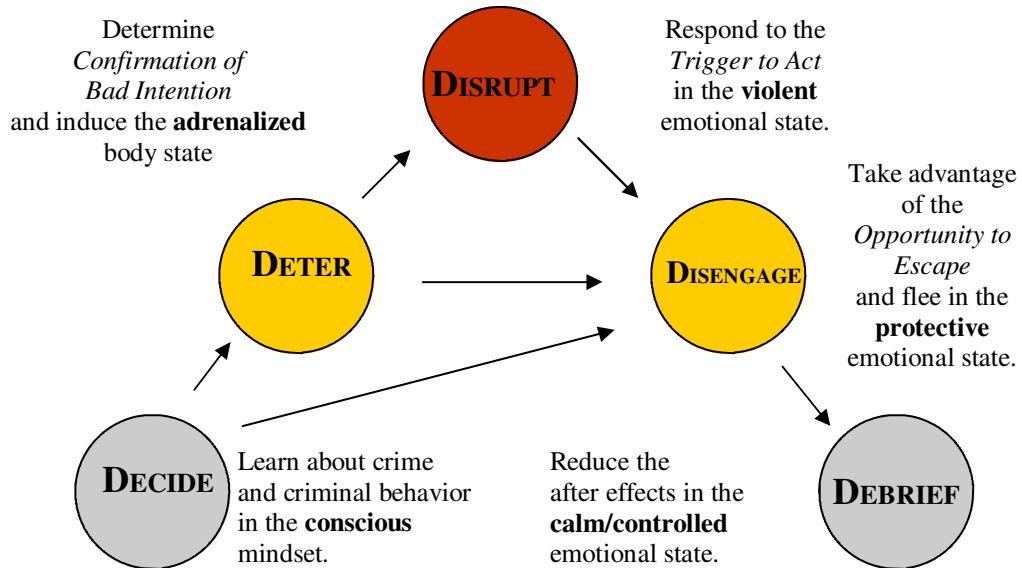
In this situation you applied the *5D's self-defense*. The use of the verbal *boundary setting* in the **DETER** step provided you with *confirmation of bad intention* that the man was dangerous. Had the man not intended aggression, he would have responded and stopped upon hearing your verbal command of, “**BACK OFF!!**” Once your *conscious* mind had been convinced of the danger, your mind began the transition to *subconscious* mindset.

Your *protective* emotions sensing danger and the need for immediate action called upon your body for adrenaline. As a result, your body went into the *adrenalized* state. When the man reached out for you, he crossed your *boundary* and you responded to the *trigger to act* which transitioned your mind into *subconscious* mindset, your emotions into *violent* mode, and your body into *fight* state. You now have maximized your effectiveness to **DISRUPT** your attacker.

You used the strategic tactic of *attacking the attacker* and the physical tactic of using *targeted unexpected focused explosive strikes* to instantly and repeatedly strike the man in a sensitive area in order to create the *opportunity to escape*.



The 5D's and the Psychological Side of Self-Defense



The 5D's of Self-Defense are characterized by the mindset and emotional state that occurs in each one. Effective self-defense requires combining the power of mindset and emotion, with action. And executing the actions with strategy and timing.

DECIDE
Conscious mindset
Neutral body state
Calm/Controlled emotional state
Ex. Learning, training, and conditioning in an unthreatening environment.

DISRUPT
Subconscious mindset
Fight body state
Violent emotional state
Ex. Attacking the attacker with the desire to cause injury with instinctive actions in a "no-mind" mental state.

DETER
Transitional mindset
Neutral/Adrenalinized body state
Protective emotional state
Ex. Responding to instinctual feelings of self-preservation, and building readiness.

DISENGAGE
Transitional mindset
Flight body state
Protective emotional state
Ex. Fleeing from an attacker with the desire to get to safety. The focus is on getting away from danger.

DEBRIEF *Conscious, Neutral, Calm/Controlled*
Ex. Healing and discussing the after effects of aggression in a supportive environment.

The Faces of the 5D's of Self-Defense

Educated Preparation is the face of **DECIDE**.

It translates to:



Most women defend themselves. It is the female of the species, it is the tigress and lioness in you, which tends to defend when attacked.

[Margaret Thatcher](#)

It is personified by:

- Winston Churchill
- Margaret Thatcher
- Al Gore

Confident Cautiousness is the face of **DETER**.

