

Real Self-defense

practical self-defense

Introduction

Over the years I have published many books on different topics. By continuous study the works of others I kept learning. Research keeps developing your brain. Using development counters the possibility of developing dementia. Something I must fear at my age (joke).

My first book on multiple disciplined Martial Arts was published in 1989 is called Ninja – the power of Ninjutsu. The book is a compilation of what is known about traditional techniques of the Ninja and the verbal transfer of stories. During my research I also recorded what was left over in a practical sense. Some people still practice the techniques but they are hard to find. At that time the mixing of Martial Arts in the West was full in progress. This finally did develop in many mix forms which are known under exotic names with “magical” histories of “special military” skills. Most of it is based on “fairy tales”.

Since 1964 I am involved in Martial Arts and since 1968 with Muay Thai / Kick Boxing. During this time I build my share of international training, competition and lessons. In competition I enjoyed the challenge to compete and train with complete opposing fighters and sports considering it learning moments. To learn I went to many countries and studied and trained different styles. I did learn from masters and trained with cheaters.

Being a fighter in the gym and or on the street is completely different. In the gym and during competition there are rules and regulations you have to obey. Even in “hostile” foreign countries were they do not mind to injure you, they still have respect not to kill. Martial arts are sports with respect. On the street there are no rules, no limitations and most of all you do not fight with an open spirit. Street fighting is to damage, kill, rob or to be robbed. In a street fight you always suffer injury.

But fighting in the street is less dangerous than the silent fights behind the frontdoor or on an office floor. How can you fight a bullying parent, abusive uncle or aggressive sibling? What is worst in your life getting a job with abusive, hands on colleague who think that your monthly pay includes molest, assaults, rape and bullying? You need the money but not the personal disaster.

This is happening all over the world with no exception to any country. When you are suffering of the physical, moral or mental “crimes”, you feel alone, lonely in your suffering and neglected. But millions are suffering the same as you do. Some are worse others are less but still more than 50% (the real quotation is even higher) of women encounter some form of abuse in their life.

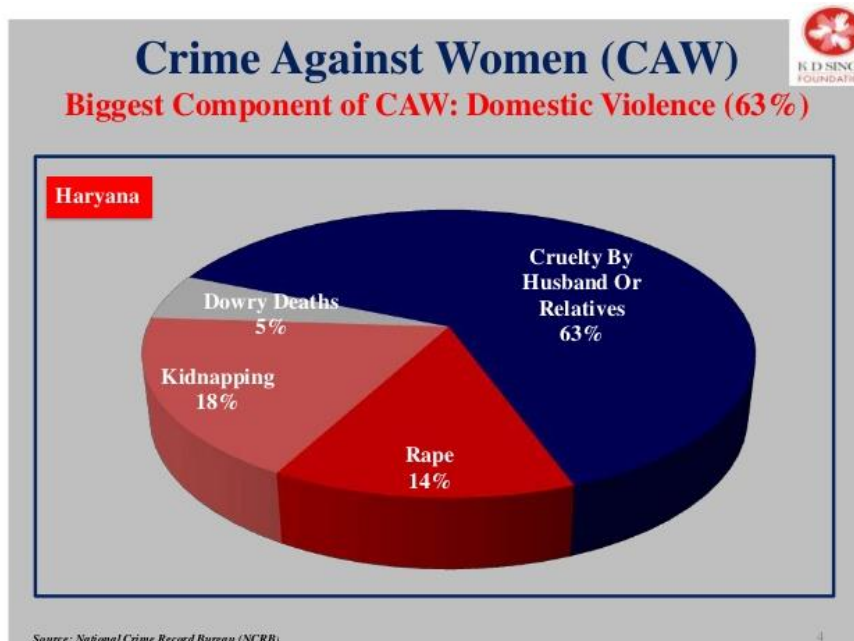
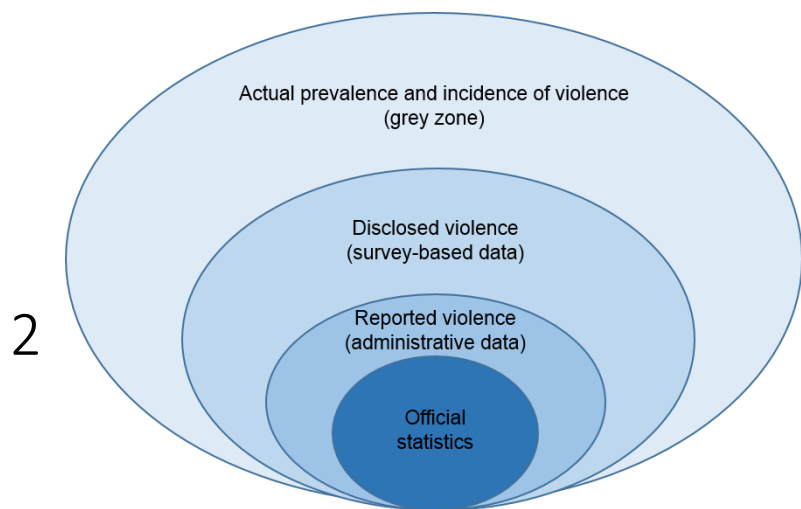
Being raped, attacked, bullied, harassed or in any other way treated badly leaves most persons a negative thought about themselves. They think that it is their faith, karma, behavior, way of dressing or any other reason that makes the others acting negative on them. **But that is not at all the true.** A perpetrator, attacker, bully, rapist or else needs no reason for his/her actions. All is acted from their own emotions / decisions and they are responsible for what they do. We should punish them seriously hard. In the criminal world rapist are the lowest of the lowest and so it should be. The

victim is scared for life and in self-defense we should remember that in the last moments of a good state of mind we should do all to protect ourselves even to scar the attacker for life.

The law is our guide, we should obey it. Our society is based on certain obedience towards the law. Your protection and safety is one fundamentals of the law. This orders you to act when attacked and defend yourself as the law expect you to defend your country and state. With full force and all energy in your body and mind and report afterward, record carefully.

Support groups

If you happen to need assistance, someone to talk to, share your view, vision or opinion with others it is possible to join a support group. We have created several groups on Wechat, Whatsapp, Facebook, Linkedin and other channels. If you want to take part and become a member let us know by sending an email to ; arnaudveere@gmail.com



Chapters



1. Introduction of practical real Self-defense
 - a. Ego, our foundation of life
 - b. Subjectivity, the “illusion” we have create to life in
 - c. The illusion of invulnerability
2. Your physical weapons in self-defense and how to use them
 - a. Head (included teeth)
 - b. Shoulders
 - c. Elbows
 - d. Hands and arms
 - e. Knees and shins
 - f. Heels and feet
3. The real targets in self-defense and what to expect
 - a. Eyes
 - b. Ears
 - c. Throat
 - d. Hands
 - e. Neck and back
 - f. Shins and feet
 - g. Reproductive organs
4. How to train for a self-defense situation?
 - a. Head and shoulders
 - b. Arms
 - c. Legs
 - d. Other moves
 - e. Distraction,
 - f. Body language
5. Self-defense in street situation
 - a. In a standard side walk situation
 - b. Being pushed in an alley or dark place
 - c. On a crowded street
6. Self-defense in public transportation
 - a. In a practical empty vehicle
 - b. When the light turn off
 - c. In a densely crowded place
7. Self-defense at home
 - a. Reaction to verbal bullying
 - b. What is considered physical abuse and how to respond
 - c. Rape situation at home
 - d. Staying with family you do not trust
 - e. Being force to stay in one place with other people
 - f. Abuse during a party
8. Self-defense in office
 - a. How to decorate your desk
 - b. Physical abuse of college
 - c. Female / female abuse
 - d. Male / male abuse



Gebruiker

2017-07-16 08:12:15

pagina nummers erbij

Gebruiker

2017-07-16 12:00:07

gebruik van een mobiele telefoon!
foto maken, video maken, al contact met
iemand van te voren maken via
whatsapp, facetime e.d. of 112 bellen.
bij 112: wat moet je zeggen tegen de
operator, zodat diegene zsm hulp kan
inschakelen.

Gebruiker

2017-07-16 11:36:24

self-defence in school or sportclub:
pestering, abusive teacher or trainer
self-defence because of a stalker, ex
boyfriend

- e. The store room and other small places
 - f. Office “weapons”
9. What will endanger your personal safety?
- a. How are you looking?
 - b. Way to dress
 - c. Accessories and protection
10. After self-defense
- a. Get back into yourself
 - b. Prepare for more to come
 - c. Considering the situation on long term

Prologue

Self-defense must be practical, easy to learn and useful in a full stress situation. This book is targeting male and female in different situations when in need of a fast method to free themselves of a dangerous situation.

Not every self-defense is potential violent, most of the time words can do. In this book we advise in practical talk to create a “get away” to escape a situation considered hostile for your personal safety.

But sometimes we need fast and practical help. Some simple movement can set you free or shock the attacker. Old fashioned methods do not work anymore. Example; in the past people have been thought to **kick in the groin** of a male attacker but currently a person who **attacks** is wearing a **special protection cup**. He is planning to do something and goes prepared.

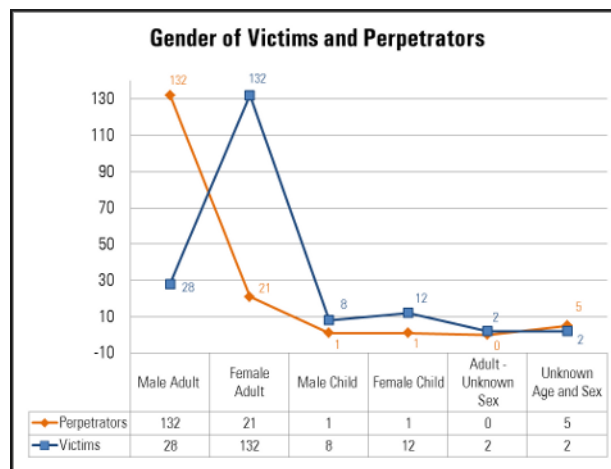
Self-defense situations change with time. Currently we all hold a mobile. One of the things we should install is an emergency response button that we press in case of attack. The related authorities or instructed people receive an open call and can overhear the situation, calculate the location and give proper response, hopefully in time. This is something we could not do 10 years ago.

But there is more. Laws have changed. Some things we are allowed and others we are not. To defend is a matter of staying within the borders of law. If you cross these borders you can create problems for yourself. This is something you should be aware of when in a situation. The only way to prepare is to know what to do in case of attack, now the law.

In this book you find “how to recognize a potential dangerous situation?” This shows when and where to be careful and what to do to avoid a bad situation before it **occurs**. Preparation is important in every situation.

Most books on self-defense talk about the situation but never the aftermath when you arrive home with your head still full of the situation. What can you do? How do you feel? These are all important facts to be answered before you can move on with your life. This is extremely important especially when the situation happens with a family member **or** within the circle of friends.

Next to this book we have made a series of short movies to support the techniques in the book. The movies are made in a specific way. Viewing and understanding is only possible with the use of this book.



1. **Chapter 1** / Introduction of practical real Self-defense

Introduction of practical real Self-defense

Self-defense is all about you. It is important to analyze WHO are you going to defend and with what reasons. WHY should you defend yourself and where does self-defense really start? Do you have to become a fighter? Spend hours in a gym to practice skills you maybe never will use?

To understand self-defense we start with our inner self. Do not drift away in mind boggling philosophies. My teachings are practical, here and now reality. Before you can apply my lessons you should know the tools of trade. Your first tool is your brain. What is going on in your head. Only after you understand that, I can teach you the other things. Gear up and start.

Beside yourself there is a biological and moral duty to defend siblings and family. In this book I deal with abuse inside the family. In my opinion one of the worst forms of human right violation. You should feel protected and defended by the family and not the other way around. This should be severely punished but it often it is not. In such cases the word "self-defense" gets a whole different meaning. But in all normal cases you should protect what you love and care for at any time. Be prepared to do so.

Difference between male and female is an issue in any part of society included self-defense. Most female are physically weaker than men. In my lessons and work I make use of that by the art of distraction and technical application.

a. Ego, our foundation of life

Ego

What is an ego ? The ego of each person is the character, experience, knowledge, environment, thoughts and all other things concerning the mind. In fact the ego shows who a person really is in every element of life.

The ego is not depended on development since childbirth, an ego comes with the soul at the moment of conception. Upon conception two cells collide together and when matched they start to merge and divide. The moment of merging and first division is the moment that new life started.

Life and conscious are not the same. A real conscious can only exist when the basic state of humanity is reached. The moment the first parts of the brain are developed is the moment the "soul" enters the body and conscious occur.

Consciousness is the foundation of the ego, according to our knowledge it is energy directly deprived from the universal / cosmic. We can consider the ego and consciousness of life the same but the external expression of both are different. Conscious continue as long as life is in the body, it is linked to the dynamic energy of living. The ego is the force that brings us in a position to express life, with other words the ego is the driver behind the wheel of life and the consciousness the car that we drive.

As driver we have the possibility to decide which direction to go, what risk to take and how fast we live. The car only carries us. Most drivers are not careful. They speed to fast, take

unnecessary risks and often damage the car. The scratches can be covered, real damage repaired but the car gets older and the age shows more and more. With more damage on the car the less it is worth. Only a mechanic is able to understand what is going on inside the engine of the car. But even the mechanic cannot foresee how long a car can drive or even in what condition the car is after a thoroughly careful check of every part. The mechanic knows that because of all different elements must work together to make the whole car moving there are always unpredictable elements that can suddenly break down. This is only the physical judgment on a mental level it is even more complicated.

The ego is expectation and "cultural" build up. We expect something of life. For every person this expectation is different. Some wish a simple life, just to be loved, have children and be happy. Others expect to become rich, wealthy and famous. All this expectation reflects in our daily occurrence. Our behavior and character are displays of the expectation. Our ego is based on the subjectivity of expectation which makes it difficult to control. The cultural influence shapes important parts of the mind. Here we have to take culture as brought as possible such as a family culture, city / county / country culture, but also the group culture you enter when growing up.

In our daily life we need the ego to state our position, to show who we are. At the same time being an subjective illusion it becomes hard to get in touch with who we really are. When growing older the basic ego is covered by subjective illusions that complicated our existence.

To make it more clear I often use this story ; you have a car stored in a garage box. Beside the car you store all kind of other products inside the garage. When you open the door, something that already is hard to do, products start moving and falling over each other, you hardly can control the avalanche of products seeking their own space out in the small garage box. You want to keep all products and should pay attention to an orderly way of storing them. Every time you enter you start cleaning and organizing. By acting that way you forget the main purpose of opening the door. You pay a lot of interest in the products (the illusions) but forget the car (the ego) and time passes by. The longer you wait the harder it is to get the car out.

The ego becomes polluted like the car is hidden under the products stored. All these products collect dust and dirt, over time the lacquer of the car is damaged and holes come in sensitive parts. A damaged ego is hard to repair and needs careful attention to regain its original stability in which a balance of good and bad is found.

Originally the ego is in balance at birth, but the birth itself loads energy into the balance, this can be positive or negative depending on many circumstances. One of the main influential energy factors on the balance of the ego is love. This love is not related to sex, it is the affection that one human feels for the other, unconditional devotion to care. This devotion gives loads of positive energy into the ego and plus the balance a lot.

We do call it balance but in fact we better see it is to connecting energy levels, a positive level of which we use more in life and a negative level of which we use lesser in life, at least that is what we hope for. But we need both to drive our life.

Negative energy - for some people their driver in life is revenge, hate, eager and mistrust they do anything to get to their target and be successful whatever the personal and other cost are, these persons "go for the kill" or "walk over corpses" to get all they want. Nearly all, when they reach the final target, realize the damage they left behind and reconsider life as it was, try to restore the positive energy in their life but not all succeed or even come to that point. Even negative energy can lead you to a positive result.

Positive energy - is a more caring way of life. Persons following this energy level are considering the feelings and actions of others important to their own decisions. They try to reach goals with as minimum harm as possible.

Life is a balance and positive and negative energy must come to a standstill the moment we balance the virtues of the ego. In life some seemingly positive actions are negative and the other way around. Only time proves the effect of action.

It is important to know that the balance of life is never a straight line, it keeps on moving up and down all the time. The moment **you stands** still is the moment you die.



Subjectivity (before also called illusion or maya)

Stress is the obvious result of observation. We all use our senses to observe the environment. After observation we convert the things we see, hear, smell, feel and touch to an image fitting our own reality. But is this reality true?

When we are confronted with this question we consider it thought material for scholars, monks and religious people. To every standard person it has no connection to our daily reality. Most of us do split the mind and the body. The work and private. But all is interlinked and runs **through** each other all the time.

One of the main reasons why we split everything is by education. Take a doctor. When you enter the room with a broken arm. He/she will treat the broken arm but will hardly ever look for other complications or even bring up the idea you could have side effects of the breaking incident. Each issue is handled as a single unit on its own. No connections are thought. You learn history, geography, language but hardly ever what these has to do with each other.

Senses give information to our mind. But is all this information true in the sense of the truth ? The information we get is based on the moment. As everything around us is constantly changing the moment we realize the incoming information it has changed already again. All we get is information from the past even it is only a fraction of a second. The moment is gone and the moment we think we are in it.

Actions are all based on time. Time is a relative truth. The universal time is based on a different clock as our own. Our world has a 24 hours turnaround clock, our body has a 25 hours biological clock and our solar system has another time compared to the galactic system which on turn has another time spanning to other systems and so on in a never ending string. This proves time is an invention we can consider untrue and relative to all extend. If time is not a solid fact our observations are neither as they are done in time.

Our personality is the fundament to build our mental state, our character, social position and often our future on. If these all are an subjective illusion why do we live ?

To explain this I take your mind of the human factor and get into the animal world. When the animal is born it has a position in the food chain, nothing more, nothing less. It is born for the survival of the species and as food for another spicy. An animal is supposed to have no conscious, but is this true ? The animal shows affection, can learn to know hierarchy to a certain extent, knows danger and when to relax, it seems that the animal has a brain to think with. But the animal makes decisions based on reflexes and not careful consideration. Only repetition and failure gives the animal programming to understand certain behaviors, the animal copies from superiors, never from lower in ranking. We see

that the animal has no vision in life, no target and no compassion. It lives, feed and breed and becomes food when it is his turn.

When we are born, we are weak and in no way we can survive on our own power. The first years of our life we do need to be cared for or we die. When we grow up we realize that it is the dependency that can cause us danger and we do need to protect ourselves. At the moment we realize protection is a need we start to create the first illusion.

All humans are **vulnerable**, the making of flesh and blood is weak and offers no defense to any attack. **This is so fearsome** for some that they develop fighting skills, create weapons or learn to create complicated realities in which they hide (for instance religion). Other people do not have the need or ability to create a defense mechanism toward the outside world and get lost in the ever changing reality and truth. The illusive world they created is not completed, they are missing parts. The missing parts are the open spots in the mental defense and when found by events, this include situations or other persons, the owner can be hurt, sometimes badly.

Subjectivity has an important function in our defense system, our survival between the same species. Most of us never get to the point of unrevealing the illusion of subjectivity we have created but many get hurt because the illusion they created is not ready, it has weak spots. For them it is important to understand more of the concept to start building stronger defenses and repair what is lost.

