

Social Survival Tactics
A Guide to Basic Self-Defense
and
Personal Safety Strategy
By
Randy Gonzalez



INTRODUCTION:

This book is based on the teachings of the author in the program known as the Nijukai-Shido-Ryu martial arts and self-defense program. The program was founded and developed by the author as a practical approach to personal safety, and self-defense for the average person. The title of this book was chosen as a means to express the need for personal safety and self-defense training in a somewhat hostile environment known as the United States. 'Social Survival tactics' refers to a range of offensive and defensive actions designed to keep the average person safe from psychological and physical injury in confrontation situations. In essence, the author seeks to offer a combination of basic and practical self-defense tactics and techniques that will assist the average person in a personal risk avoidance strategy.

Many of the techniques suggested throughout this book in the information that follows, have been adapted from the various martial art forms, such as Aikido, Karate, Jiu-Jitsu, as well as others. This basic program of training is designed & developed for the reader who is of average ability, like most of us. It assumes that the reader will spend considerable or at least reasonable time in the practice and study of the information presented. Complicated techniques, which are not practical in most street situations, are not presented in the information.

Self-defense training suggested here should not be considered as a 'sport'. The information presented is based on survival concepts in combat situations. It should be kept in mind that self-defense involves no rigid rules when it comes to life-threatening situations. The main idea is survival & reduction of personal injury to the highest extent possible.

Therefore, it should be kept in mind also, that there is no system of the martial arts or self-defense training that is absolute and 100% effective for every possible situation & incident. No single technique is guaranteed for every possible confrontation. What may work in one situation, may not work in another. The first rule of thumb then, is to avoid a confrontation if at all possible. Fight only as a last resort, and when there is no other possible alternative. Only you, as a potential victim, can decide the correct course of action. No one can tell you what is the best thing to do in any situation. You are the only one who can decide what is right for you. Again, the objective is to survive and live to talk about it when it is over. Thus, it is also suggested that you practice jogging, and learn how to run. Because if you can get away and escape before the confrontation begins, you are probably better off!

CHAPTER 1: BASIC SELF-DEFENSE CONCEPTS - DEFENSIVE ACTIONS:

The basic concepts presented here relate to the use of a counter-measure in the initial defense of yourself. If you are confronted with a situation you cannot avoid, then you must learn, in advance, to be keenly alert to the smallest of details, especially about the assailant. Your intent is to accomplish and resolve at least four key objectives:

- *Distract your assailant's intent;
- *Re-direct his direction of attack;
- *Disable his method of attack;
- *Render him incapable of further attack;

In a confrontation situation you must be willing to inflict a disabling or incapacitating injury, so that he will be unable to pursue further assault. Techniques that do not inflict disabling injury, and accomplish the objectives above may lead to further attack, and serious injury on your part.

A real-life street situation has no relation in any way to fight scenes you have seen on television or in the movies. Attack situations on the street last seconds, and you do not have the time to waste on fancy foot techniques, or tactics that are too complicated, unless you are expertly trained and educated, with many years of experience. Even then, there are no guarantees of success. There are too many variables.

There are a few basic rules in self-defense, which might be considered along with the objectives mentioned above. Such includes:

- 1) Never underestimate your assailant. Assume the assailant is capable of doing anything, including taking your life. Therefore, be extremely cautious at all times.
- 2) Be aware that if you decide to confront an assailant, 'stand and fight', you must be willing to inflict a disabling technique, and try to get away as soon as possible. If you try something and you miss, or it does not stop you assailant, you are risking serious personal injury for yourself. Therefore, fighting should be a last resort and when other alternatives have failed that are less confrontational.
- 3) Remember, in a 'self-defense' situation, there are no guarantees that one tactic or technique will prove 100% effective for each and every situation.
- 4) Be extremely careful and cautious when confronted by someone with a weapon, such as a gun or knife, or anything else used as a weapon.
- 5) Avoid whenever possible any initial effort as your first move in attempting to move in on a knife or gun, or trying to take a weapon from an assailant. Use alternative tactics, such as talking, and only take direct action if no other alternative is available (for example: immediate life-threatening situations).
- 6) Learn basic practical approaches to self-defense. Do not become overly concerned about 'fancy' footwork or complicated techniques.
- 7) Study, review, research and practice self-defense techniques and countermeasures everyday. Plan ahead and think about situations and how you might react.
- 8) Be aware of the hidden dangers of advice from 'so-called experts' with regard to confrontational advice. Some advice reflects naive and uninformed ideas about self-defense tactics. Beware of one-dimensional thinking with regard to assailants and techniques.
- 9) Remember, advance preparation is very important in self-defense & personal safety tactics. It is important to assess your individual strengths and weaknesses. You should learn how to use your environment to your advantage, and you should understand assaultive types of behavior. To survive, you must prepatate yourself for the unexpected.
- 10) Understand at least four important elements in a confrontation or assaultive situation:
 - a) The particular set of circumstances, including the surrounding environment, the initial approach of the assailant, and your efforts at planning ahead for the unexpected.
 - b) Your personality type, mental and physical training, and your willingness to survive.
 - c) The personality type of the assailant, motivation of the type of assault, weapons present, object of attack, etc.
 - d) Alternatives, tactics and techniques appropriate to the situation.

There are many other aspects of self-defense that should be considered, but this initial list should provide the basis for your development of an individualized personal safety program.

It is important to understand that fighting on the street has no relationship whatsoever with what you have seen in the movies, or on television. As mentioned earlier (Page 2), your basic objectives in a street fight situation is to survive, or help someone else survive. These basic objectives are accomplished by:

- 1) Causing your assailant to be distracted from his intentions, and consider stopping his attack. This may be accomplished by making his concentration become faulty and redirected.
- 2) Redirecting his direction of attack by disrupting his control over his body.
- 3) Disabling his method of attack by damaging his body with disabling techniques.
- 4) Rendering him incapable of further assault, and allowing time for you to escape and summon assistance.

These objectives are supported by direct action designed to attack vulnerable areas of the body. Note, that at this point in the discussion we are talking about situations when you have reached the point where no other alternative is available, and you have decided to fight as a last resort. Possible targets for such countermeasures include, but are not limited to:

- 1) Attacking the central nervous system, such as the head, spinal column, etc.
- 2) Attacking the circulation system, such as carotid arteries, and heart areas.
- 3) Disruption of breathing, such as the throat area.
- 4) Attacking vulnerable areas such as joints, groin, etc.

Mind, Body And Spirit

One of the most important aims in self-defense training is the precise coordination of mind, body and spirit. An essential balance in all three areas is important, and come through practice and dedication. Control in techniques is importantly related to the three. Ensuring the balance requires understanding and reasoning, as well as practicing with a disciplined conviction.

The 'social survival tactics' program of the Nijukai self-defense & martial arts system concerns the integration of mind, body and spirit in a program of personal safety for modern living. It is a course of instruction that spans the theory and practice of crime prevention and the practical application of the martial arts. Emphasis is placed on the individual and his or her own initiative, personal self-discipline and his or her attitude about oneself. The approach is one that seeks to bring together the psychological dimensions of the individual, as well as the physical capabilities of the individual. It emphasizes the age old idea of 'knowing yourself'. It is important to think about who you are, and what you think of yourself. Training in self-defense tactics require the right mental attitude that projects a positive, self-confident and self-sufficient individual, who is comfortable and secure in their own unique identity. The spiritual dimension is only one component of a totality of the human being. It is a vast area of discussion, but this book will not spend a great deal of explanation, since space is limited. The spirit component goes hand-in-hand with the mental aspect, and combines with the physical aspect of the individual. All three are interrelated and connected, one to the other. Breathing exercises and intense meditation are necessary to discover this realm, and bring about the integration of this aspect, the spiritual dimension. Mind, body and spirit are a harmonious interaction that serve not only in self-defense situations, but also in dealing with life's other aspects. A positive mental attitude, and a willingness to have an open mind, together with self-confidence, assist in developing the foundation for 'social survival tactics'. Therefore, self-defense involves many things other than learning techniques.