It means:



Trust your hunches. They're usually based on facts filed away just below the conscious level.

[Dr. Joyce Brothers](#)

It is exemplified by:

- John F. Kennedy
- Oprah Winfrey
- Rosa Parks
- Cleopatra

Directed Fierceness is the face of **DISRUPT**.



It is summarized into:

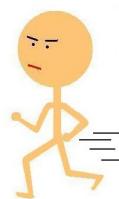
Attack is the best form of defense.

[Proverb](#)

It is demonstrated by:

- Joan of Arc
- Annie Oakley
- Ares: God of War

Opportunistic Getaway is the face of **DISENGAGE**.



It is described as:

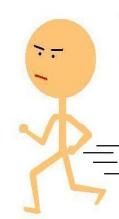
All the best stories in the world are but one story in reality
- the story of escape.

[Arthur Christopher Benson](#)

It is epitomized by:

- Harriett Tubman
- Harry Houdini
- Cat Woman
- Hansel and Gretel

Resilient Acceptance is the face of **DEBRIEF**.



It becomes:

Peace of mind is that mental condition in which you have accepted the worst.

[Yu-tang Lin](#)

It is illustrated by:

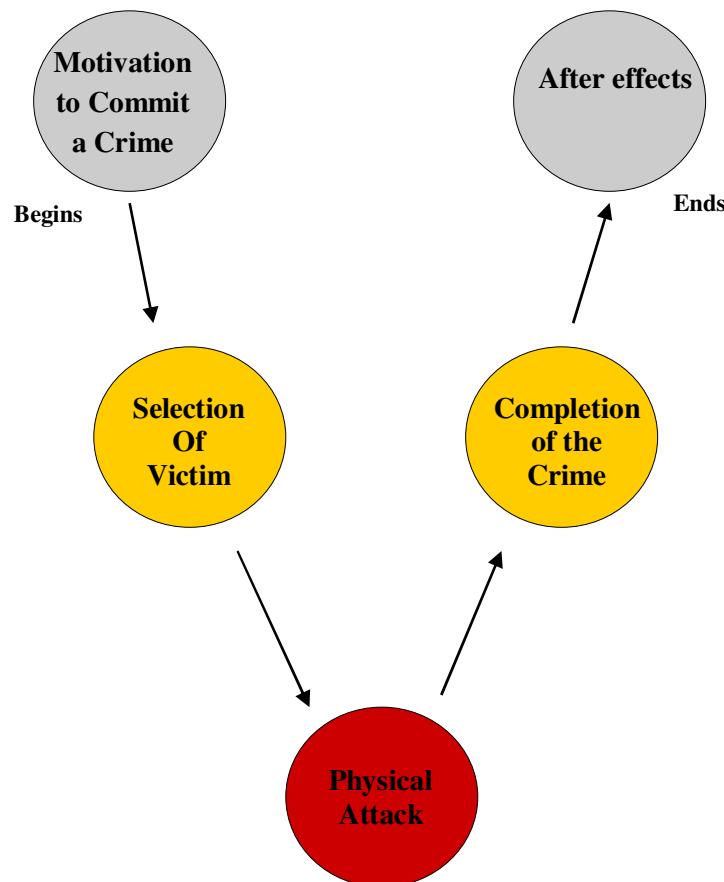
- Michael J. Fox
- Florence Nightingale
- Helen Keller
- Nelson Mandela

The Five Stages of Physical Assault

The Five Stages of Assault represents a model for understanding the predatory mind in assault situations.

The model is used to make the concepts of assault easier to understand and defend against.

Every situation of assault is different. Therefore the model is merely a flexible guide for providing insight into the criminal mind and behavior.