When you take a pipe and runs water through it, in a normal situation what goes in will go out in the same speed on the other side. But when we narrow a part of the pipe the water is pressed through a smaller space and forcefully pressed accelerating in speed. The result on the other side is a stronger flow of water coming out. In a narrow mind the force of information is often louder and attacks the defenses harder than in an open mind. Illness, stress and circumstances narrows the mind and makes the information as an attacker of the weak spots in the mental defense system.

9

The illusion of invulnerability

How much I wish to be a hero, an invulnerable person. And who does not want to be? We all seen the movies of super **heroes** fighting those super villains. The clashes of great fighters shocking the world and blowing off the screens. It is all **illusions**. Movies and fantasy. Not more. Pity but true. Let us get back to reality.

Defense is based on here and now. When we get involved in a fight, no matter big or small, be prepared to suffer and bleed. Chance you get out unharmed are virtually zero. I had my share of beatings even in my peak period as fighter. Never expect to be a complete winner but always try to be. During any fight it is important to keep personal damage limited but apply the maximum to the opponent when you have a chance to do so.

In this book I make separations and divide violence in different categories and levels. These are all needed to understand the last chapter. Fighting, defense, getting hurt and to hurt others all have a start and an end. **To finish a fight** needs closure of the mind, a place in your memory and past. During this book I will teach you the most important lesson of fighting; understanding and mental processing of the experience. Your body takes the action, your mind the rest. Hero's and movie actors never have to face that problem.

Talk, talk, talk

Ask a bouncer, a security agent or a police officer and you hear the same story. Talk before hit. Try to persuade a person to leave, relax or sit down but first of all cool down a situation. Talking takes the heat of most situations but you have to know how to do it and apply with control.

Every person has word that creates a spontaneous reaction, we call that **trigger** words. . Some words are like fire or gas to a person initiating an explosion. These words must be avoided at all time. The problem is that the words are different from person to person.

We know from experience that family, love and children must always be addressed in a positive way. Never insult family, friends or siblings if you try to cool down a fight.

When you are not experienced in negotiating you should stick to simple questions to confuse and question a person's actions. When any person start to doubt his / her own actions you are on the right track. Doubt takes away aggression. When a person **starts** to question his/her own behavior they become insecure and aggression disappears.

What questions can you ask? The main tools are the 5W and 1H questions, helpful and useful.

- ∞ Why.....-will help to discover reasons
- ∞ When Gives you information of time
- ∞ Where important to know the place
- ∞ What the "all about" question
- ∞ Who.... Gives more information on involvement
- ∞ How.... Is important to know the development of the problem

With the use of these questions you occupy a person's decision making process and turn it into a

questioning instead. Doubt and reasoning are aggression killers which are effective at all time.

Talk, talk, talk is used to clarify that your "opponent" **needs** to talk and you listen. You kill desire and anger by information and re-routing of emotions. Your voice level need to be as low as possible and peaceful. Never show anger or fear in a voice as both can evoke a reaction of the other side. Anger is reflected by anger and fear by a will to overpower. Both circumstances we do not wish. Later on we address the issue of body language.

When people are drunk it is harder to reach them by words. Combine gentle music and monotonous words to get into their minds. The only way to reach them is in a hypnotic way, they must feel an **eagerness** to follow you. Being drunk **slows down** decision making processes, accuracy in movements and a clear thinking mind. Bad people can become worse and good people sad. Alcohol calls for a great variety of drunk behavior.

Things to avoid when using the talk/talk/talk system:

- ∞ A sexy voice
- ∞ Strong smell of something
- ∞ Too attractive clothing and jewelry
- ∞ Noisy surrounding
- ∞ Constant disturbances
- ∞ Aggressive and/or irritating remark making people

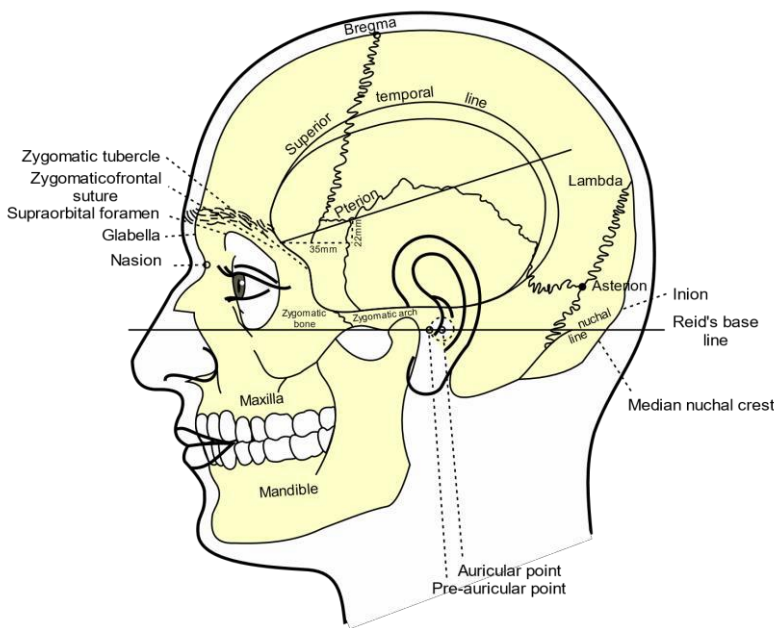
Using talk/talk/talk takes some training. We use groups to do so and record each session. It is interesting and useful to every person as the skills you learn are applicable in all kind of situations and different environments. An interesting opportunity to see your individual skills applied in a very practical way with no harm or hurt to others.

1. Chapter 2 / Your physical weapons in self-defense and how to use them

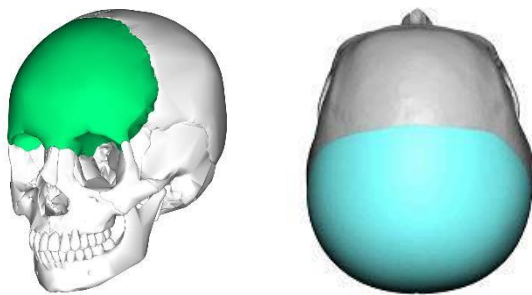
Head

Self-defense start with your head. Your first re-action on a situation is inside your head. But did you ever consider to use the same head to defend yourself? Most people rarely every do. Why not? Simply using the head is a street fight method not to be considered sportive, proper or normal. But when you need to defend yourself against any attack, do you consider that normal?

The head is build surrounded by a strong bone system. During a self-defense you only can use these parts were there are no seams.



These two parts are only located in front and at the back. Both sides are undisturbed bone parts.



The first question we get in mind is why head bumping is hardly used in fighting? Answering that question is complicated but also interesting to see the way how the human mind works.

Head bumping is considered impolite, rude, anti-social and only low class people use it. With other words when you use the head bump you are a low class person.

But is the head bump a good weapon and is it useful in a situation? To prove this point we travel to Myanmar and look into Burmese Boxing also called Bando. This is the only Martial Arts were the use of head bumping is a tradition.

When a fighter enters a close combat situation he looks for an opportunity to use the head bump on nose, eyes, ear or temple. If successful he is able to use other fighting techniques. The use of a head bump on another head has a temporary surprising, shocking effect. It is not as lasting as a result scored by hitting or kicking. But the surprising effect of a head bump is nonetheless very useful in self-defense.

Gebruiker
2017-07-15 20:07:34

- uitleg over waarom zo effectief:
- verrassingselement
 - indien je op de neus stoot gaan de ogen tranen en je ziet veel minder
 - indien je onder de kin raakt een pijn in de kaken en gebit volgt. mogelijk met de tong ertussen...

Another strong set of weapons are teeth. Using the teeth is effective, often lasting and leave long term effects on an attacker. Biting leaves marks that are as typical as your DNA. Our jaw structure is unique and the position of our teeth has a specific order. Every person who went to a dentist has a recording of his teeth. To use biting demands some bravery as you penetrate a person's skin and sometimes deeper depending the urgency of a situation. In the military this process is trained in raw meat. It takes a mental block of fear and understanding of a situation to start biting with full power and the intention not to give up.

A good bite can solve many situations especially for women. Why? Bitemarks show that the perpetrator must have been in a very close proximity to the victim. It is impossible to bit on a distance. People are scared of any biting animal for a reason. Bitemarks are bloody, hurt for a long time and nearly always leaves marks they have to explain to others.

Question: where should I bite if my attacker is holding me close ?

Answer: It depends on the position of holding (see pictures) but the best places to **bite** an attacker are:

- Hands and fingers. You disable a next attack and create long term marks.
- Underarms. A deep bit creates **dysfunctional** hands.
- Face. Impossible to most people as it leaves permanent scars. But it is the best place if you deal with a rapist or serious abuser. The **scars** are a clear markers for the police.
- Vital organs like the reproductive organs when **forced** to put them in your mouth. Bite hard and turn to create structural damage which disables the use for a long time.

All other parts of the body are covered and often not possible to penetrate due to levels of fat or skin

covering.

Shoulders

In minor defense situations the shoulders are very useful. But how useful they can be depend on your physical length. If you are short and the attacker is tall the shoulders cannot be used. Neither the other way around. Shoulders can be used in a situation of near equal length.

Shoulders have a small range of moment and cannot develop great strength. The use of them must be fast and unexpected and close by. There are only 3 directions with a maximum range of 5 to 7 centimeters. You can move to the front, back and upwards. Moving down is used in escape or evading situations. (see pictures)

Extrinsic Shoulder Muscles

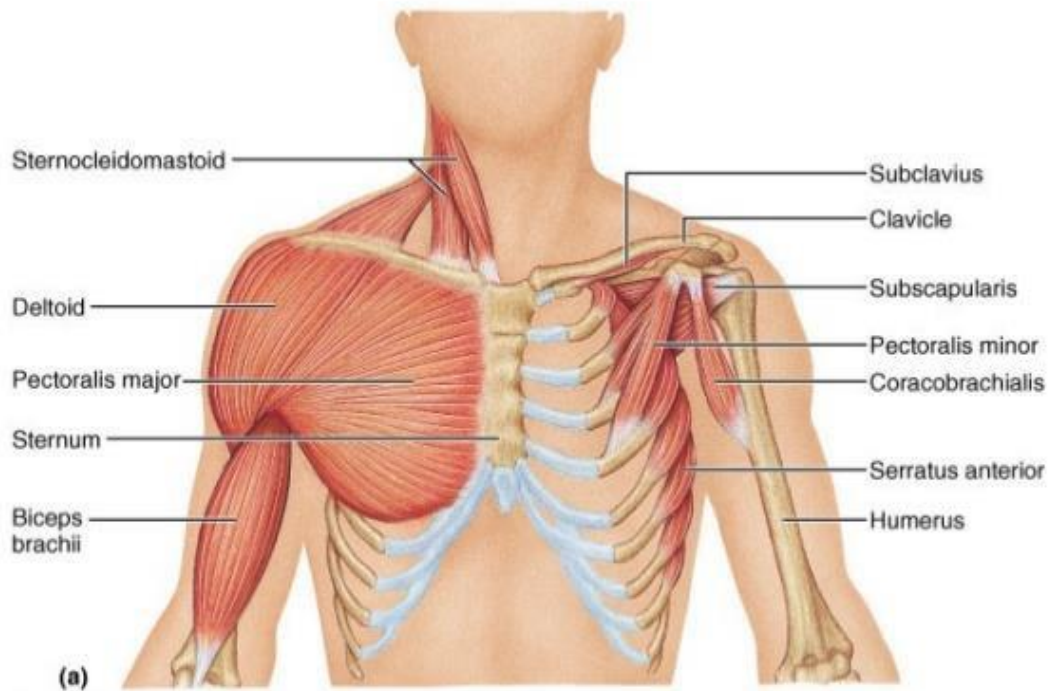



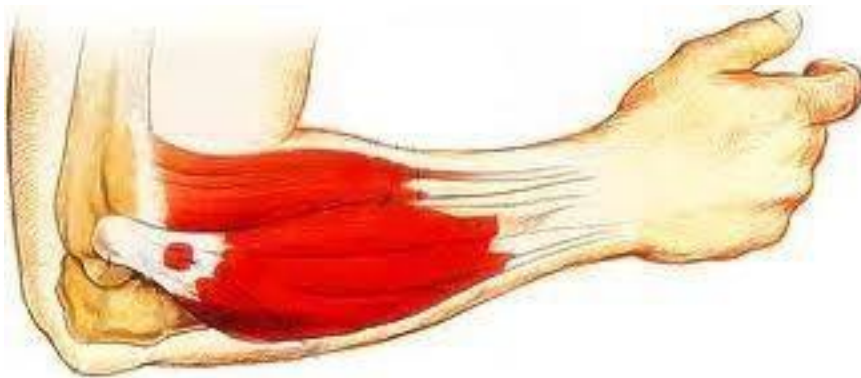
Figure 10.13a

13

Elbows

Striking elbows are one of the most effective weapons in self-defense. They are both short range but also able to create a safe range for other actions. The elbow is a solid bone structure harder than fist, shoulders or head and more powerful. 

It is possible to move the elbow in different directions (see pictures); up, down, left and right but also in a circular rotating movement and used when facing backside to the strike target. The elbow is the most flexible but also least used tool of the human body and practical to male and female with the same result.



Hands and arms

The hand is used in many different positions in self-defense but you have to train before you are able to distinguish the right position for your hands. In my street fights I did injure my hands often as while hitting with a bare hand you encounter most unexpected objects. If you target a person in a critical situation it is very likely that person tries to avoid being hit. It is possible you hit a skull, teeth, door, window, object or something else **what can** damage your hands. Expect damage while fighting, always.

The use of hands in a real dangerous situation is limited as the attacker always is focused on the moves of hands and arms. Except professional combatants everyone else expect hits with hands. Most defense systems target that reaction. Knowing this we use our hands and arms often as decoy and evasive moments while the reactions comes with other parts of the body.

But we should know the positions of the hands and its effective use (see pictures). One by one we should try them on different parts of the human body. Here in the pictures a doll is used. In the movies you can see the impact of the movement when you really use force in a situation. **(see movies)**

Gebruiker
2017-07-15 20:24:10

is het zinvol om dit soort tekeningen te maken? In de meeste films en boeken wordt de hand vaak gebruikt als wapen en wordt zwaar op de hand geslagen. In de meeste films en boeken wordt de hand vaak gebruikt als wapen en wordt zwaar op de hand geslagen. In de meeste films en boeken wordt de hand vaak gebruikt als wapen en wordt zwaar op de hand geslagen.

Gebruiker
2017-07-15 20:22:57

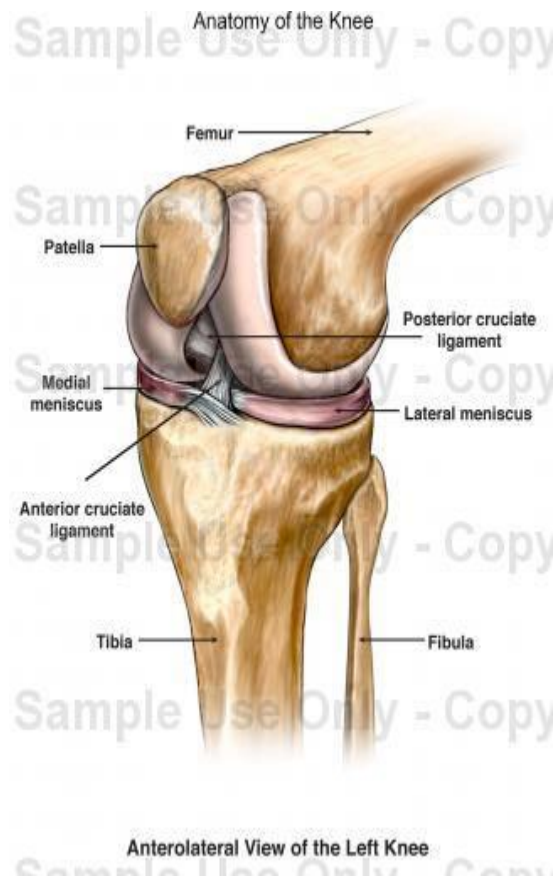
waar zijn de nagels als instrument?
- krabben op elke plek die ja kan raken
- klauwen naar elke plek die kan raken, vingers
- knippen
- zorgen voor verwondingen en vult daardoor verzamel je ook DNA onder je nagelriemen

Knees and shins

The use of knees is a typical Muay Thai move. In different martial arts we see knee strikes but only in Muay Thai they are effective. This comes **with** a reason. The use of knees demands training, knowledge of technical application and feeling. Power is a scientific proven force. In the pictures we show practical knee techniques which are easy to apply.

A shin is sensitive and only useful for the trained full contact fighter. In real combat situation the shin is sensitive and **vulnerable** to impact. To train a shin to be hard and painless takes years of hard

exercise and many injuries. For practical reasons we do not use the shin as part of the weapons in self-defense for beginners.



Heels and feet

You remember the lady who stood on your toes with her high heels? No? Sure she did not use it on purpose

If a woman in high heels shoes (consider stiletto as the ultimate) stand on your foot, you remember this for years to come, even it is accidentally. High heels are the ultimate instrument of feet self-defense. Standing in these shoes and bring them down on the foot of an attacker offer guaranteed results.

But also on basic shoes the heel can be useful. In the pictures we show some positions in which it is practical to use. The heel comes down with force and if applied well (throw your weight behind on moment of impact) the reaction give you space for more action.

Beside kicking the feet can and must both be used for sweeping. By using a sweep on the right moment you take a person off balance and concentration. When off-balance the next action can be taken. See pictures.

There is a clear difference between training and practical application. In our movies we show different ways to train on a striking pad, targets, boxing bags and with partner. All these are to assist you in development to the right state of mind. Defending yourself is a state of mind and a physical programming. It is impossible to train you in a series of lessons (say 20-30 lessons) how to defend yourself. You need basic skills, personal dedication, the will to survive and above all the eagerness to stay safe and secure.

During training we make use of all techniques Martial Arts can offer as described in other of my books, if you are interested check it out.



1. **Chapter 3** / The real targets in self-defense and what to expect

a- Eyes

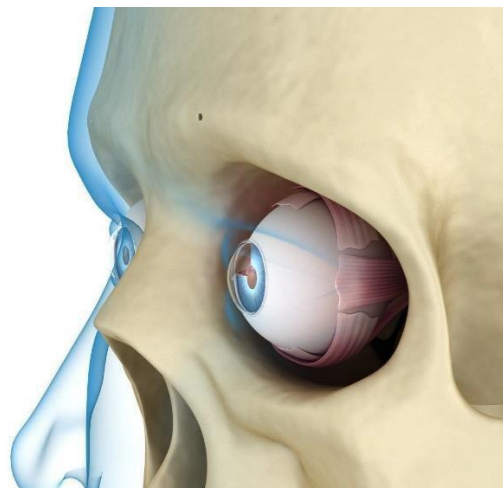
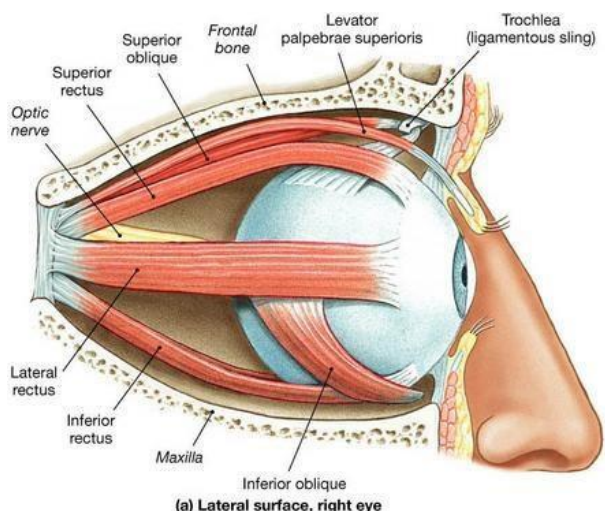
Both eyes are **vulnerable**, seemingly easy to block, hurt or even damage. A superb target in self-defense it seems. But the eyes receive no prime target place in any self-defense method. Why not?

