



- **The Nine Attitudes of Combat Decision Making**
 - **1-3 Pre-Engagement Attitudes** (Relaxed / Alert / Prevent)
 - **4-6 Engagement Attitudes** (Survive / Reverse / Engage)
 - (**SRE** can happen more than once)
 - **7-9 Resolution Attitudes** (Escape / Control / Harm)
- **What's an AMBUSH?**
 - BG attacks unexpectedly to start engagement or somewhere within engagement surprising the GG
 - There is an ambush moment in almost all righteous, moral, legal engagements.
 - Our natural instinctive, protective responses put us in initially protective positions that with small shifts and some training become highly accessible, functional and efficient for self-protection.
 - **In an ambush where does instinctive behavior put us mentally and physically?**
 - **Behind the curve...** how much depends on awareness & training.

Fundamental Rules for Self-Protection

- **1a AVOID, if possible, (combat sucks...always)**
 - This is not a movie or demo...it won't feel or look remotely like it. There are no re-dos
 - Learn and practice avoidance and de-escalation skills semi regularly and use them! **If that fails...**
- **1b Don't get knocked out (Stay Functional)**
 - (Or shot, stabbed, or struck to the point where the resolution of engagement is out of your hands)
 - Spend most of your training time on hardening and sharpening your initial S.R.E. responses.
 - Practice from less aware and disadvantaged positions and scenarios and make them as **REALISTICALLY VIOLENT** as possible while maintaining a safe, educational environment. **Then...**
- **2 Get to the HIGH GROUND (as quickly as possible)**
 - Use as much violence as **NECESSARY** to gain the Win the BATTLE OF THE SPINES as quickly as possible.
 - Be decisive, aggressive, efficient, sneaky...whatever works (and is **appropriate** for scenario)
 - **Coolness is not a factor**, will beats skill, survival is the goal (and the safety of loved ones). **Then...**
- **3 Be Decisive - (end it ASAP)**
 - Work to resolve the engagement based on the **TOTALITY** of the circumstances.
 - This includes armed responses (but don't go off halfcocked)
 - Practice the options you will have at HIGH GROUND which are always...
 - Escape, Harm, Control and Defuse, De escalate
 - Don't always default to harm or control (the scenario dictates) Practice them all.
 - Understand the applicable law as it pertains in your state
 - Appropriateness, justification, imminent threat, Castle Doctrine etc. & how to articulate.
 - **Aftermath** Get help... PTSD is real don't try to tough it out.

Food For Thought:

The value of a physical defensive tactic, attribute, or concept is directly related to the level of realistic, scenario appropriate, violent intent (both initial and follow-on) the role player exhibits during the demonstration.

- The cooler a demo is the less likely it is to function under game conditions (without a boatload of practice and/or considerable athletic prowess which the overwhelming number of folks don't do or have.)
- The safer, easier, and less violent the demo looks the more of a disservice it is to the intended audience.
- I, of course, believe everyone should have (at least) a basic course in self-protection. However, I know that human interpersonal combat is ugly, messy and should be avoided if possible. A curriculum should emphasize (and train) avoidance methods, verbal assault skills, and de-escalation skills.
 - For the average adult citizen if violence can't be avoided, she (most likely) is in a serious situation and almost always, decisive violent responses are the most efficient, reliable, and effective choice.
 - If you don't need to be violent you probably aren't in danger and/or most likely had another way out of the scenario.
 - DISCLAIMER: This, of course, is my truth & perspective based on my 40+ yrs of training and teaching - take from it or discard as you wish. :-)
- Speaking for myself, the chances are I won't be a victim of violence because I'm not a woman or a child...
- ***It's who you know that will kill you*** the greatest risk for violence and injury for women is from their current or former male acquaintances and intimate partners. Approximately 80% of female rape victims are victimized by someone they know. There is a comparable situation with the abusers of children and seniors with the majority of assaults carried out by family members or others known to the victims.
- Approximately 30% of women will be exposed to physical and/or emotional violence in their lifetime. 15% of children are exposed to bullying & 12% of them will experience physical abuse. 16% of seniors have faced violence.
- Widespread individual domestic type violence against women, children and seniors is the great (nearly unspoken) shame in our society. You don't see domestic violence stories dominating the headlines because they are not scary enough to boost ratings and we (the public) just don't pay attention long enough. Wouldn't be nice if we took that as seriously as we do the threats that are statistically not likely to happen to us.
- It is virtually statistically guaranteed that (at least) one person in your regular orbit of acquaintances, friends, family is being (or has been) abused, probably by an acquaintance, family member or significant other.
- Men, we are the problem, get right with your values and do not tolerant it from others.
- Consider sponsoring women's, children's, or senior safety course and/or becoming active in anti-domestic violence programs and initiatives in your community.
- Lead by example...Be the change you want to see in the world.

Habits to Live By...

- Go with your gut
- Analyze your routine (where are you most vulnerable and practice higher level awareness during those times.)
- When starting or ending relationships use caution. Most abusers are acquaintances or family
- Abusive relationship won't get better through your actions, only... they will stay the same or more likely get worse. Be on the lookout for codependency... isolation, controlling and blame game are signs.
- Read 'Gift of Fear' by Gavin DeBecker
- "Fear can motivate short term action, but not long-term growth" Get educated through credible sources. Consider sponsoring a FailSafe™ training class. Educate yourself & those Vulnerable in your community.

Thank you very much for supporting today's training.

I am always happy to answer any questions you might have or provide additional training in the future.

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