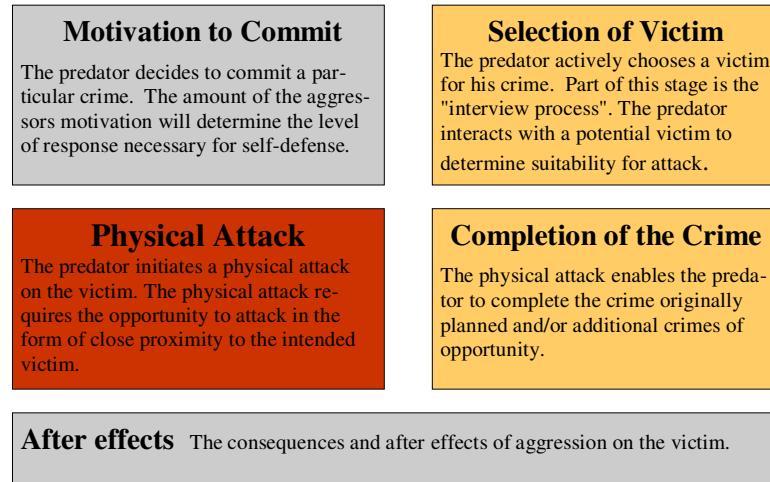


Illustration of the Five Stages: News Stories

According to a report by the transit police, a man approached the young woman just after 8:30 p.m. Friday as she walked to a stairwell leading to the street exit. He asked her the name of a street (Selection of Victim), then pulled a black handgun from his waist and demanded her money.

She said she had only a few dollars, but offered her ring and other belongings so that he would not harm her, according to the report. Instead, the police report says, he dragged her to a stairwell leading to Columbus Avenue (Physical Attack) and waved away witnesses who asked if everything was OK.

He then ordered her to take off her dress and underwear, and raped and beat her (Completion of the Crime). She was treated at the hospital for her injuries. (After -effects)

She was waiting at a bus stop to get to the doctors, and from what she told me a group of girls started making jokes and hassling her (Selection of Victim). She just ignored it, because ya know, why bother with those kinds of people? One of the girls must have gotten mad or something that my sister wasn't responding, so she walked up to her and pushed her down from behind (Physical Attack).

She almost landed in the street. The girl started kicking her and grabbed her purse, calling her an "F-ing ..." and much worse things. My sister was trying to grab her feet, but she couldn't because she had landed face first, really. That's when the old lady started screaming and whacking on the mugger with her purse.

The group of girls and mugger took off running (Completion of the Crime) because she had attracted a lot of attention. My sister gave a police report and was taken to the hospital for 3 broken ribs (After effects)

How Much Crime Occurs

In 2006, U.S. residents age 12 or older experienced approximately 25 million crimes, according to findings from the National Crime Victimization Survey.

75% (18.9 million) were property crimes , 24% (6.1 million) were crimes of violence, 1% (173,200) were personal thefts.

In 2006 for every 1,000 persons age 12 or older, there occurred 1 rape or sexual assault, 2 assaults with injury, 3 robberies.

Who is Victimized

Males were more likely to be violently victimized by a stranger than a non-stranger, and females were more likely to be victimized by a friend, an acquaintance, or an intimate.

During 2005 - About seven in ten female rape or sexual assault victims stated the offender was an intimate, other relative, a friend or an acquaintance. Seventy-four percent of males and 48% of females stated the individual(s) who robbed them was a stranger.

Intimates were identified by the victims of workplace violence as the perpetrator in about 1% of all workplace violent crime. About 40% of the victims of nonfatal violence in the workplace reported that they knew their offender.

For murder victims, 43% were related to or acquainted with their assailants; 14% of victims were murdered by strangers, while 43% of victims had an unknown relationship to their murderer in 2002.

Two thirds of murders of children under the age of 5 were committed by a parent or other family member.

* Reference credit: Statistics provided by the Bureau of Justice website www.ojp.usdoj.gov/bis/

What Comes Next?

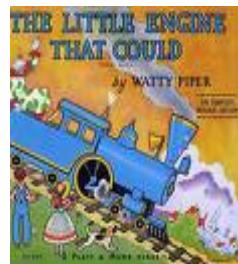
Continue learning about self-defense by enrolling in a self-defense class. There are three most widely practiced forms of self-defense instruction. The “*Traditional*” method involves continuous repetition of technique. The “*You Can Do It*” method uses self-defense as a vehicle for improving self-esteem and confidence. The “*High Stress Scenario*” method uses adrenaline-inducing situations to “condition the body to recall the trained response.” A close examination of these methods reveals that despite the different approaches, their main flaw is teaching DISRUPT as the main focus of the self-defense instruction.