First reason is the fact that eyes are super-fast in transferring received information into protective reactions. Eyes protect themselves at all time in every possible situation. They can open and close but also excrete fluids and make the head move in any direction, instantly.

To influence their vision we can use gas, liquid (spray) or a hard object. With irritating gas / spray we influence the chemical balance and the eye starts reacting by producing tears and an opening / closing reaction. This disturbs the attacker in his/her actions. But some specialists are trained to withstand this, like military employees, fire brigade and others.

Using a hard object demands first of all that you are able to overcome a personal fear. To use violence **toward the eye socked** demand persistence and ability to go deep. You can bump your thumbs in the eyes and get a split second reaction, surely not enough for a next move. To escape you need time. When you target the eyes prepare to go at least 5 centimeter inside the socked. Shocking deep. Imagine that. Feel your fear inside and know that you are able or not able to use this method. If the feeling of repulsive action is too strong, do not even consider to use the method. If not, use it when in danger.

Tips; hairspray in small bottles, eau de cologne with high % alcohol, refill deodorant with ammonia



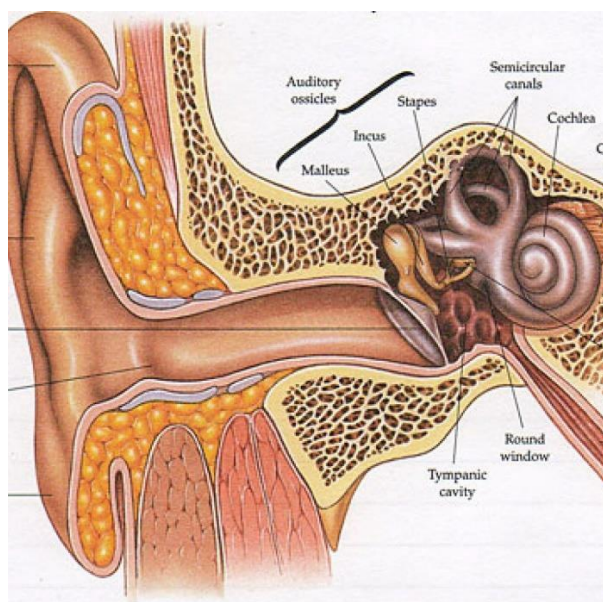
b – Ears

Ears are interesting targets and you should pay attention to them. The harm you may cause by your actions are hard to impossible to see at the outside but are surely effecting the inside.


Inside the ears are the balance organs, small very sensitive organs who can be “adjusted” by the right force. You get someone directly off balance. In the pictures (movies) we show the right application of a one and two hand defense. We advise training on a ball or other round surface to get the right “explosion” of air in the ear portal.

Sound is a temporary but effective alternative for air in a defense situation. When you are able to produce a very loud noise in a short moment the ears shut down and the attacker is disoriented for a short time. One of the best instruments is a gas air horn often used during soccer events.

17



Gebruiker
2017-07-15 20:44:08

mensen lopen niet rond met een 
meer nadruk leggen op een high pitch
sound: gillen!



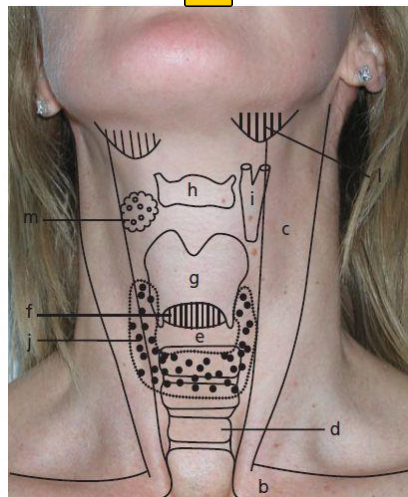
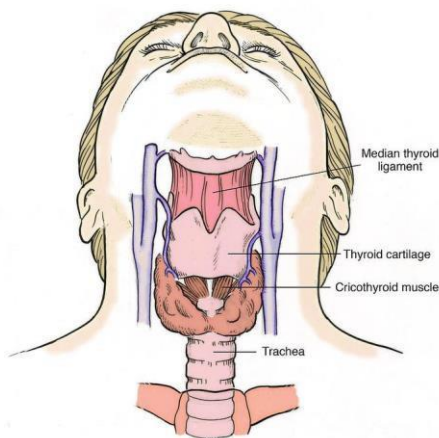
c – Throat

The throat is well protected by a strong pipe and often a chin. To penetrate the throat area can only effectively be achieved with blunt force.

Push your own throat now and feel how flexible it is. Move it from left to right and pull it out. You can see and feel how flexible. Still it is a venerable part of your body as your breathing pipe is passing through it.

When, in a self-defense situation and able to target the throat, you should know that you have to be fast and use maximum force on a minimum target, the use of knuckles is advised in this case. Other options are strangulation or hanging. See pictures

18



d- Neck and back

Most Martial Arts do not pay much or any attention at all on the benefits of an open back. Why not? Martial Arts is sport, your goal is to compete fair and **within set rules**. One of the rules is that targeting the back and neck is **prohibited**. Why do you think?

In the spine and neck run all our nerves, you can disable a person permanently if any damage is caused. In sport that is an unacceptable risk. We sport for health, not to injure others.

Gebruiker

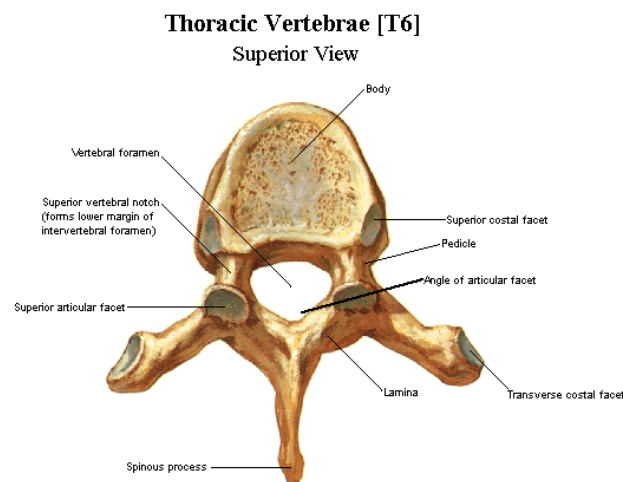
2017-07-15 20:45:37

bij een kleiner persoon de voor- en/of achterwaartse headbump naar de keel.

On the other hand we know that protecting your back is extremely difficult. Look at traditional wrestling. The most uncertain position of a wrestler is the moment someone is on his back. In MMA you see the same moves happening. Going toward the back of the opponent makes that opponent vulnerable for other attacks.

In a self-defense situation it is possible to cling on to the attackers back by using nails and legs and stay extremely close to him / her. The change to get him / her of balance is very high. This can buy you some time.

The spine is vulnerable for blunt force impact of a knee or elbow. The use of a fist is not to be advised to most people. Why not?

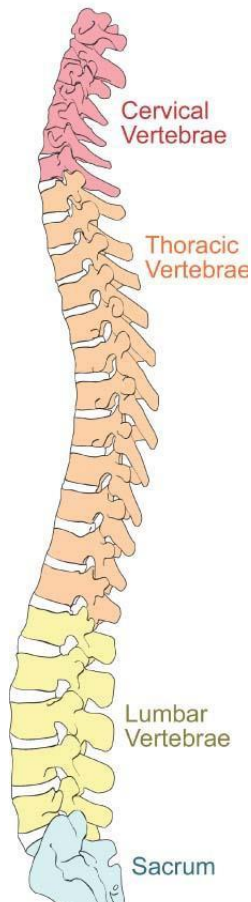


19

Look at the construction and you see a spear like bone part coming out. Your fist is built of small bones which form a strong combination when you hit a smooth surface. But this is not. The back bone vertebrate (**Spinous process**) is pointing out and small. That is why you need a strong bone surface as a knee or elbow to score effect.



Effect is only reached at some points on the back.



In the picture you can see the curve of the back bone from the neck to the hips. It looks like a soft S form.

The only real venerable place for self-defense purpose is the Thoracic Vertebra area.

This section of **vertebrae** comes close to the surface. Bringing force onto these create a bending which is against the structure.

Putting high temporary pressure (such as with a knee or elbow action) into this area can cause temporary disruption of the nerves system.

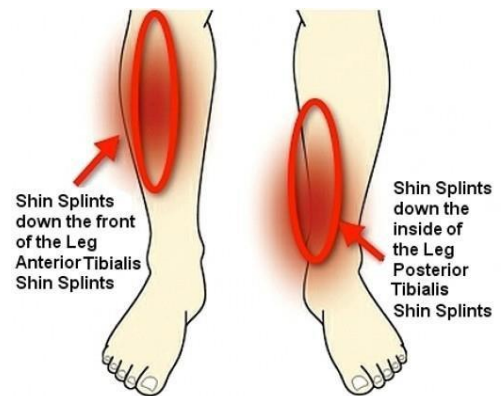
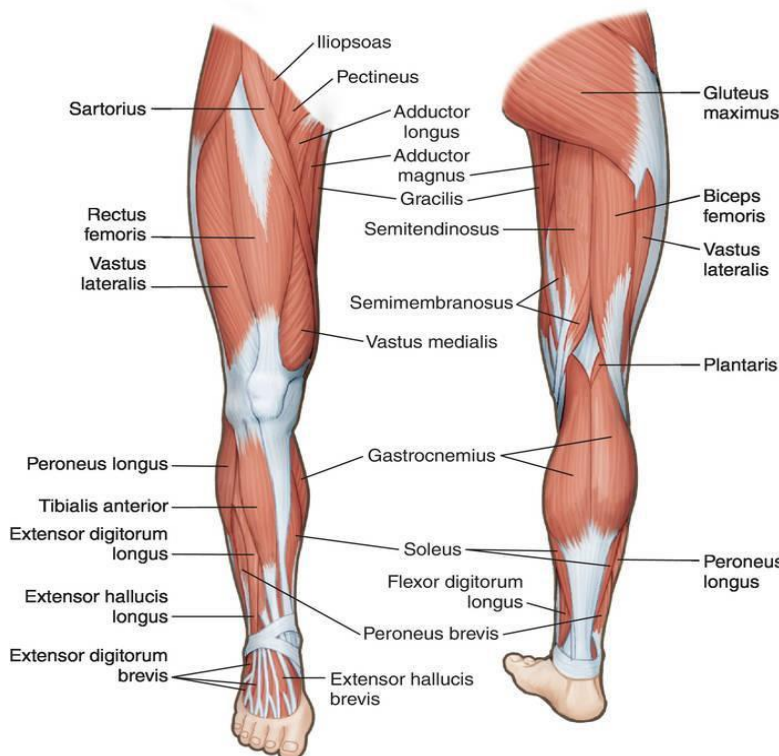
Using too much or too less force scores permanent damage or no result at all. A delicate question to ask yourself which risk you take when defending your life.

You are the defendand and may use ALL force necessary to protect yourself until you can be free of harm. If he/she was willing to attack you he/she was also willing to take the risk of getting seriously hurt. It is all in the "job" description of being a criminal.

- Running risks
- Getting hurt
- Making profit
- Doing time
- Live **shortening**
- No real family life
- Sometimes rich most time poor

- More down than ups
- Stigmatized till death

Shin and feet



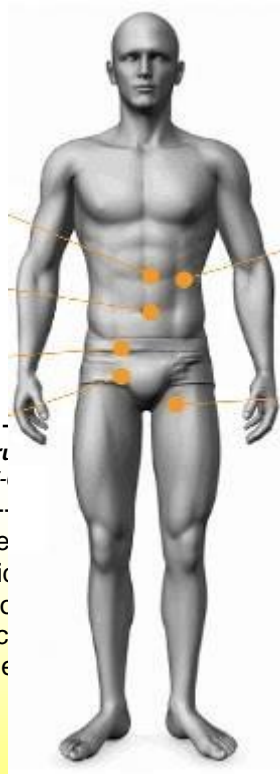
The shin is sensitive on only two places. Both places are market in red here. They are sensitive as it is "easy" to injure them. During walking, jumping and other movements the stress on these places is the highest. Continue stress creates a basic irritation which can evolve in an infection. Some people are more sensitive than others of such places, especially sport minded runners are.

The reason why these places are sensitive is that a lot of nerves cross that point and the bloodstream is passing it close to the surface. Of course my explanation is simplified for easy understanding. The best way to defend yourself is to kick with a strong pointed shoe and combine with the following technique. (pictures)

Feet are complex bone and muscle structures. Due to their complexity they are packed with nerves and blood vessels. At the same time they are at the end of the body and have the duty to return the blood upward. Back to the heart.

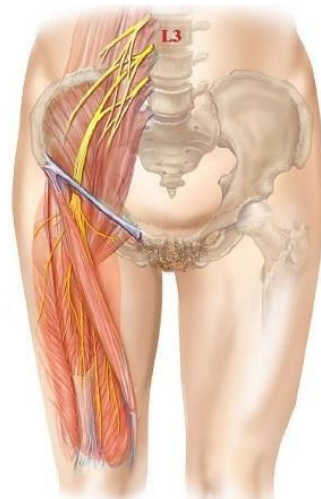
The bones are fragile and sensitive to impact. Look what happens when you drop something on your foot. That is why many security and building workers wear safety boots with metal plates on top. Feet are easily injured. In a self-defense situation you should stamp on the foot as hard as possible with the heel-side of your own foot.

F – reproductive organs



Breast, groin, genitals are sensitive in both male and female. Applying direct force on them does harm and can stop a person for a moment. But I have seen (experienced) otherwise. When I was 17 a person kicked me full power in the groin and my protection did break. My balls were as big as melons later on for weeks, finally it did not have any lasting effect. But the immediate effect was tragic. Instead of going down, as was expected, I became furious and did not obey referee or others and kept attacking the opposing fighter until he passed out.

This made me think of the effects of groin kicks in self-defense. Surely it does not work in some cases but will I be able to rely on it? Never. It is a failed concept, no safety. Due to the many self-defense courses and clubs around the world a real attacker is not going to use special groin protection. When interviewing police officers on this topic they came with different stories of victims who did injure themselves by kicking on a steel groin protector endangering themselves with the move.



Attacking females are on the rise. They often attack other females or the weaker males. In some countries it is getting worse. Females hardly ever wear protection on their genitals. Breast and underparts are not very sensitive in most women.

Sensitivity in female genitals depends on the degree of fat. With a thicker fat level the nerves are less easy to reach and feeling decreases at least a tenth fold. Female breasts of smaller size are more sensitive than bigger breasts. Some women can use them as protection bumpers.

Chapter 4 How to train for a self-defense situation?

a. Head and shoulders

Training head and shoulders for defense or attack can be done at home. Most of the training can be in the bedroom. In the related movie I show some of the moves. Let me explain here:

- Head bumping needs daring and a reasonable strong neck. Your first exercise is to do “head pressing”. Lay down on your stomach on the bed. Bring your hands behind the back. Press your head down in the mattress and try to free your mouth and nose. If your mattress is soft the move becomes very difficult.
- After trying this lift up a few times you did energize the neck muscles. Now take a pillow and use a fast headbump into it. Try to use a fast move and only the front of the head just two and a half / three fingers over the nose bridge. First try to do it without grapping the pillow and later on with grapping the pillow. (I show the moves on a doll)
- To train the shoulders we need a long pillow, preferable 30-40 cm wide and of stiff (sturdy) content. You hold the pillow with both hands and bring the shoulder toward the pillow. Try to do it as hard as possible. In the beginning it contains no power but by trying you find your unique way.
- To train your shoulders for the backward hit. You sit up in a straight chair and place the tall pillow behind you. Now you move your shoulder backward hitting the pillow as hard as possible .
- The last shoulder training is the lift. The lift is best trained by letting the arms hang down in

complete vertical position. You pull up the shoulder in an explosive reaction upwards.

Shoulders have a small range of motion and only can be used in a very close by position. Actually the attacker must be on your body to apply it. Every move must be made with explosive power as you have only few chances to apply it. This also accounts for the head bump. Train it by making the movement fast and with explosive power (see pictures and movie)

b. Arms

You use the arms for many things during a self-defense. We have to divide in the following sections.

- ❖ Punches
- ❖ Hits
- ❖ Defenses
- ❖ Pulls

In self-defense we consider the arms as one part of the “machine” . The arms consist of different weapons such as fists, elbows and underarms. To learn for typical self-defense we need to consider the difference between training in a Martial arts or preparing for a defense situation. When we train for a self-defense moment we have to focus on the right use of all instruments of the machine.

Punches are given with the knuckles of the fists (see pictures). It is important to keep a straight wrist at all time and beware of the right knuckle position when we hit the target.

Hits are given with all other parts of the hand. The inside of the hand is very useful in close combat situations and the side when we have space enough to make wide movements to hit.

The underarm is a well-known defense “weapon”. You may be “black and blue” afterwards but the blocking power is strong and needed at all time.

Pulling is an important part of the arm. We can pull when someone grabs our arm(s) but also when we catch the other person.

(PICTURES)

c. Legs

Your legs are critical in defensive movements. In defense we use the legs efficiently and effectively. When we use it must be effective and target directed. What we use is straight forward. (see pictures).

In case of strength we have to keep in mind that our legs are 10x stronger than our arms. They may be stronger but often slower. It is important you realize that defense is a game of "fast" retaliation on an attack. Speed is needed to build an advantage when being in disadvantage.

d. Other moves

Evasive moves are really important in a self-defense situation. Avoid a strike or kick when you can, do not receive it as it could damage your resistance.

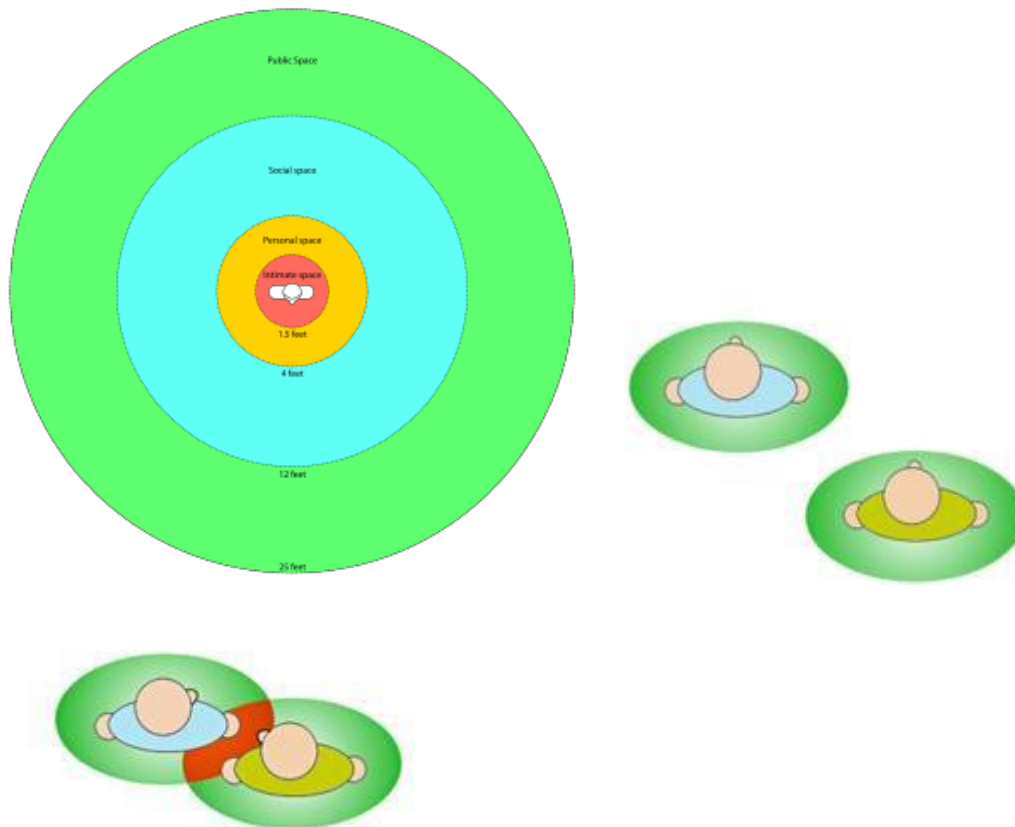
Distance is important in every situation, keeping the right distance can be the difference between living and dying. To know the right distance you have to be aware of your own reach first.

Spread your arms in front of you. Try to get as far as possible with the tip of your fingers, do so without bending over (a straight back at all time). The best way to calculate is choosing a wall or mirror. Know your personal space. Male and female spaces are different for several reasons:

- ❖ Breast size, the bigger the size the more you have to reach around them for the target
- ❖ Flexibility in joints
- ❖ Age
- ❖ Body weight and composition

Personal space is needed to feel safe. When a person enters your personal space it feel odd and when not invited it is intrusive and can be the start of more nasty things to come. Defending the personal space is your first move to freedom.

Evasive moves are steps to bring the invader out of your personal space. You can do so by stepping back, circle around or by pushing. When in public do not push directly and with force. Turn around and push while moving. Aikido has many nice moves to copy / train.



In the more general speaking we use four different zones.

1. Public zone – this is the zone we are all living in. This zone starts around 4 meters away from your body center.
2. Special zone – this is considered the entrance zone. A person entering this zone gets more attention from you. You start realizing he / she is there. The zone runs from 1,5 to 4 meters in wide.
3. Personal zone – every person entering this zone (between 75 cm – 1,5 meter) receives direct attention and you start to observe behavior. In most cases we call this the danger zone. When a person or object enters this zone you are alerted and the fight or flight emotional system starts to work.
4. Intimate zone – when a person enters within 75 cm you feel only comfortable when you know the person. If you do not know him / her the alarm bell rings loud. But when we do like the person we will feel better when he / she enters this zone.

Knowing your personal space well leaves you the opportunity to train how to defend it. You can extend the personal space with a weapon. Keep in mind that the use of a weapon also enters the space of others not intentionally but can provoke unexpected reactions.

e. Distraction,

When power is not available or not enough to defend, distraction, misguidance and illusion are the right tools. It is important to know what the attacker wants. Keep in mind the attack is nearly always after something you have or maybe able to give such as:

- Valuables, anything worth of value could be your phone or jewelry
- Sex, the attacker is horny or a rapist
- Papers / information is an increasing reason for attack

If you are able to find out what the attacker is after you are able to anticipate on that. If the goal is your valuables and you are willing / able to give them up you can throw them away as far as possible from you. The attacker needs to re-focus his/her target and take a run for it. This is only possible when dealing with one attacker **as is in** most cases. But when dealing with multiple attackers this trick does not work. For a single attacker it does not matter what and how much they get, they only seek to take and make a safe escape. Groups on the other hand want the maximum result and go for everything you have. Depending on the amount of attackers you are facing a do or die situation. Escape unharmed is hardly possible. In such cases you have few options:

- 1 / Make as much noise as possible, depending where you are someone may react
- 2 / Seek the weakest link of the group and try to take a run for it, fear gives wings
- 3 / The last option is to sit down, make yourself as small as possible and wait for what happen. Protect all your weak organs as much as you can.
- 4 / defend and cause as much harm as possible. Start this option only with a "nothing left to lose" mentality and expect to get seriously injured. When attackers see and read your fearless body language some will hesitate to commit a crime against you. Use this at your advantage. If no glimpse of change you should cause maximum hard to as many band members as possible.

When the attack is sex oriented you have more chances if you use his/her desire **as a tool** of trade and distract. Sexual explicit moves depends on your society level but somethings always work with women.

- Show a body part of desire, breast, leg, belly or behind (**buttocks**)
- When walking for escape make moves to attract the person he / she will consider it an invitation to love making
- Show object of desire which vary from pictures to sex toys (even if not your own)

Distraction serves a purpose. While using distracting you must look for defensive items such as a spray, knife, scissors or sharp / heavy objects to defend with. You distract to defend not to seduce. Seduction is the language of the fool but people who are willing to sexually attack another person's belong to that category and are dangerous. You should never take any chances with the idea that you can talk yourself out of a situation when alone with the sexual oriented person. Your chances are too small. But sexual attackers usually work alone. This gives you opportunity to defend explosively with maximum force.

An increasing group of people become victim of information theft. Papers, phones and laptops are the target. These attackers are seldom extremely violent yet. The negative side is the fact they hardly ever work alone. They use distraction, direct theft and seduction as their tools. The danger for you consist of getting harmed in the process of stealing. To avoid this:

- Never carry visible information carriers with you. Laptop should be hidden and not easily recognized as such.
- Papers should be divided in different compartments of different bags. Even when you lose one bag the story cannot be completed.
- Always have **back up** and use a key to enter the original. The key is only known by a limited amount of people of which all names are registered.

D1 **Gebruiker**
 b1 2017-07-15 23:25:21

 Nagelvijl
 schaar
 paraplu
 bus
 haarlak
 deodorantspray
 insecten /
 muggenspray
 verfsnuitbus!!!!

tools of defense. If you carry a purs
 to be used as defense such as:
 gas depending the law
 b, pencil or letter opener. It should
 to handle and no harm to yourself
 noise can help to escape but not to defend

Gebruiker
 2017-07-15 23:23:39

 a backup of your digital information and
 files
 defend

- Hidden weapons. I met a lady who did hide a knife in her vibrator, another one had a pencil gun, while one lady had a comb which could open razor sharp knives on the edges. Using a hidden weapon is never easy and in some countries **prohibited**. But carrying it around gives some sense of security, which is important.

My last distraction are smoke bombs. Due to the popularity of battle games we can find more smoke bombs available in the market. Pity enough they do not work fast but can be useful in escape situations.

Body language

The real key to any situation is the knowledge of body language. Your body is constantly communicating with the surrounding. Over 80% of all communication is through body language and not oral transfer of language.

From childhood on we learn the body language that specifically belong to our environment. This environment is silently teaching how to respond on movements of others by your own movement. Here are a few samples;

- When you say hello to a person who is out of reach for words you use different signs depending on your social class and the relation with the person
- When you come close to a person you have a specific way of greeting him or her and the way you greet that person shows the intensity of the relationship
- When you feel sad and down you start walking in a way that reflects your mood. This also happens when happy or angry.
- Your face shows clearly all emotions you are going through. Happy = smile, sad = tears, angry = eyebrows down and so on. Your face is the mirror of your "soul" is said.

Reading the body language is a profession and due to the many cultural differences it is not easy to interpret. But in self-defense we need to see signals which are always there when a person or group is going to attack or harass. You have to learn to trust on instinct reading. You know body language by nature but often will resist to the meaning and your personal reaction on it. From now on try to be more open so see and feel the responses to the others body language.

Men have the tendency to behave like "a monkey" before they attack. Shoulders get bend over to the front, the back starts a light curving, arms come to the front of the body and the head lowers a little. The body is prepared to attack. In groups you see the same behavior as members copy each other's gestures. When you respond by hanging down the shoulders, lowering your head and bend over your back it is the sign for attack. By showing a sign of fear you have already lost the battle.

Using the right body language is not easy but can help you to avoid problem situations. Most people are not aware of their body language and it is difficult to manipulate it **subconsciously**. But when you study and know how to manipulate your body language you discover that most situations can be predicted and avoided without a single act of violence.

(see pictures)

Chapter 5 - Self-defense in street situation

The street seems to differ in every city and village but it is just the surface that makes the look. On a sidewalk, no matter where ever in the world, we find the same situation. People walk with or without a goal in a certain direction. They carry things like bags in their hands or on shoulders. At most places people are in a hurry, they try to have a certain speed while walking. Most people watch were they walk to avoid others.

But sometimes it happens you meet people who are looking for a victim, it may be you? These people want something. Some are into violence and bullying others to rob innocent people. The chance to encounter violence in a city is higher than in a village.

You should know how criminals select victims. They follow a set of analyzing rules:

- Does the person walk with hanging down shoulders or bend head. It looks like a person is sad, depressed, disappointed or weak. All these signs are in body language.
- Does that person carry bags or other things of possible value. Is there something we can

Gebruiker
2017-07-16 10:01:05

makeup
welke schoenen draag je. Je kan niet
op hoge hakken

Awareness is one of the most important virtues on the street, maybe the most important. Knowing your position in the street as part of the crowd. Some people can stand out, most are the common people. A victim is often selected on the way he/she dresses, walks, carries things, direction and opportunity.

be close to the person for robbing / mocking / assault. Can we attack? Criminals look for a combination of attack and escape as they want the be worth the risk "escape". body language. Your body is telling everyone a story and interested Most do so by nature / nurture and not by conscious knowledge.

When you walk in the street you should use awareness training as a common practice (living in here and now) to follow a set of rules (to be adjusted on a personal level):

- Do I walk straight up enough, do I look fearless, having courage, being proud? (your physical position)
- Do the things I carry pull me down in motion, slow me down in movement. (external factors such as overload)
- How do my clothes stand out in the crowd? (fashion blending)
- Are my movements different from people in this surrounding? (how much is my body language different?)
- Is it dark or light? Are there places I can hide ? (Protection awareness)
- Are many shops open or closed? (Environment absorption)
- Will my skin color create any effect in this area? (Discrimination factor)

Every question is basically referring to your body language, the silent language crying out information to every good intuitive reader.

Gebruiker
2017-07-16 10:08:06

handtas voor je houden en dan van de
schouder naar de rechterzij of
viceversa. Zo geef je aan dat je in ieder
geval rekening houdt met wat kan
gebeuren en daarop voorbereid.

- B – after you did the something you really

ense method in every interaction with other persons. With the or start a fight. The easiest way to make you aware of this is to and try a set of exercises. If possible use a camera to record. imagine you walk in the street. Your own favorite shopping street. hang your shoulders down, lower your head, bend your back and every step is a problem. Can you see the reflection in the windows of these shops? How does it look? A part, go and drink a glass of water, something cool or something you really like. Take a sweet and breath 3 x deep in and exhale out. After finishing that get to a mirror. Stand up, get a straight back, lift up your breast a little and breath in deep. Lift up your chin so it is parallel or even a little higher than your shoulders. Bring your behind a little more backwards, let the back becomes a little hollow in curve. Now bring your shoulders backwards. Now you stand fearless strong. Look at yourself in the mirror. Are you proud of this person?

Exercise 2 – The street is a jungle. All buildings surrounding you can be compared to the trees in the jungle. You are living in the “concrete” jungle where the rules and laws of the city prevail. Hard and merciless rules, discriminating all what is weak and having fear. When you are in fear the jungle punish by harm, on you. Beware.

In exercise 1B we did train the effect of physical position. You going to walk in the street. Dress well, not too luxury or poor. Be neat and clean. Remember the mirror position and walk straight the road. Look at the people, not too long nor too short. Consider yourself as being behind a bullyproof glass. Smile inside and try to keep your face straight with not too much expression. Monitor your personal feelings. Do you feel secure and with more confidence?

After a few days it is time to do exercise 2A. Like in 1A you dress medium but not too well. Try to hide your eyes by hair, head of glasses depending on the time of the year. You need to observe people but they should not recognize or see your eyes. Walk in the position as mentioned, a little bend over, head and shoulders hanging and slow movement. Try to show a bad mood but at the same time observe the people reactions in the street. Stay in places you know well so it is easier to understand the reactions.

In both case I advise you to ask a friend to follow you with a camera recording the environment and people. After you did the exercises it is important to sit back and review the footage recorded. Study the reactions and try to interpret the body language. Are they looking at you? Do you think someone wants to come on to you, maybe even attack you? Are people backing up at some point or stepping aside for you and when? The reaction of others on your behavior is important for your safety. In fact you are only safe when you can calculate, predict and manipulate the reactions of others on your being.

But even when you are full of confidence, act right, walk in the right neighborhood, dress according to the situation and expectation there are moments of risk. Attackers can be in need of money, under the influence of drugs or alcohol or you step inside an argument you have no knowledge of. The street offers everything, every possibility is existing in the street. That is why we also need to have active physical understanding of how to defend.

HERE WE GET A SERIES OF SELFDEFENSE PICTURES IN STREET / SIDE WALK SITUATION

b- Being pushed into an alley

The danger of mugging is being pushed into a small space where you cannot move and have no space to run. Most alleys have a dead end. Let we analyze the situation if this happens before we tell how to react.

- People who push you into an alley can be considered very violent and dangerous
- Expect serious physical damage of life threatening nature
- Your reaction should be as violent and explosive as possible, maximum force
- Only go for vital organs as you do not get time for fair fighting
- When you see an opening to escape, run for it

The situation I sketch has not a single positive issue or light in a corner. This is serious.

Alley fighting is a specialism that is trained in / with special forces. Small spaces demand a specific application of techniques. Long range movements are dangerous as obstructions come from every side. Movements should be short, precise and accurate. But what counts for you also counts for the attacking party. If they are with more people it will limit their movements also.

Knowing you will suffer great harm must make you aware of the fact that you need to have proof who did attack you. Currently DNA is a solid evidence and trace fact. Collecting DNA must be done in a way that police can find it. Your teeth and nails are excellent instruments to collect this evidence. Use it with all power you have. Scratch and bite as hard and effective as possible. Target bare skin in face and other places knowing it can be your last deed.

Defending yourself needs specific skills. Here we show some pictures of how to apply the right moves.

HERE WE GET A SERIES OF SELFDEFENSE PICTURES

c- On a crowded street

When attacked in a crowded place you can be sure that you are surrounded by dangerous elements who support each other. Attackers in crowded places work in groups, they close you in as a potential target. Groups have a specific dynamic. These kind of robbing groups are not to create physical harm but get maximum of your **possessions**. Stealing is the goal. This leaves you two options:

- Give what they desire and leave the place as soon as possible
- Fight

The first option is the safest as being in a strange place your options are limited. But when you are in a familiar place with a strange group your chances are not much better now. In the city environment we miss the social care component and helping each other is the last people think about. Minding your own business is something common good. People do not act even they see danger happening in front of them. Most do not even call the police for help. It sounds scary but you are much more alone in a crowded city than in a deserted village.

How can you fight a group and escape? Seek a weak link. Often this is not the smallest person. Why not? This person is the most aggressive and willing to prove bravery or more. This is the most dangerous element in the group as he/she is "in" for everything. Criminal groups have a profound "prove and show" dynamic. This implies that some individuals must continue to prove their value to the group by extreme behavior to please the leader. These pleasers go through extreme length to reach that positive remark of the leader. That is their reward.

When you are alone it is easier to defend than when with others. It is impossible to calculate the reaction of the other person when you take action. When traveling with others you should discuss a safety protocol of how to behave in danger. Pity enough that rarely happens. It is well known that any attack or defense is as strong as the weakest link.

Some tips of self-defense in this situations in general are:

- Move toward buildings and if possible shops, try to escape inside a shop or open door (close it behind you and ring every possible bell) Be aware that in most cities restaurants and hotels offer minimum safety and do not take risk for non-customers.
- If near public traffic, try to get in a public traffic vehicle or get over fences to alarm guards
- For more daring people, cross a road and stand still at traffic lights. The group will become a target of the traffic. It is a dangerous and risky but often **an effective** move.

Make noise, lot of noise and as hard as possible to attract attention The more attention the more chance ~~The~~ group will leave.

- Distraction can work. Knowing these people are targeting your valuables it can be useful (if **your** products are well packed inside your bag) to throw your bag in the river. I met a man who was frequently robbed who did use this trick and had an alarm key in his pocket. When the attackers left he started to search for his bag with the use of the alarm key. The connector in the bag made sound and light for him to find it back.

HERE WE GET A SERIES OF SELFDEFENSE PICTURES

Chapter 6 – Self-defense in public transportation

Traveling in public transportation is not safe. Many people fall victim of robbery. Defense in the different forms of transportation have one thing in common: they all work in a small space. It is impossible to apply large moves or expect space to compare it with alley fighting.

During transport we encounter in every vehicle the following situation:

- Variation in speed level which directly influence the balance of power
- Small space and steel pipes for grip, support and stability
- Different people with an individual reaction on events that can vary
- A large increase of sensation seekers who record an event but not

film crew of YouTube/Youku

different moods and attitudes
intoxicated or mentally unhealthy people

deal with each other

- Beggars and musicians who ask your attention for money or interest

These are a few examples of individuals / groups you encounter while moving from place A to B with the public transport.

Violence is public transport is known all over the world. In some countries the violence is directed at controllers and ticket sales officers. These groups should receive extra training to protect themselves and the public.

a- In a practical empty vehicle

Depending on what transportation you take, each carriage has more than one entrance / exit. Instead of watching your phone you should pay attention to the surrounding for safety, especially when there is a stop. Always look who is going out but particularly observe who is coming in.

When you enter a carriage your first interest must be, who is inside and how many people. Knowing the amount, gender and distance to your destination you look for a strategic place to sit. What is a strategic place?

- You need to be able to overlook the whole carriage
- Never far from an entrance
- Never ever with your back to an entrance / exit
- Check place and distance to an emergency break
- How is your moving space (this also depend on your personal body size)
- Is there an escape to a toilet

As everywhere, awareness is more than half of your safety. Watching your phone cannot keep you safe. You have to make a choice. In a near empty vehicle you are more safe but also less safe when the wrong person / people enters the carriage.