Due to the large number of people involved in the martial arts, the “traditional method” is probably the most widely instructed method of self-defense. It is epitomized, and has been made famous by the phrase “Wax on, Wax off” from the movie The Karate Kid. The idea is that by repeating the proper technique over and over, it will in time become instinctive. In the event of an assault, you will respond appropriately and instantly with the correct technique.



According to this theory, size does not matter, strength does not matter, what matters is your willingness and determination to train in order to execute the “perfect technique” when the time comes. Unfortunately, the “traditional method” makes no allowance for the differences in your *mindset* and *emotional state*. Whether you are executing a DISRUPT technique with a compliant training partner in a controlled setting, or responding to a brutal street attack from someone who is intent in causing you immediate harm, the assumption is that you will respond in the same trained manner.

While it may not be stated outright as such, the *You Can Do It* method is based upon the idea that the common response to an assault is to “freeze” because you believe that *there is nothing you can do*, therefore, *you will do nothing*.



The instruction is intended to prove to you that you can indeed defend yourself by applying a few simple devastating DISRUPT techniques. The techniques usually involve an eye strike, elbow to the head, kick to the groin, etc. As a result, your attacker will be immediately overwhelmed or incapacitated by these effective strikes leaving you the victor.



The problem is that all this emphasis on *how you can defeat your attacker* fails to get across to the student that the *goal of self-defense is to DISENGAGE* and minimize the after-effects. The student’s thought process becomes *“I can defeat my attacker, why should I worry about escaping?”*, or the most dangerous thought of all, *“no way I am going to run away, I’ll kick his ass first”*.

The *High Stress Scenario* method evolved as an improvement upon traditional training. This method, while never actually defining it, recognizes the role of the *mindset and emotional mode* during an assault. The thinking is that full power physical techniques executed during stressful self-defense scenarios in a highly adrenalized state will be *“remembered by the student’s body”*. The effect of adrenaline will greatly improve the power and efficiency of the actions.

Therefore, in a future assault situation, the student's body will automatically *flashback* and execute the *remembered technique* with devastating effect.



Fig. 149

The mind and emotions have the ability to maximize the effectiveness of physical actions. There is undeniable power in the adrenalized body. But, the inherent flaw in the *remembered technique* method is that it leads the student to believe that just because the *high stress scenario* produced fear, and adrenaline, it actually duplicated a realistic assault.

Since the student's body must *remember the correct technique*, the attack scenario must be highly controlled. Otherwise, the student may fail and *remember an incorrect action*. And what of the attackers who are repeat offenders? According to this theory, their previous assaults have dramatically increased the power and efficiency of their actions, making them even more dangerous.



The three previously described methods for instructing self-defense are one way or another based around the physical actions of DISRUPT. The **5D's** are designed to minimize the need for DISRUPT by emphasizing the importance of DECIDE, DETER, and DISEN-GAGE DEBRIEF during self-defense.

Therefore, when you take a self-defense class, you should be able to see that the tips, techniques, and advice instructed to you are not limited to absolute actions or responses as taught. They are nothing more than examples of actions or responses that can be categorized under the blueprint of the **5D's** - *DECIDE DETER DISRUPT DISENGAGE DEBRIEF*. Once you are able to understand and interpret these concepts into your own terms and lifestyle, you will know *what it takes* to survive aggression and to truly be able to *make sense of self-defense*.



[“Study strategy over the years and achieve the spirit of the warrior. Today is victory over yourself of yesterday; tomorrow is your victory over lesser men.”](#)

- Miyamoto Musashi, Japan's Greatest Swordsman
1584-1685

About the Author

Erik Kondo is the founder of NOT-ME! Inc., a non-profit that provides education on self-defense. He has been involved in the martial arts for fifteen years. As a person with a disability, his focus is on self-defense for people at a disadvantage to their attacker. His mission is to help people understand *what it really takes* to survive aggression.

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The 5D's of Self-Defense



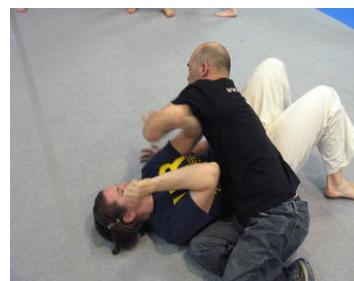
DECIDE



DETER



DISRUPT



DISENGAGE



DEBRIEF