Safety is connected with the time of the day. Evenings are less safe than during daytime. Some routes cross neighborhoods which are known for their trouble makers. Be aware of the amount of trouble makers to calculate your position and danger level.

HERE WE GET A SERIES OF SELFDEFENSE PICTURES

Gebruiker

2017-07-16 10:20:26

Have to
ivm ruzie in een relatie, vermoeidheid, s
van te laat komen, invasie van intieme
zone

every person involved

vary extremely much

not get involved. The unpaid

Gebruiker

2017-07-16 10:26:52

It makes you even more a target for
on the spot.

These are a few examples

Violence is public transport
controllers and ticket sales
and the public.

b – when the lights turn off

Depending on the surrounding light and the kind of transportation you take, light is important to your safety. Using the underground is the most difficult transportation when the light fails to work and the train comes to a standstill.

Darkness has a specific effect on people. Some of the most important effects are:

- Unawareness of distance and orientation
- Sounds suddenly change direction and distance
- Orientation is impossible which cause fear
- For some people panic and / or develop claustrophobia feelings
- Every touch is suspicious

But darkness creates opportunities for people who are living in here and now and in full awareness of the situation and environment. When someone has negative interests (rape, **raid**, molest and so on) they immediately take advantage of the situation and go **into** action. Darkness is the perfect cover for any crime and..... it will be impossible to proof afterwards.

Darkness is a perfect cover for attack. The moment darkness sets in you should turn in full defense mode at once. For prevention we have the following routine:

- Immediately change places, move away from your current spot at least one meter
- Protect vital organs and head with your bag or other hard objects
- Keep a wall in your back
- Stay small even when you are tall, decrease total body surface (reason: if someone **throws** something, if a persona starts hitting around in panic)
- Open ears and eyes and seek light (your phone?), if available use flash light

HERE WE GET A SERIES OF SELFDEFENSE PICTURES

c/ - in densely crowded place

Public **transportation** in peak hours is crazy. You are nearly smashed into vehicles with too many people and feel like sardines in a can. In these occasions there are always people who try to take advantage of the situation. Pickpocketing and physical violation are the main problems. Complains can be made but they are often too late and useless as the perpetrator hardly ever faces prosecution or otherwise gets punished.

In the beginning of my research I focused on female abuse only but was surprised that male abuse is strongly increasing in recent years. In some cases male/male abuse overshadows the male/female kind. Confronted with this I had to change tactics and application of technics to a general nature. How do you defend when confronted with a real crowded situation?

- Protect your genitals with a book, magazine, hard object or bag. Make it difficult to reach or touch. Keep in mind touching is taking place on both sides. At the front and back. Persons who are at your back can reach to the front or between the legs satisfying their own needs. On long distances it is even possible they try to penetrate your clothing leaving dirty spots behind when ready. This is a disgusting violation of your personality but **happens** all the time. Using a magazine in the trouser or skirt at the back create a distance.
- Try to turn your back always facing a hard surface such as a door, window or separation wall. Keeping an object **behind** you gives you more safety and the opportunity to focus on the front side. It is important to minimize the scope of attention to maximize your defense.

- If faced with many people try to turn your hip-side toward the person most near to you. The side of your hip has little sexual attraction. Keep arms bent over (female) breast side to minimize opportunity.
- Use your feet to push an attacker of balance all the time.
- Use bags, purses, computer cases and everything available to create distance between your body and that of others. Tokyo trains are very known for this problem.
- The use of a needle can help you to create a shock effect and manage distance between people.
- I found a person wearing a light electro static jacket that caused shocks by touching. The shocks were very light but still irritating enough to let others keep some distance.
- If in need of defense use unseen methods such as short kicks on the ankles, head bumps, elbow hits. Focus on short range explosive application of the right technique.

Public transport can be considered the highest possibility you enter into a dense crowd but there are more cases which you should consider as “dangerous” to direct personal space such as;

- In waiting lines of a festival, funpark or other place you need to wait in line
- Parties and gatherings
- Shop sale outs (maybe these are becoming ancient history)

Your first and major task is to create distance between you and people. The second is to prevent people to surround you, always try to keep a wall or other object in your back and face the crowd.

HERE WE GET A SERIES OF SELFDEFENSE PICTURES

Chapter 7 – Self-defense at home

32

Home must be your safe haven. But how many people see home as the danger where they suffer abuse, bully, molest and sometimes worse. There are numbers of home abuse such as incest, rape, caging, torture and more. For self-awareness, understand the risks world wide of domestic violence. When you understand the problem you also become aware of the people in need around you. Self-awareness opening your mind for information of others. Even when these others are in trouble from trouble by observation, assistance and direct help in need.

Gebruiker

2017-07-16 10:55:20

domination, threatening, intimidation, belittle, humiliation

the scale of the
ness start with
trouble. You can learn

WHO = World Health Organization statistics (directly taken from their database)

Key facts:

Violence against women - particularly intimate partner violence and sexual violence - are major public health problems and violations of women's human rights.

Global estimates published by WHO indicate that about 1 in 3 (35%) women worldwide have experienced either physical and/or sexual intimate partner violence or non-partner sexual violence in their lifetime.

Most of this violence is intimate partner violence. Worldwide, almost one third (30%) of women who have been in a relationship report that they have experienced some form of physical and/or sexual violence by their intimate partner in their lifetime.

Globally, as many as 38% of murders of women are committed by a male intimate partner.

Violence can negatively affect women's physical, mental, sexual and reproductive health, and may increase vulnerability to HIV.

Factors associated with increased risk of perpetration of violence include low education, child maltreatment or exposure to violence in the family, harmful use of alcohol, attitudes accepting of violence and gender inequality. (also read my books on Relationships and Drug abuse)

There is evidence from high-income settings that school-based programs may be effective in preventing relationship violence (or dating violence) among young people.

In low-income settings, strategies to increase women's economic and social empowerment, such as microfinance combined with gender equality training and community-based initiatives that address gender inequality and relationship skills, have shown some effectiveness in reducing intimate partner violence.

Scope of the problem

Population-level surveys based on reports from victims provide the most accurate estimates of the prevalence of intimate partner violence and sexual violence in non-conflict settings. The "WHO Multi-country study on women's health and domestic violence against women" (2005) in 10 mainly low- and middle-income countries found that, among women aged 15-49:

between 15% of women in Japan and 71% of women in Ethiopia reported physical and/or sexual violence by an intimate partner in their lifetime;

between 0.3–11.5% of women reported sexual violence by someone other than a partner since the age of 15 years;

the first sexual experience for many women was reported as forced – 17% of women in rural Tanzania, 24% in rural Peru, and 30% in rural Bangladesh reported that their first sexual experience was forced.

A 2013 analysis conducted by WHO with the London School of Hygiene and Tropical Medicine and the Medical Research Council, based on existing data from over 80 countries, found that worldwide, almost one third (30%) of all women who have been in a relationship have experienced physical and/or sexual violence by their intimate partner. The prevalence estimates range from 23.2% in high-income countries and 24.6% in the Western Pacific region to 37% in the WHO Eastern Mediterranean region, and 37.7% in the South-East Asia region. Furthermore, globally as many as 38% of all murders of women are committed by intimate partners. In addition to intimate partner violence, globally 7% of women report having been sexually assaulted by someone other than a partner, although data for this is more limited.

Intimate partner and sexual violence are mostly perpetrated by men against women. Child sexual abuse affects both boys and girls. International studies reveal that approximately 20% of women and 5–10% of men report being victims of sexual violence as children. Violence among young people, including dating violence, is also a major problem.

Risk factors

Factors associated with intimate partner and sexual violence occur at individual, family, community and wider society levels. Some factors are associated with being a perpetrator of violence, some are associated with experiencing violence and some are associated with both.

Risk factors for both intimate partner and sexual violence include:

- lower levels of education (perpetration of sexual violence and experience of sexual violence);
- exposure to child maltreatment (perpetration and experience);
- witnessing family violence (perpetration and experience);
- antisocial personality disorder (perpetration);
- harmful use of alcohol (perpetration and experience);
- having multiple partners or suspected by their partners of infidelity (perpetration); and
- attitudes that are accepting of violence and gender inequality (perpetration and experience).

Factors specifically associated with intimate partner violence include:

- past history of violence;
- marital discord and dissatisfaction;
- difficulties in communicating between partners.

Factors specifically associated with sexual violence perpetration include:

- beliefs in family honor and sexual purity
- ideologies of male sexual entitlement and
- weak legal sanctions for sexual violence.

The unequal position of women relative to men and the normative use of violence to resolve conflict are strongly associated with both intimate partner violence and non-partner sexual violence.

Health consequences

Intimate partner and sexual violence have serious short- and long-term physical, mental, sexual and reproductive health problems for survivors and for their children, and lead to high social and economic costs.

Violence against women can have fatal outcomes like homicide or suicide.

It can lead to injuries, with 42% of women who experience intimate partner violence reporting an injury as a consequence of this violence.

Intimate partner violence and sexual violence can lead to unintended pregnancies, induced abortions, gynaecological problems, and sexually transmitted infections, including HIV. The 2013 analysis found that women who had been physically or sexually abused were 1.5 times more likely to have a sexually transmitted infection and, in some regions, HIV, compared to women who had not experienced partner violence. They are also twice as likely to have an abortion.

Intimate partner violence in pregnancy also increases the likelihood of miscarriage, stillbirth, pre-term delivery and low birth weight babies.

These forms of violence can lead to depression, post-traumatic stress and other anxiety disorders, sleep difficulties, eating disorders, and suicide attempts. The same study found that women who have experienced intimate partner violence were almost twice as likely to experience depression

and problem drinking. The rate was even higher for women who had experienced non partner sexual violence.

Health effects can also include headaches, back pain, abdominal pain, fibromyalgia, gastrointestinal disorders, limited mobility and poor overall health.

Sexual violence, particularly during childhood, can lead to increased smoking, drug and alcohol misuse, and risky sexual behaviors in later life. It is also associated with perpetration of violence (for males) and being a victim of violence (for females).

Impact on children

Children who grow up in families where there is violence may suffer a range of behavioral and emotional disturbances. These can also be associated with perpetrating or experiencing violence later in life.

Intimate partner violence has also been associated with higher rates of infant and child mortality and morbidity (e.g. diarrhea disease, malnutrition).

Social and economic costs

The social and economic costs of intimate partner and sexual violence are enormous and have ripple effects throughout society. Women may suffer isolation, inability to work, loss of wages, lack of participation in regular activities and limited ability to care for themselves and their children.

Gebruiker
2017-07-16 10:54:42

pedophilia

- Addiction with one of the family members (alcohol / drugs / gambling)
- Mental disorder with one or more family member(s) with violent tendencies
- Financial problems

These are the main reasons why people get violent. But we discovered some more terrible and hard to understand:

- Gender oppression. The victims are nearly always girls and women
- Cultural oppression. People are forced in to specific cultural practices
- Religious practice. Some religions legitimate violence against each other and especially females.



Self-defense at home is very complex. The place you should be safe is the place and the other way around. Communication and actual defense are the only way. Staying in a victim role is like a never ending circle. But to escape needs courage and most of all a feeling it must end forever.

To most people it is an emotional roller coaster they face the moment they must break the circle and take action. In this book I constantly remind you on awareness acts of awareness should be on home abuse situations. If you are on the safe

Gebruiker
2017-07-16 10:48:58

homosexuality
is/her
or otherwise)
tendencies

others which are even

Gebruiker
2017-07-16 10:50:42

arranged marriages
a safe escape route

make the decision to
ness. One of the first
side it does not mean

your friend, family members or even college are. Open your eyes, communicate with each other and do not stop asking questions when you consider something suspicious.

Being aware is important but you also should know that registration of what is going on behind the front door is a first step. Police and social services are overloaded to assist. Not even in worst case scenario events. Do not blame the always a way if you never give up. Do not expect authorities to step come from your side and of people willing to help you. By commun to solutions. Never expect fast reactions or solutions. The road to a hurdles. But connect with the writer of this book and he will connect anonymous others in the same position. There are Wechat, whatsapp groups available to support you.



a- reaction to verbal bullying

Chinese have the tendency to be extremely good in verbally bullying others. Parents know how to constantly push, humiliate and negatively comment on others. Especially their own children. Most parents demand the best results even if their child is not able to do so. Being superior, unique, highly educated, special, intelligent, beautiful and talented is expected from nearly every school going child. A ridiculous and unrealistic view of mankind.

EMOTIONAL ABUSE	
<i>Examples</i>	
Being invasive	Ignoring
Belittling through comments or sarcasm	Innuendos
Brow-beating	Isolating
Bullying	Intimidating
Confinement in dark places (unlit rooms, cupboards, closets)	Manipulating
Constantly criticising	Mortifying
Controlling	Name-calling
Demeaning	Rejecting
Harassing	Ridiculing
Humiliating	Scapegoating
	Screaming and raging
	Silent treatment
	Verbally assaulting

There is only less than 10% of the total population who should receive top-education but in China it is nearly 30-50%. That is much too high. Children are stressed and pushed 24/7 to get the best possible result. Do they understand what they learn? Not at all. They work through recognizing, memory and repetition to get the best possible result.

But parents do not accept this easily. Their child is unique, special and gives them face. Yes exactly it all comes down to that. Face... Their child is not a human being with a specific personality but a tool in their chess game of life with neighbors, friends and relatives. The child is a pion in the "face" game. But what if the "pion" is not able to live up to the demanded standards? It needs some encouragement. In general Chinese only know "negative stimulation tactics" as they have been confronted with that all their own lives. It is a method now (yes, just now as exactly the same methods were used in the West in the past) proven to be bad for mental health and is counter effective. But when it starts it will not stop.

The problem of verbal abuse is the intensity and continuity. Abuse does not feel as abuse to the perpetrator. They are not aware of the harm they do to the victim. Most of the time they are not aware even of the intensity of their words, the content and the effect. Words can become swords,

knives but start as needles. Like acupuncture uses sensitive points in the body, words seek these points in the brain. When we put a needle in the same spot every day that place becomes irritated. This irritation increases into infection, **swearing to** become an open wound which effects all surrounding tissue. That is exactly what words can do to a person. **Scar and scare** them for life.

Defense on verbal bullying is not easy as you have to build an armored soul **which create** a distance. Verbal abuse is targeted to your core principles of being loved, respected, appreciated **and** human. The words try to -de-humanize and cut down your personality. They try to break you down, make you venerable and weak. Each word must have effect. The effect makes the abuser happy and satisfied. This is what we wish to avoid as a happy person will continue the same satisfying behavior.

Building an armored soul takes practice and most of all self-respect and confidence. The first step is to **recognize that** words are words. It is a noise carried by air , nothing more. The meaning of a word is

formed by the receiver not the sender. But we do not want to receive these words. How can we avoid them?

The second step is refusing to be a receiver. From now on you do not want to receive any of those negative words even shouted or screamed at you. To you they are air filled with noise without any meaning. Instead of hearing the words (insult) you compose a tune, song or music of the sound behind these words. Play with tone, sound, speed and combine if more people say things at same time. Cut out words , leave the sound flying around.

Step three is making sounds from sounds. This is a more difficult process as it only plays in your mind and takes creativity. Bullying takes place in certain frequencies, places and circumstances. It is a routine for the abuser, they are often addicted to their own behavior. We cannot fully blame them anymore it has become a habit. But the sound of the words have a rhythm which is specific for that person. Grasp the rhythm and you can connect it with a music instrument. Add other instruments to the sound and you get music. This way the abuser scores no effect at all with any of its words. You have neutralized the disaster and made something positive out of it.

Option 2 is finding alternatives outside the house. Currently many people run into dating and alternative activities. Being at home is the last they wish. Escape the torture zone is important. During my research of other books I discovered a lot of women trying to escape by dating outside the box. Due to the complexity of Chinese dating society many women become daters at foreign websites expecting to meet better people. Often they run into the same or worse problems.

Seeking a solution outside is possible but you should **first** focus on the cause of your problem. Bullying is loading your head with negative energy and that is something you need to be relieved from. Hunting goals such as love or sex affairs does not solve the core problem. The best way to do is to find likeminded people to share your faith with. Talking and sharing is a relieve of burden bigger than most people expect. It works much better than finding love affairs, going out or spending time just for the waste of time. Give live and future a chance and share with people in the same situation.

Verbal abuse comes in many different ways. Children and women are the majority of victims. These are also the groups with the lowest defense abilities and venerable to the verbal attacks of people they love most. Protection is needed by third parties to start with. When you encounter a person suffering from any such kind of abuse start with training them. Educate in systematic sound change, talk to them about the content and most sensitive parts of the bullying and most of all give them an ear to express their thoughts, emotions and anger. I use Martial Arts to give them a way **to** relieve anger and frustrations and at the same time the sounds of rhythm ~~which to use~~ to channel the words of attack.

b- What is considered physical abuse and how to respond

Worldwide there is a discussion what we consider physical abuse and what is correction force. To bring this **in** the right perspective I would like to use one statement of my mother:

“Never hit a child in anger, if you hit to correct do so in full mind, knowing and controlling the intensity of power and controlling the impact. Hit to correct is hit to shock, not to hurt. “

It is important to draw a clear line. To hit a child or adult in the family must have a good reason and only occurs rarely. **When the rare moment happens** you have crossed a line already.

But what is physical abuse? We must consider every physical contact with the reason to hurt the other person without the consent of that person a violent action. If a person gives permission to be hit or otherwise hurt this is called sexual activity. This is out of topic in this book.

Abuse is to receive violence of any kind without permission. Children never give permission as they do not understand the reason of punishment. With children we look at the intensity of the “violence”, the frequency and reasons. Hereby we look at local morals, customs and traditions, moral and mental behavior of the child and parent.

In many families it is unclear where punishment ends and abuse starts. To avoid this the Swedish government decided to make all “family violence” unlawful and gave children the right of report to police, teachers or other officials. Children got the right to maximum protection for physical violence. But if this really is successful is still to be seen.

Abuse is frequent force with the intention to hurt and **it is not** correct. Most abusers demand a power position. They humiliate to feel better, state their position. They want to reach a goal. Power is a part of that. Most abusers get a good feeling while abusing but a bad feeling later on when they realized what they did. It is a complex emotional imbalance which causes many to be extremely friendly after an abuse to the person they abused which has a very confusing effect on the victim.

There is a biochemical explanation of what is happening. Often the serotonin levels of the abuser

Gebruiker

2017-07-16 11:17:20

wat steeds meer voorkomt is geweld
aanleiding van financiële situaties,
depressies en oververmoeidheid
(werkstress en sociale stress).

- A Partners, lovers or friends
- B Family members, from close

The biggest difference between

Group A people have the opportunity,

Group B can hardly ever escape from an abuser and

is caught or stays trapped in the family net

low. During the high serotonin time the abuser is fine and
tonin time they become depressive, aggressive and oppressive
unpredictable. Their attitude can change a 180 degree. Often it also



to create response. But physical abuse is incredible intrusive on an
differentiate two groups of victims:

close to distant relatives

both groups is the distance between abuser and victim.

possibility and a way to escape from the abuser.

is caught or stays trapped in the family net

Gebruiker

2017-07-16 11:20:05

wettelijk zijn er weinig mogelijkheden om
iemand gedwongen op te nemen, zeker
in familie omstandigheden.

But to most people the idea of becoming stronger than the abuser is a fantasy, not realistic. Leaving
only defensive options open. Most
behavior pattern which predict aggression
situations. Incest is the worst of all

and yourself to physical abuse is to become stronger, faster or
you can overpower the abuser you take away the source but always
take another target as it never stops. Here we come to the core of the
thing when not treated professionally. To stop abuse an abuser must
program. That is the only way to stop it.



becoming stronger than the abuser is a fantasy, not realistic. Leaving
only defensive options open. Most
behavior pattern which predict aggression
situations. Incest is the worst of all
but this mainly takes place when children are still in their teens or
younger.

Fighting back is a start of another abusive cycle. The problem here is that **the** abused becomes
abuser and often **even** been more destructive than the abuser was before. Using pure defensive
techniques (yes, they may hurt the abuser) without (counter) attack take away the main target of
the abuser “power” over you. To neutralize force and bent it over is an option that will help you as
individual, not the house. Abuse takes place in secrecy, people do not talk about it. Abusers count on
face-keeping, shaming and blaming and the every pointing finger of strangers and gossip. In most
society this is an outside weapon keeping the family in line and the abuser in power.

Now you are introduced to numbers (30 % women suffering from abuse) it is no longer an individual problem but a massive social one. You should seek and find likeminded people in your direct neighborhood as first step to normalizing, no matter your age or gender. Open up and talk. Join a club. Train Martial Arts. Become a defender and unite, you are not alone, never!

c- Rape situation at home

We all prefer not to think of it but it is happening every day all around the world. Children of months old become victim of the sick minds of rapist and child molesters who have no scrupulous but driven by desire. An incest rapist is the lowest of all kind. In jails they are treated with the disgust and often are the target of other inmates. In some countries they get a special warden to be jailed in. Children can hardly ever defend themselves and we should beware of the signs they give that something is going wrong. We focus on rape situations on adults in this book. But if you know a rape situation in your neighborhood, never stop fighting before the perpetrator "hangs".

Gebruiker

2017-07-16 11:30:10

De meeste vrouwen doen geen afsluit
schaamte, uit liefde en ze willen het
niet nog eens terug beleven als ze het
moeten vertellen.

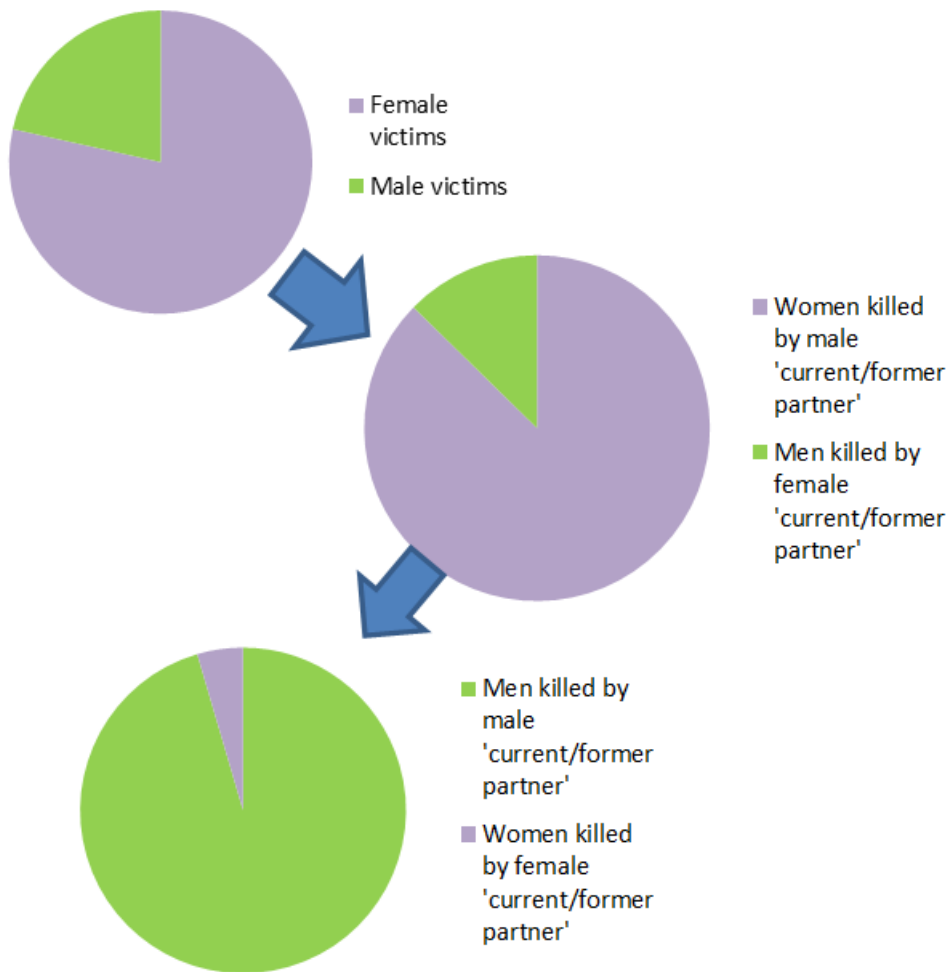
The problem with rapist at home
often even a secret to some or most
suspect what is going on but do not
tolerance and denial are the main

are in need of fear and power. Most rapist kick on the power given
more important than their victim and love the fear of them. Part of
act they see the fear in the eyes of the person they rape. Fear is
by rape with threats of live and death, they act like being in charge of
re.

is that behind the front door so little comes out. Family secrets are
most of the family members. They look the other way. Often they
not want to be confronted with reality. Silence or ignorance,
causes that rapist can go on for years. The situation continues with
silent consent which gives most rapist the power they need.

With inhouse raping the behavior of the rapist slowly becomes more extreme. **Where** first the satisfaction is with one victim often it will turn to other members of the family. If the perpetrator is the father of the family often the mother does not receive any sexual advances anymore and is left "dry" without a way open for her to escape the situation. Mothers feel responsible for the existing situation. They do not dare to leave the house in fear for worse to come. Even by doing nothing they think they are protecting the interest of their child. Which by no means is true. A mother who let a situation of rape occur in her house with her children (**or adopted or Fostered**) is responsible for not doing anything. She is fully responsible for the faith and disaster of the child **even if** she does not take part in the actions she is facilitating them by not doing anything.

In many countries going to the police is not an option. Most police are male and they do not accept that a father hurt their children in a sexual way. Partly it is macho denial, partly it is the follow up of an arrest and preparation for a court case. It is very complicated to explain why police makes it so difficult to report officially about child abuse but we guess it is due to the difficulties facing a charge and conviction of a rapist and other sexual crimes. On the other hand due to the police behavior victims do not dare to report as they have and feel no protection against the rapist. Police is a major factor why situations like this can continue to exist. In Western countries the "social" workers turn a blind eye to the signs of abuse and rape unless the person has the knowledge and interest in the case. Pity enough even in the social care many children have been killed by **(Steph or foster)** parents.



The problem of self-protection is the fact that most of the victims are under age. They are depended financially and socially on their abuser. Another reason is these form of abuses take years before coming out if ever. The victim is scared for life and often not able to have proper sexual relationships after the events. Pity enough there is only one advise which is against the law and has a devastating impact on all lives involved; the victim must defend with lethal weapons and try to cause maximum harm to the rapist. This will alarm police and all other services but the damage caused by this action is live changing but releasing the victim from its burden but often starting another.

Rape also can take place within a marriage were the status quo has become no sexual acts. Husband and wife have "agreed" to have no sexual intercourse any more but suddenly the male penetrates the woman without her consent. This is also a rape but not possible to report as according to all social values a husband is allowed to have sex with his wife even against her will. This is a case were self-defense is needed. The woman should use all methods of the book to defend herself and directly leave the house to seek her own private space. Fact is that situations like this often happen. When a male and female no longer can find solutions for their personal problems they should leave each other, if even for a period of cool down.

Do I have a solution? In many cases I can assist to a way out but there are no general rules. Each solution depends on the family, environment and social class. The higher the social class the less chance the perpetrator can get away with it. But "high class" individuals use "child prostitutes" which is also worse. Sex with minors and unwilling people still seems to attract a lot of strange individuals but society should not wait, step back or comfort it. We all should be aware and help the person's in need to escape the situation and punish the perpetrators. That is our task.

Silence is the blanket to cover these bad deeds. Lift the blanket and expose the bad whenever you can.

Staying with family you do not trust

Family should be a safe place to go to. But often it is not. Good looking children and adults are often victims of the hands of family. Unwanted touching, hugging, strokes or even more are just a part of the troubles you can face with family members. The problem is to stick within borders of good and accepted behavior.

What is good behavior? Most people are not aware what is considered proper and accepted behavior and what is not. Show your limitations and control bad / not accepted behavior clearly:

- ✓ A family member should kiss you at the cheek or forehead, never on the lips
- ✓ A hug is a short hold of a few seconds. During this hug no vital / sexual parts must be touched (if so react clearly)
- ✓ During any hug it is not allowed to feel a stiff or wet male/female organ against your body
- ✓ Touching of breast and between the legs are never allowed, under NO circumstances
- ✓ Massage of neck and shoulders or other places are only allowed with consensus and within the area permitted by the person receiving the massage
- ✓ Sitting on **laps** is "no do" between adults
- ✓ Sleeping of mixed genders is preferred not to take place in the same room
- ✓ In case this cannot be avoided, each wear proper covering sleep dress
- ✓ Use of bath places not in a mixed gender situation
- ✓ Eating and drinking not from same dish or cup
- ✓ No sharing of clothing unless same gender and no physical desires occur
- ✓

What is the moment you cannot trust family members? When they cross the rule lines as mentioned here you have a serious trust problem. Trust and security is the first step of dignity and honor within a family. If there is no trust your family is worse than the enemy. They are closer and know more of you than any of your opponents which makes them more dangerous in every situation. Beware.

But in any case you are **forced** to stay with people you do not trust, what can you do? Read the rules again and see if you are able to avoid any of such situations. The main problem to face is touching. When people start to touch they will move on to sensitive parts and when you do not respond clearly with limitations they will continue until they start crossing every border. When this happens you are lost as to them you have given permission to continue. It is **important** that children are trained at a young age what is proper and what is not. Explain a child borders by stories and tales. It is very important

That children know limitations and borders in behavior at a very young age to protect and decide.

Some children do not have a strong mentality and are easily misguided. This is in their character and hard to change. To them you should create an "instrument" of warning. Teach them the borders and limitation and hand them a tool to express. This can be an app on the phone or a noise making object to carry around to alarm others. If they cannot make the decision, others must do so for them. But teach them how to alarm others.

a. Being forced to stay in one place with other people

Going out for camping, being part of school events and traveling in public travel for a long journey. These are some examples you meet in life where you have to share public space with strangers. Sometimes you are confronted with a situation like that in an even more personal / private position such as a sleeper train where you all sleep in the night in the same carriage.

Awareness and observation are the main tools of safety as mentioned many times before. Sleeping

or occupying the same space with strangers must alarm you to seek first likeminded / gender persons and second protect valuables you need the rest of the journey. Keep money and ID papers on your body even it will stick and does not feel good. Protecting it is priority for survival.

When you are alone in such situation it is important to face the "crowd" at any time possible. Store your luggage in a corner protected by at least two walls and keep one wall in your back when moving around. Between you and the wall there should be no other person. Protecting your back has a safety precaution you should always take. The reason is that you can never protect your back when being attacked in front. Divided attention is no attention and often is equal to defeat.

If you are with more persons try to keep the same behavior and divide sleeping between each other one is on guard at all time safe guarding the others. Travel nothing to do with each other. It is considered safety and security and the minimum do not only secure yourself from other human beings there are many more factors of danger while traveling or staying in one place with more people.

Samples ;

- ✓ Danger of fire breakout
- ✓ Flooding of water
- ✓ Animal treats
- ✓ Food poisoning

Other people have other behavior that may not suit you. A good sample is smoking or drinking in public. In many countries it is still a normal custom to do so. Understanding local customs helps to accept differences and be ok with it. Traveling is based on flexibility and you should always give people the benefit of doubt unless they come close and cross your personal security borders. No matter what and what you are, make clear that crossing the border is not accepted. Always do so with a firm body language and a big smile on your face. Be polite, aggressive (in body language) and clear but keep a smiling face no matter what happens.

In travelling it is important to carry equipment used for survival and protection. Keep these products on you. In any case it is important to have these things at hand when something suddenly happens.

Starting a search for these useful items is a disaster and failure in moments of stress and need. You better put it unused aside at the end of the journey than being on hands at moments of need.

Abuse during a party

Parties are the place to be abused but it does not say that there is abuse on every party. Do not get scared, just be aware. Many women remember their encounters with men and other women ending in touching and other deep adventures. Keep in mind that every person reacts differently at a party then they do in "normal" life. Parties bring out the best and worst in people especially when alcohol and (party) drugs are involved.

Parties are the best place to pick up a girl or boy. Some want and go to be connected others have to be persuaded. The persuasion is not always with words or good behavior. Let me name a few ways how girls and boys unwillingly do what ordered and later brings the sorrow and pain.

- Alcoholic drinks, limitations must be kept. If you do not keep control over your consumption, you lose control and responsibility. Waking up hours later in a strange place under or on top of someone is not the first thing you would like to remember of your night out.
- Drug use. Many people use stimulating drugs for dance or extravagant behavior. The problem is the combination with alcohol, medication or other drugs can have mind blowing effects leaving you conscious or not knowing what you do anymore. In recent years a lot of fake "XTC" chemical drugs got on the market with deathly effect. Statistics proof around 1 – 10 people die at each large size party due to this.

Gebruiker

2017-07-16 11:43:48

voorbeelden toevoegen

minimizing of risks. You

factors of danger while

- A combination of drugs & alcohol. Often a serious dangerous combination surely when you are not aware of it. Many people got drugged by (for instance) GMBH and later found themselves back naked, raped or otherwise in a way they would never have chosen freely. Keep in mind there is no after care for you when found like this as all will blame it onto your own mistake.
- Gas. some people are gas-trippers but even you are not it can be dangerous when these people are close to you while using. Gas is non-discriminating when used in small closed spaces all people in the surrounding can be affected by it. Be aware of your surroundings.

During dance events it can be real busy. People dance in extra ordinary ways and can act strangely. I was at a party and one guy could not keep his hands of a girl while so called busy dancing he was touching her all the time at every part of her body. She made clear to the guy that she did not like it but he did not listen at all and continued his behavior. We kindly removed him from the dancefloor and placed him in a cool tank where he showed signs of severe drug abuse.

How can you defend yourself against these abuses and problems? These tips are general and do not promote any form of drug or alcohol abuse in any way. I use to work around 30 years with all kind of addictions (see my book on this topic) and have seen only positive sides when a person treated by professionals and never in a “party” like situation.

- If you want to take any “pill” for stimulation be sure that you buy it by a known dealer, someone who can be traced in case something goes wrong. Never buy new pills that has no history or you have no experience with.
- Your first time of use should be in a safe situation such as a home party. Start with a minimum doses and never increase when not working at once. Keep in mind every drug need time to become effective. Sometimes more than an hour. Taking more in a short time can cause a lethal doses.
- If you have a glass or bottle of liquid never ever leave it out of your sight. The most safe way is to drink and carry it around with your hand covering the opening. In the past many people got drugged by products in their drinks. When someone sees your unattended drink you will be the next victim.
- Dancing is nice and sometimes you cannot avoid to be touched by others. As long as these touches are unintended you have to accept it. Dancing is a physical and flexible movement. But when dancing on densely crowded places the touching can become intimate and in the heat of a festival / party some people let go all limitations and become “all over you”. At such moments you should move away at once and do not let the person come closer. Seek assistance of security as that is their job. Do not go into a fight as that can have devastating effects such as panic of the crowd.
- Going to festivals and parties is fun but try to go in groups. It is important to go with people you know for many reasons and one is safety. It is not good to go to large festivals or parties alone. I strongly disapprove with individuality at festivals especially for girls / women.
- Set a time keeping to meet record between the people of your group. Let each have at least every 15 minutes have contact with the others even if just by phone. The connection is a safeguard that one is neither drugged or taken from the area.
- Carry hard plastic protection and defense material that does not look like a weapons on your body at all time. Some samples are shown here in the **PICTURES**

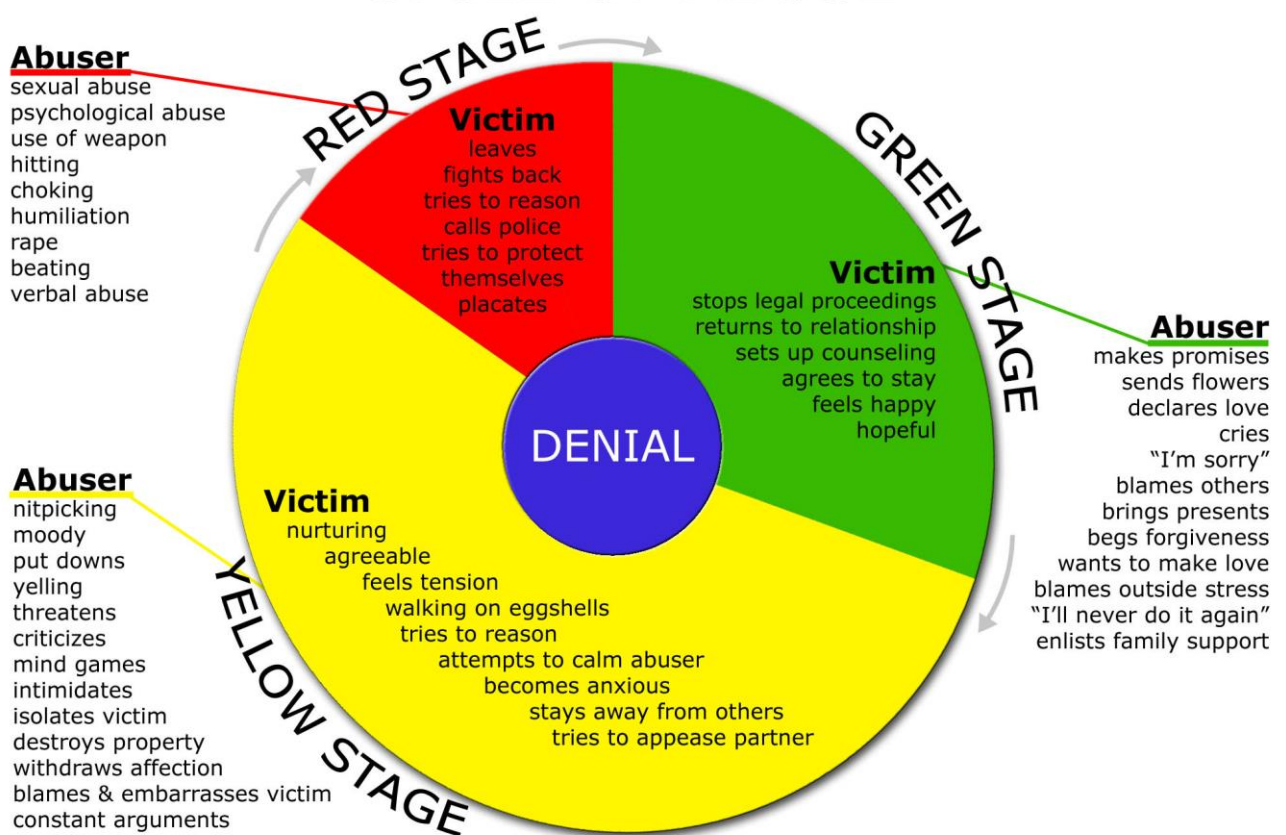
Chapter 8 - Self-defense in office

How to decorate your desk

Depending on your function most people have a desk often with a separation wall between your place and that of your colleague. Decorating your desk in the right way helps you in self-protection.

Follow the checklist and after that move on:

CYCLE OF ABUSE



Teens Experiencing Abusive Relationships (TEAR)

- ✚ Place a small mirror (s) on the left and right wall of your booth.
- ✚ Place two small mirrors next (if possible a little higher) to your computer screen on the wall
- ✚ Make a docking station for your phone on the left or right side of your screen depending if you are left or right handed. The docking station should be within your reach so you can activate the phone when needed.
- ✚ Have enough writing and drawing material within reach.
- ✚ Do not use fluffy bears or other toys on your desk, it may seem girly but it is also dangerous
- ✚ Place bags under the table if that part is closed. If the underpart of your table is open you can use clothing to close it (use cold air or other reasons) or get a safe. Your bag contains personal items of value which never can be trusted in the hands of college.
- ✚ Lock your desk drawer at all time.

- ✚ Never leave valuables on your desk nor important papers (you are not the first victim of company spying without knowing anything than remembering you left the papers on your desk).

Most people have trouble in the office while seated. Your first part of protection is awareness. All the mirrors mentioned are to protect you from unwanted visitors from behind. They can alarm you at any moment if an abuser is coming close. When you see him/her coming it is possible to stand up and move out of the way. This at least saves you a confrontation.

The position of your mobile phone is used to record an abusers behavior. If the person comes close to you, touch you or do other things you record this and can place it on the net as soon as possible with links to his/her superiors. When this kind of behavior happens often and more people start to record the abuser will probably lose his / her position. You are in the age of recorded proof. Use it.

Writing and drawing materials are needed to keep notes of idea's and situation in the office. When anything crosses your mind you should note it at once. Notes can be very helpful at meetings and progress in your job. But pencils and notebooks are also very useful in self-defense situations. A strong pencil can be used as a defense weapon for stabbing in emergency and the notebook is used to hit unwanted physical encounters such as touching or hitting.

Having lots of other decorations on your desk disturb your work and can be dangerous in case of fire or another problem. You are not the first who severely get burned of her own fluffy lovely dolls. These kind of tools are raging fire balls when catching fire. Be aware. On the other side these products are also often the target or the material of practical jokes with the goal to fool you or humiliate you in front of others. Keep a clean neat desk at all time.

44

Effects of Verbal Abuse*

Verbal abuse is strongly associated with:

- *chronic pain
- *migraine and frequent headaches
- *stammering
- *ulcers, spastic colon
- *frequent indigestion, diarrhea, or constipation
- *many stress-related heart conditions

adapted from healthyplace.com

The psychological effects of verbal abuse include:

- *fear and anxiety
- *depression
- *stress and PTSD
- *intrusive memories
- *memory gap disorders
- *sleep or eating problems
- *hyper-vigilance and exaggerated startle responses
- *irritability, anger issues
- *alcohol and drug abuse
- *suicide
- *self-harm
- *assaultive behaviors

parentingchildrenandteenswithanxietydepressionandptsd

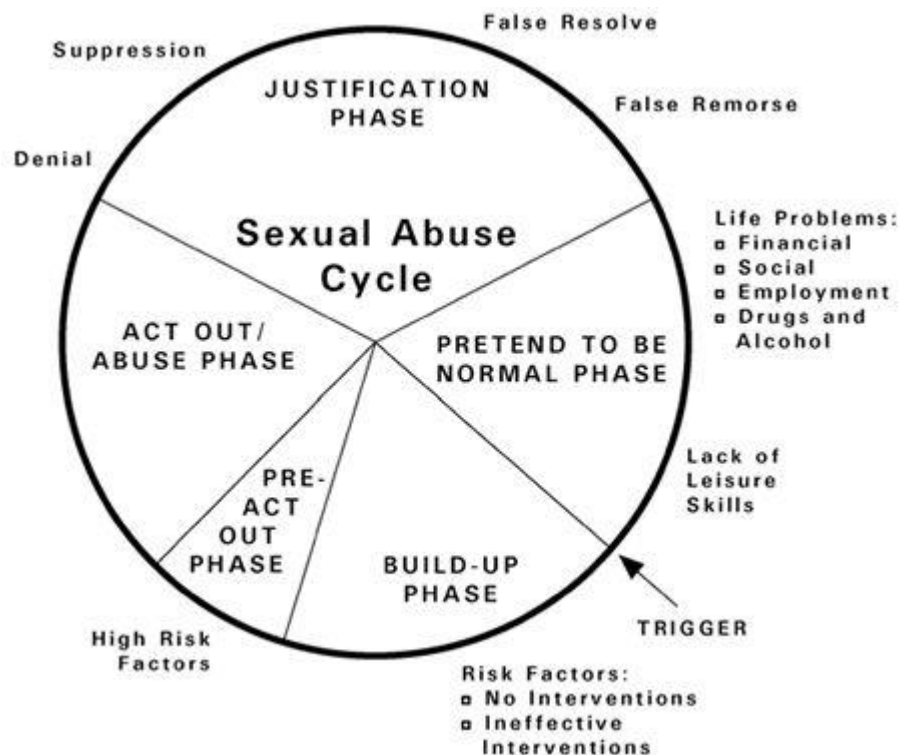
Physical abuse of colleague

A touch, nice stroke over your arm, some pulling of your hair, all seem gentle show of affection but what if you do not like it. Than it is abuse, something against your will. Did you tell this clearly? Or are you scared of telling it and lose your job position because of his / her intimidation.

Like mentioned before, a colleague passing by and placing his/her hands on your shoulders slowly

massaging your shoulders without you liking or even wanting it. Abuse is any physical touch you do not wish to encounter of any person. Your body is your privacy and touching it is considered trespassing and abuse of personal space. By law you do not need to take it but often you do not report it in fear of losing your job. This is a conflict and we should get a solution. The solution is found in collecting information such as:

- With how many other **colleagues** is this person intrusive? Are you the only one or are there others who have the same problem or worse as you do?
- Does he/she has this behavior on a regular basis? Is it daily, weekly, during specific periods and why?
- Is there more going on, does the behavior goes beyond touch (are there any backroom gossip of more explicit sexual content)? Does this person push for sex contacts?
- Do some college use sex oriented websites and if yes do you know who? Do they show disturbing behavior to you or others?
- Are there many “practical jokes” on your working floor?
- Are there any sexual items on display on your working floor? If so is there a good reason why it is there?



In case of office danger you must mobilize others and create an alarm system. One of the first things is an “alarm-system” a fast changing sound or alarm of bells, light or mail when the persons is on his/her round again. The possible victims should go to the toilet or move otherwise. In the beginning the abuser is confused but soon re-find him/her self and adjust tactics. This is exactly what the plan is. Let the person change often of tactic so you are able to trap him/her with more extreme behavior and record all. Being in the position to record the behavior is important as the internet can become a strong part of your protection. Use it.

Female / female abuse

In this case I presume both female are not lesbian neither have other sexual desires in that direction. When there is a female / female conflict on the working floor it will split most offices in different parties and severely affect the results of the department. Girls / women who meet this problem often did face the same before in school. They had hopes for a better life when on the adult side but were confronted with the same on the working floor.

Women can make serious trouble to each other which seldom end in a physical conflict but surpass all proper behavior. Dealing with this as boss or abused person is real complex. This book is on self-defense. We take the side of the abused / attacked person (miss Y).

Before we can take up the sword and begin to defend we need to analyze **with whom we are** dealing with.

- Who is the person (miss X) that opposes me
- What is my ranking relation to her (miss X)
- How is her dealing / position with the superior / boss
- When did this problem start
- Where is her desk located
- Why do we have this problem

The answers to above question are a part of the solution. Knowing the enemy gives you the ability to find the weak spots.

Women do all to befoul the good name of other women. Therefore they use all means possible, from toilet battles to ingenious constructions to blacken a person’s name with superiors. As part of the protection we have to start cutting off dangerous information paths. One important path is up from the next superior. How does this person report to superiors and to who? If we know the who it is possible to block that next step.

Unauthorized mails from different sources inform the superior of the possible relationship of miss X with competitors and her passing on of local secure information. Suggestion to isolate and freeze the account and feed misinformation. This disturbs her regular work which causes troubles with other college.

Step 2, focus on the personal (private) life. Is she married, has children, social pages and so on. Make a life road map and find her friends and opponents in the office. Self-defense starts with awareness, Knowing **who** is your opponent and the dangers they process to you. But also know your limitations, defend with a reason , do not become the attacker.

Step 3 is isolation of the danger. You have collected a lot of information. Now you have to connect all into a plausible story. A story that makes the person not look reliable, even dangerous. Women love stories, yours must suit their desire of soap and the good / bad perception. When you create the bad personality and slowly add a name to this you chance vision and attitude, isolating the danger for yourself. It takes time and effort but you can win this war without a physical hit.

Male / male abuse

Male VS male in offices nearly always lead to physical contests and often to a fight. Competition is inherent to the male, it is a part of the hormone (testosterone) system. Men cannot live without competition. But we should channel competition in the office in a right direction. Managers must use competition to excess an office and direct all forces outward. When males compete within the office we are facing a serious problem.

Defending yourself in an office situation as male is not easy. Due to our nature we use physical force to defend but in an office this is completely “not done” as upon the first hit you lose your job. The other side is **provoking** you in a way that you might feel of giving the first shot but it is better not. Defense is based on attack and that is what we need. If the other party is provoking you in ways to get you into the spiral of violence you should step back and never let you being drawn into that trap.

Before we continue to a defensive program it is important you make a balance of opportunity. This balance is needed to calculate your chances of “winning” the battle. Answer the questions and you know:

- What is your relation to the person?
 - Lower in ranking
 - Equal
 - Higher
- Does he belong to the same group / taskforce / department or not?
- Is he physical your superior / equal / minor?
- Is it possible to challenge him outside the office in a (sport) competition?

- Can you compete on order taking? Or production?

Above mentioned is analyzing your position versus his position. It is important for the risk calculation. If the outcome is that his position is stronger and hard or impossible to touch, do not even try to pick up the fight but find another job position. Fighting a lost battle leads to burn out and mega stress which, in both cases, finally breaks you down.

If your answer show some weakness and opportunities you should take the chance by searching for the weak spots. Here a list of suggestions:

- Customers or production numbers (statistics) are important to his position, can you work on this?
- **Are more colleague are** disturbed by him, there is some fear on the working floor. Is it possible to connect with others to form a front?
- His knowledge is not up to date or has gaps that can be used. How can you expose this to the superiors?
- He is exaggerating his physical performances in sport outside the office? How much is true and can you collect facts?

There are surely more ways to fight back. By fighting back you show strength and weakness at the same time. Be aware of back stabbing as that is always the effect of these actions. You can expect to be hit by the people who used to be your closed ally during the fight. Office arguments like these escalate one way or the other over time and you should look for opportunities elsewhere the moment you won a first fight.

The store room and other small places

Small places like the copy room, the locker room the **closet** and so on have a special attraction to the “one time lovers” , the fast sex explorers. Many women still think it is a fast way to climb up the

ladder of a company and some men still dream of it. I do not give up my paycheck for the amount of times it still daily happens around the world. But one thing is for sure only less than 10% of such sexual escapades end in a serious relationship. Be prepared to have the “fun” but also the misery when you start with it.

The danger of small room sex is the time we are in. Nearly everywhere and anytime your movements can be recorded. Especially for security reasons we protect our valuables of the small rooms. Some of these cameras are directly connected to the internet. If so, your life performances can and will be followed by a fast number of darkroom watchers. Be happy if you do not go viral.

The dangers of the small room are evident if related to naming and shaming but did you ever consider the effects on the working floor? If the word gets out you are into these affairs as a woman be sure of fast promotion from floor one to ten but not for your capacities as secretary. Yes you make fast career jumps but even faster falls. Once you are no longer of use they record your performances and if not according to company standards you leave the building soon, unemployed.

The first part of self-defense is self-respect. Small room sex may be hot and exiting but never on the place you earn a living. That place is “sacred” and must never be poisoned by things that endanger your future. One important rule of self-defense is never to start a battle you cannot win.

The past has proven that small rooms are also dangerous places for physical confrontations. Being in a small space gives limited movement and escape opportunities. If you enter such place you must always be aware of an escape route. Leave doors open and windows nearby. Try to be in “view” of others. Involuntary sexual activities are rather common too.

If at any time you are confronted with violence in a small space you should act with care and keep all powers in straight lines. Defense by the use of protective gear is important. Use anything around which is harder than your body to protect yourself (garbage bins, clothe hangers, iron objects and so on) . Try to avoid circular movements as you are most vulnerable in small spaces.

Office “weapons”

The office provides good weapons of defense and attack. Look what is on your table. Pencils? When applied in the right way they can be used for defense but most are rather weak and easy to break. You should get yourself at least one steel pen of solid construction. This pen can be used as a knife without the dangerous effects but as it is pointing and hollow, very painful on the skin.

A letter opener is ancient to most people but a tool you always can lay around the desk. The knife like tool has a sharp point and smooth sides. You can sharpen 1 – 2 cm on the sides to make it useful as a knife. Keep in mind stabbing a person in the office is only allowed in pure self-defense when you are held hostage or alone in the office with an attacker.

Staples are sharp and rather harmless. But when used on a hand or leg the same staples becomes a serious threat to the attacker. Use a stapler in the open position and never show your intention to apply on arms and legs. Use full power when using it to score a maximum deep effect.

Other good products for defense are scissors, comb with steel shaft, liner (preferable metal and minimum 50 cm in length), ruler with automatic draw back function are used as whip and cleaning products as a sweep, duster and can and your keys and chain.

Many things can be used as defensive weapons when you know and dare how to use them. To apply anything you should be aware of danger at the first place. Awareness is the first step to preparation

and the second to safety. One of the first dealings with awareness is the handling of products and your body as part of every safety procedure. Anything that goes through your hands must be looked at as weapons in case of danger. When you can imagine the use and being prepared for the danger, you have a solution to every problem.

Chapter 9 - What is endangering your personal safety?

Already from the start I mention awareness as the number one of self-defense. Not being aware of danger is the first mistake most people make. It is a fact that you are never safe in any situation. Let me explain that.

- You are driving a car. Perfectly safe as usual. Everywhere you have the right speed and attitude. But suddenly you are in the middle of a car crash with serious results. Is it your mistake? Probably not. But what went wrong?
- You live in a high rise building and suddenly you feel the heat of the floor. The room starts filling with smoke and the floor gets intensely warm. Fire brigade and others are facing the challenge of getting people out of the building as fast as possible. How will you escape?
- You visit the sauna to relax. The heat is nice and your skin starts to sweat. Suddenly you realize that your eyes starts tearing and feel dizzy. You barely make it to the door and see others do not. Later they tell you that someone did put the wrong liquid on the fire causing the dangerous situation.

This list goes on and on. Your personal safety must stand always on number one. From the samples you read that endangering your safety is not always something you cause yourself. In matter of fact only less than 5% of the times you are involved in an accident it is your person to be blamed. Most of the time it is a matter of melting circumstances and joint negative forces that causes you the trouble.

Awareness is observation of your environment, a natural alarm of what is going out of the ordinary. Being aware is recognizing a change of what you consider normal. In our live we built a reference base on events. In this "list" we give a status or graduation to events varying from "boring" to "exciting" to end with "dangerous or madness". Depending on your personal scale of danger this list varies with every individual.

Personal safety is directly related to the "living in the moment". Every situation takes place in the "here and now" the existing reality. This implies that your personal safety awareness varies with it and is not a standard issue. When you feel ill or weak your level of danger consideration is much higher than when feeling in perfect shape and sharp mental condition.

What endanger your personal safety is if your judgement is clouded by others and that moment your decision process is based on the wrong perceptions. Danger is a situation where judgment and awareness fail or where others take this away from you and leave you helpless.

How are you looking?

Looks are not important. How often did you hear that saying? But pity enough it is on the contrary. Your looks can get you killed. Having the wrong dress code in the "wrong" area is like a red flag on an angry bull.

The way you dress must depend on your activity. You do not go in a ballroom dress to work in a chemical factory, neither you hang yourself with golden chains while walking around in an impoverished superb of a desolated city. You know the risk is too high.

Looks are important when you visit neighborhoods or even countries with people of different color, culture, religious background. Farmers in the city or a city dweller in countryside often receive the clash of cultures while issues as refugees play everywhere.

We know that in career and society the beautiful people have a richer life than ugly people. But who is in charge of our looks? Fashion designers, newspapers and magazines, social media and other people currently decide what is the beauty norm of the moment. This varies every year.

Looks matter and how you look is a part of your safety. Pity enough have ugly people more problems in the street and other public places than beauty persons. It is a sure fact that aggressive persons like to pick on ugly people more than pretty. The reason is a lack of feeling pity and no reason for hope to have an affair with such person. In general people want to connect lesser with ugly than with beauty persons. Ugliness varies from place to place. Gladly there is a place for nearly everybody on earth where they are good looking or even beautiful.

Way to dress

Some dresses create aggression while other clothing relaxes the mind. Test have revealed some interesting samples of this done on students in different Western and Arab countries:

- Extreme religious dresses create tension at the viewer. The general viewer will try to keep at a distance from such persons.
- Aggressive dress codes like hardrock, gangcode looks, motor club and punk bring fear into the hearts of many viewers and when participating in such dresscode it often evokes anger or aggression seeing others wearing another code of a rivaling fashion
- Sexy dress does relax the male viewers but at the same time creates tension with other females. In male it wakes sexual tension as in female it evokes competition.

These are only 3 of many examples of dress codes and effects.

When you go to work, each working place **have their own dress codes**. Disobeying the local dress code evokes reactions of college and often superiors. But all dress codes change and you are allowed to be slightly different if your behavior, look and working results support that. Dresses can be a source of stress and unrest in most working places.

To know what and when to dress is important as a part of self-confidence and safety. Attracting much attention brings interested to you. Before you take that action calculate the reactions from people in a clean and intoxicated mood. Keep in mind that you probably meet the same people in different circumstances and most companies have compulsory parties where you meet the same college in a total different perspective (drunk).

Self-awareness is founded in knowing yourself. If you are an extrovert and like sex and adventure your wishes for safety are of a total different scale from shy, introvert persons. The same counts for safety perception in dressing. Each person has a taste and expression and cloth are a way to express yourself. Do it but know when and where to use a real personal touch and were to obey general rules. With the way you dress, you express. Try to be aware of your expressions and use subtlety.

Accessories and protection

Bags, chains, rings, belts and many other things can be used in self-protection. Dependent on your level of needed safety it is good to consider what is useful for you to protect valuables or more.

Currently we carry bags and backpacks which can contain a lot. In both cases you have to reach out and open the bag to find a product to be used for protection. That is hardly possible in most

situations. The first rule of protection is direct availability in the moment of distress, you get no time to collect a weapon or other thing. This implies that the first line of protection is always the bag.

Your bag contains other product you need and wish to protect. It is possible to use the bag in bag system when you go somewhere. The cover bag is for transport and protection. Inside this bag you have the fashion or other bags needed at the place you go.

A bag can be fortified by metal or new products like D3O (D3O® technologies are based on non-Newtonian principles; in its raw form, the material's molecules flow freely, allowing it to be soft and flexible, but on impact, lock together to dissipate impact energy and reduce transmitted force.). This products makes the bag like a shield of protection. The first line of defense is often protection against weapons such as knives, sticks or kitchen materials. To protect against fire-arms is something of a whole different level.

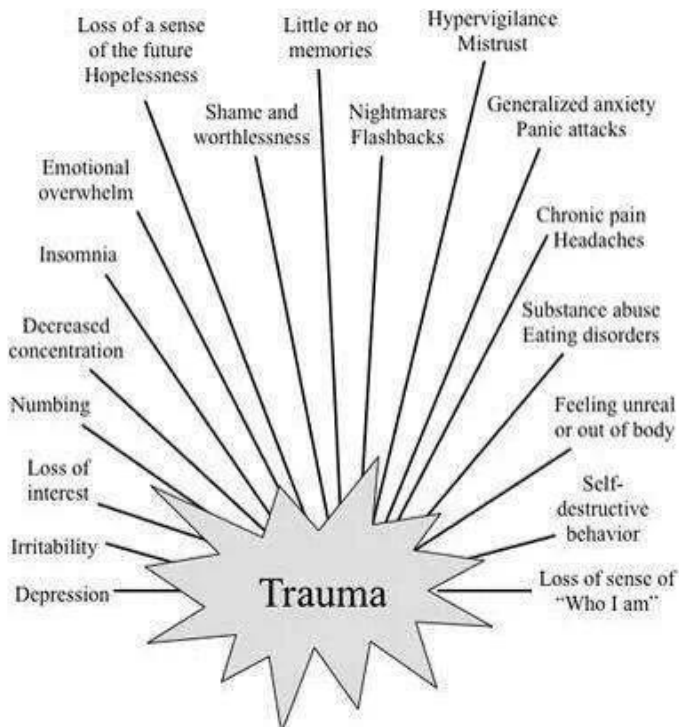
Inside the bag you can have accessories used to protect yourself in group situations. Some of these products suggested are:

- Arm braces made of strong decorated material that can be extended for instance against sharp objects
- Long (50-75 cm) flexible non-iron glass fiber antenna's to be used as whips
- Strong plastic comps
- Plastic protection products as shown in the pictures (pictures)
- Shin protectors when you go to dance parties with hard plastic front caps (picture)
- Good and strong shoes, depending on where you are going to. Shoes are used on the first line of protection and must be resilient and hard when used as weapon.
- Robe. You always should have some robe with you. It must be rope that is not easy to cut but simple to make nots with. We use them for climbing, to tie up a person or animal, fixating things and so on.

Currently a wide range of self-defense products are on the market. The general idea behind is that you can use it to protect yourself. Most of these objects are against the law and you should not use it unless under deadly attack.

What kind of accessories you should buy are depended on your personality. Some people prefer to defend and not strike back while others defend and strike back. In both cases you have **to look** for the proper gear suiting your personal demands and taste.

8 – After self-defense



You just past a situation of self-defense, no matter where or how it was, you lost or won the battle. The door closes behind you. In your head there is still a war going on. All is unreal and your body feels strange. The tension in your muscles is there and you feel shaken and mentally sharp, ready for a next action but also tired and exhausted. It seems you are still on a battle mode. Home does not feel home at this very moment.

The mental state after a self-defense situation is unstable and fragile. If you have to face it alone you have to go through different steps. A mental process of recuperation is easier said than done. Let us go through the different stages to guide you back to yourself. Do not expect a 24 hour solution, sometimes it takes days or even weeks before you are back to daily routines.

First of all there is no back to your OLD self. The experience have brought you wisdom and knowledge which are life changing. Always

and every time. You never get used to it. Tension returns at each event. After all it is self-defense, you have been attacked and did not go to battle willingly or with a full prepared mind.

During a struggle there are moments of fear, hurt, defeat and escape. Some people may be on the lucky side and can add a knock-off, a beating or a win to their life record. But in every case we have to acknowledge that being in any (unexpected) fight and defense situation opens a big wound in your soul. A screaming, bleeding and painful wound. Depending on how we treat it the size of the scar will be different.

Dealing with the current "trauma" right away is important, starting the moment we arrive in a safe place. We have to separate a self-defense recuperation situation in different steps;

- What was **the reason** why I came into the situation that I had to defend myself
- How was I attacked and why? Can I see a clear path of development in this affair or was it random?
- How many people were involved. It is important to know how many people you was up too in this fight to calculate logical chances.
- Did I "win" or "lose" , was I beaten or did I beat others. Be clear of your own position in and after the fight. Did they or you take a run for it? Do not make up stories otherwise they will come back at you like a boomerang does.
- What is the matter with my body (physical examination & conclusion). Start checking your face and body. Go to the bathroom. Undress and take pictures for later memories and if needed evidence in court.
- How did I get away (try to remember the moment you actually left the scene). Did you run, walk or take any other way to leave and how fast.
- Now we come to the "what if" phase, an unavoidable part of the recuperation where you start questioning your own behavior, "analyzing" your own actions and consider what you could have done (expectation / wishful thinking department) This phase of recuperation is hard and very confronting, especially when you lost. The "what if" is purely hypothetical but

still we need to give it a chance to develop. Many people take a decision during this phase. Most of these decisions are life changers.

- Only when you did beat everybody and was a glorious victor of the “battle” your feelings are positive. In all other cases the feeling is negative. Being involved with violence is a negative emotion to most people. It gives a strange dark, heavy feeling in your head and chest. It is impossible to explain but you always have a feeling you can be blamed somehow for what happened.
- The night after an abuse or self-defense situation is worse. You can hardly sleep. The event will bother you all the time. Your mind is offering all kinds of alternative scenarios in the form of “what if..”. Useless but impossible to avoid, our mind just works like that. The mind is struggling to find a place and order any event into a logical order but that is not possible with these kinds of highly emotional happenings.
- Finally you fall asleep but have dreams.....

The next day is the first day of recuperation, self-healing. To start the process we need to know the order of things:

- Inspect the physical damages / results of the day before. Check thoroughly and divide all into two segments :
 - Visible elements, what can people see on me
 - Invisible elements, everything that cannot be seen with the eye
- Will you face the same people of the “event” again (today) ?
- If yes, do you need to prepare something in case there is a new “event”

- If no, are you going to share your “event” with others or not? (if you go to work and people have no knowledge of what happened it is – in general – wise never to share anything of this “event” with any of your working college)
- Facing the same people as always is something we fear after an “event” like this. Why? Because unconsciously we think that they see something on you. They can “read” your secret. But it is a fact that most people are so much busy with their own business they do not see anything at all on you. They are not as much interested in your life as you think.

These are the first steps you go through after an “event”. In most cases we can consider this the easy phases. The difficult will come next. First of all we have to distinguish the “event” in 3 categories before we can actually start with recuperation. How often does such “event” occurs in your life?

- Seldom / rare. This was an unexpected event involving strangers or people I know who acted completely different than usual. I am rarely in such situation.
- Sometimes. I visit places where this kind of events regularly happen but most of the time I am not involved only this time. Or I have friends / family known for brawling and I am confronted with their behavior more than I like to be.
- Often. The frequency is every month or more. Sometimes it looks like a pattern. The confrontations keep disturbing my life and even I move to escape it is following me. Overtime I have accepted the faith but does not like it anyway.

The first time is always the heaviest. It is like when you fall in love and it suddenly stops. You are devastated as you expected the love to last forever. But it ends. Unexpected. This hurts and you feel like someone put a knife in your heart. A deep pain follows. For some this pain last for weeks or months others hardly cure or walk around with it all their life. It is an individual emotion something we can solve or carry. All we know it is a real emotion something we can consider to be a trauma.

But when you are able to recover and a new love affairs comes around, emotions start to refill the brain tank all over again. You experience the beauty, have the great time, diners by candle light and romantic nights dresses in.....many times it last but an equal time it does not and another roller coaster of negative emotions fills your head again. The more often you experience it the faster you recover and the lesser effect it has.

Being mentally hurt after a fight or abuse does not follow the pattern of “the more often you encounter it the less it hurts”. Emotions cannot be controlled and the main problem with violence is a direct offend on your ego, your personality and emotional stability. Violence is an intrusion of basic emotions such as; Love which is connected with a positive state of mind and fills the heart with a positive memory. Violence is a negative emotion and connects only with other negative elements in your mind.

To neutralize the negative element we do need positive energy. This is a realistic problem. Every person I know (through interview, personal relationship, sport, research) expressed to have a feeling of “worn out, exhausted, frustrated, emotionally jailed and so on”. Not a single person had a happy experience or expressed a positive mind. Unwanted and unexpected violence always leaves negative vibes in any (normal) person.

Our first duty is to recognize these negative emotions. Not hide them. Being confronted is going through the same emotional turmoil all over again. Most people cannot do that alone as it gives you a complete feeling of loneliness and exclusion. It is isolating you from the rest of the world as if you do not matter. It is a cold perception of reality. We all, as individual, are extremely venerable at all time. This is a reality we do not like and often not wish to accept.

Being abused shows us a cold lonely reality. We are extremely vulnerable and can be killed at any time. That is our weakness. But you have to be aware that this accounts for every single living human on the planet without exception. Realizing this makes you stronger as also the persons responsible for your abuse are vulnerable and could die at any time.

Your body is your vehicle. The instrument that carries your mind around. Without your mind, the body is nothing. We have the body to experience life. A big part of learning is pain and suffering. Since we are very young suffering is an important part of the learning process. Through punishment we get to know the rules and regulations of the society we live in. Parents and guides show us these rules by corrections and sometimes pain.

In many cases we can learn from an attack or beating but seldom from abuse. This we have to distinguish from each other. Ask yourself the question: Was the event I did encounter:

- An abuse situation
- Attack, molest, beating or crime

If it was an abuse we should consider the event as a returning and conflicting element with a very small learning element. The way we need to address it is by exposure, trapping, planning and social punishment and/or exclusion of the person doing it.

The violence which come to you through an attack, molest, beating or crime always has a reason and a goal. The people who did harm you were;

1. Planning to rob you, steal from you. Goal is possession, money and power.
2. Enjoy beating another person, feeling of control or satisfaction
3. Under influence of alcohol or drugs, no real reason
4. Aggressive, frustrated or otherwise mentally disturbed
5. Had a disagreement with you which they only could settle by violence
6. Not after you but you was an accidental victim, a bystander but not a target

In any case you got mocked and now suffering the painful consequences.

Try to find out which category of victim you are for the next steps in the process of recuperation.

In cases 1-4 and 6 the reasons are completely egocentric, self-directed and of personal nature on the side of the attacker. Nothing you could do would have change attitude and actions. Being of no influence makes you aware that life can play hard games with us. Pity enough we have to accept our faith like if we get an unexpected car accident. This is not what we chose but being confronted with. Only number 5 is a reason we should consider and weight. What can we do to change that balance of force in another direction. Negotiation is not always possible but you should give it a try. Failure is possible but at least you bought time and had a clear opportunity to overthink steps to take.

The feeling we have after an attack how can we call it?

- Is it self-pity?
- Is our pride hurt and do we feel a burden of that?
- Are we upset of a violation of our personal space?
- Can we consider it rape of faith in the human race?

There are many way to feel bad about what has happened. Not a single way is positive after the event as mentioned before. Do we need to stop this feeling? Block it?

It is hardly ever possible to stop the feeling, some succeed to lock it away as a corpse in the closet but it will always come back to haunt you. Facing the reality right from the start is the only survival method.

Yes every humiliation, no matter abuse or assault, hurts to the core of our being. The beating is even harder when you are healthy, strong, sportive and sometimes a fighting expert. After years of

training you did not see it coming. That is a real setback. The stronger your ego the harder it hits in. But even when you feel yourself a “nobody” or “loser” the hurt of a personal attack hurt deeply. Any personal attack (physically or not) is something to give a “scar on our soul”, a nail that is brought into our ego. It just hurts, anytime.

The street has their own rules. It delivers you a passage but no guarantee of safety. Every street is like a jungle path leading from one tree to the other while passing the bushes with snakes and other animals. They are all waiting for their own chance to take a piece of the action, to grab a bit of the food never served. Each of them has needs to be filled and none of them ever care about you. Life first bothers about its own survival before the species. Every time you enter the street you are the food of others, whatever it may be a breakfast, lunch or desert, but you are just a part of the chain.

When the same is happening behind the frontdoor of your house, the place that should keep you safe, the confusion is great. Being unsafe on the street and at home makes a person wondering of life itself. Finding a solution for safety is all you are longing for.

Get back into yourself

Your head is your sanctuary , nobody can enter and share your thoughts. The complexity of emotions, memories and the mix of experiences of recent past give you a unique personality and mind. Self-defense can leave a trauma or a memory, it all depends on how you deal with it.

The trauma comes when you are not able to deal with the experience. One of the main reasons is not to be able to “give it a place” in your experiences. It becomes an independent event bigger than

others and more powerful.

The power of any event is the impact on your emotional balance of the moment of happening. If you are emotionally deeply hurt by the experience it is not easy to pull back into a “now and today” believe. This is something you can compare with a fall from a cliff into a deep hole but before you touch the sea to drown you are pulled back while still busy accepting the fact you are drowning, dying, ending life. Death has taken a seat in your soul.

But most people cannot accept death as a part of life. They fear and fight death unconsciously. Trauma is looking death into the eyes but not accepting and believing it. Resistance is high. Often the darkness of death is hanging over us like a blanket of fear. Most people become depressed of this constant mind battle in which they fight between the wish for the dark and the need for the light.

Self-awareness and acceptance start with the foundation of life and death. We are born to die as every single living being is. Even our earth will die eventually. This is the law of nature, the universal rule of never ending life. A conflicting issue where we are part of life but also as much as we are a part of death. Everything has a place and purpose in time and space although we cannot grasp yet what it is. It sounds dramatic but do realize that every religion is built on the same principles. Life after death is “more important” than life itself (something I do not agree with at all).

A trauma occur when we cannot cope with a past situation. We hang on to something and are not able to forget, forgive and leave the topic. The first thing we need to do is getting into ourselves, combine mind and body into acceptance, storage, recuperation, motivation and moving on. First step is to accept what happened.

- ✓ Are you able to clearly remember what happened? Picture by picture
- ✓ What did you fear most? Try to name it
- ✓ What did leave the deepest impression? Explain why

- ✓ Do you have associated memories with the fear and impression from other events? Can you compare to an event before
- ✓ Are you combining these emotional “imprints” now to an overall emotion? Are you customizing or standardizing the emotions
- ✓ How strong is this emotion on a scale 1 – 10? With 10 as strongest emotion.
- ✓ Which emotion is on scale 1 in your case?
- ✓ Which emotion is on scale 10?
- ✓ Is it possible we bring the trauma down from the level it is now to a 1 ?
- ✓ How low level can you get do you think?
- ✓ How often do you feel bad in past 4 weeks?
- ✓ How often did you feel good in past 4 weeks?
- ✓ Can you see a balance between good and bad days?

These are not riddles to be answered but facts to handle. After a traumatic experience it is important to find what and how deep it shocked and moved you. Events are taking place on an emotional and cognitive level. Our education and growing up are forcing separation of these two. The separation gives us an empty space that need to be bridged in case of trauma. We have to connect both to become whole again. In a standard less eventful life you can easily separate emotions from cognitivity but when a boiling point is reached we need to connect to solve.

Prepare for more to come

People in a trauma situation, depressive or a negative state of mind run into problems all the time. Instead of attracting positive energy, the negative mind attracts more negative energy. The mind works different from the natural energy flow. Your mind is unique but in general we can say that the following equation is true:

- Negative state of mind attracts negative energy
- Negative energy attracts negative events
- Negative events fortify a negative state of mind, the circle is closing.

To deal with this we have to break the circle before it closes and deal with it instantly:

- Negative state of mind needs to seek positive re-enforcement (talking, taking part in actions) (the use of Wechat / Whatsup and other apps are extremely useful, check the index)
- Positive re-enforcement built positive energy which opens the emotional train
- With positive energy you are able to take part in positive actions to gain more positive energy building a reserve for the future

Depending on your age you can expect an increase of negative events in the future. As mentioned before, preparation is half the power of survival. With the right awareness you are prepared for the future.

Caring positive energy and attitude gives a reserve in power to combat negative events and emotions. Most people consider the negative powers more powerful than the positive. We have to create a good positive storage for any future. You built the best positive energy storage following the simple routines:

- Make friends and spend time with them
- Help others when needed so they can help you when in need (but never expect anything)
- Spread positive messages by word and behavior
- Analyze your own “store room” of positive energy and see if you have collected enough in case of a negative encounter.

In life we need to seek for a balance which we never able to reach. But we need to seek for the balance and try to prevail the positive over the negative all the time. This is our duty and goal in life to live "happily ever after" .

RULES OF SELF DEFENSE

- 1- Be aware of danger
- 2- Observation is the key to survival
- 3- Never start a fight you cannot win
- 4- Protect your back at alltime
- 5- Never trust an environment you do not know
- 6- Even when you know the environment be cautious of change
- 7- Take your time knowing people and events

Considering the long term

Self-defense, awareness, trauma and more of these terms did pass by in this book. Am I the all-knowing great wizard or the invincible super hero? The answer is a logical, no I am not.

This book is written with over 50 years of fighting experience, being a victim of bullying at a very young age and fighting experience in many countries. Fighting on the street, on the mat and in the ring. Winning and losing, ecstasy of the victory and devastation of defeat. Licking wounds from street fights or being treated in hospitals due to sport competition. My life is full with experience and pain

but always with a smile and a positive mind.

During many years I assisted young people in their addiction, supported the desperate with no future, homeless tired of fighting and women in distress. My books show you an inside of many events and people. But the core of my life is sharing and caring. Martial Arts did bring me discipline, honor and a head full of knowledge.

To make this book I had to consider carefully who could join me to spread a real message and I did choose to bouncers who have to follow rules and regulations such as;

- ⊗ Serve and protect customer and company at all time
- ⊗ Be a host
- ⊗ Obey the local and national law
- ⊗ Protect with limited but effective violence
- ⊗ Use limited weaponry
- ⊗ Be safe in private time

A bouncer is everybody and no-men friend. He / she is living in a shadow world of (extreme) violence and confronted with unreasonable behavior at all time on most unexpected hours and places. It is a job to most and a calling for some. Most bouncers have a family life and need to be positive at all time. That is why I chose to involve them in this book of real live.