The essential vital spirit-force within provide a vast reservoir of power and energy, capable of sweeping aside any obstacle in its path. For most people, it is mainly an untapped resource, which will never realize its full potential. This power has been called by many names, and has many different aspects, or dimensions. An extension of this power is what is known in the martial arts, especially in Japan, as 'ki'. In aikido, the seat of this power is said to be the 'hara', or the Center. Practically all forms of the martial arts teach the utilization of this power, and suggest various means by which to harness and develop it. Once you have discovered its true meaning for yourself, studied it, and developed it from rightful and proper use, you will know how to explain and define it. In short, the 'ki' is the power of the mind, body and spirit working together to maximize, and perfect the functioning of the human being toward the accomplishment of an intended objective. It may be the rescue of another person from danger, the defense of one's life, or the positive achievement of a lifelong goal. It also may be simply dealing with the ups and downs of day-to-day life. The 'ki' can be combined with a yell to produce the maximization of an executed technique or self-defense tactic. Whatever the intent, it is the culmination of all mental aspects to produce concrete physical results in one sense.

One method of developing the inner power of the 'ki' is through regular meditation and breathing exercises, that are

designed to fully use deep abdominal breathing. Breath control is important to self-defense, in order that you do not lose concentration or control of your mind or body, due to fear, etc. In the practice of self-defense, note the following theoretical basis:

Theory of Self-Defense

Inner Factors:

Mind: Inner power and control, stability, confidence & discipline; command and control center.....

Body: The defense system, the instruments of defense & personal weapons system;

Spirit: The 'ki', the other-self the real-inner person, & power source;

External Factors:

Projection of defensive actions, skills and tactics, toward direction of attack; motion and technique the attack; All of these factors become as one, in a single fluid and powerful - defense of the person.

'Defensive-Aggressive-Offensive'

The concept of 'defensive-aggressive-offensive' relates to your attitude as projected in your surrounding environment and the way you conduct yourself. 'Defensive' means that you are ready to defend yourself, yet you are calm, confident and non-aggressive unless you absolutely have to be. 'Aggressive' refers to that which takes place after you are confronted and you perceive that you are about to be attacked. You become aggressive to the extent necessary to ensure your personal & mental well-being. 'Offensive' means that you go on the phy-

The 'defensive-aggressive-offensive' concept is primarily a state of mind, a personal sense of self-confidence, and an attitude about who you are. It suggests the idea of protecting yourself from injury, yet you are not yourself the aggressive person. The concept requires education, training and planning, and the ability to make critical decisions particularly in a crisis situation. In a crisis situation, or when confronted by a potential assault, stress occurs. When stress confronts the body, certain physical changes take over and affect the mental state. The body prepares itself for a 'flight' or a 'fight'. Energy is generated and can be used to your advantage if you maintain control. In a potentially dangerous situation you are confronted by decisions to make. Depending on the situation, you should consider as part of the 'defensive-aggressive-offensive' reaction the following basic questions:

Are the risks too great to stay in this area (location or situation, etc.)?

Should I attempt to run, escape or evade?

What are the risks, if I stand and fight?

What are the alternatives to the situation?

How much time do I have to react, implement or otherwise take appropriate action to ensure survival?

Part of this concept involves being aware and alert to the environment, and planning ahead for potential problems in any given setting.

The idea of the 'defensive-aggressive-offensive' also includes the suggestion that if you are going to stand and fight, you are willing to carry through, using whatever is at hand to protect yourself. It is a determination to survive, and a kind of stoic composure in the face of adversity, and danger.

Using What's Available-Defensive Actions

Self-defense involves using a variety of techniques and tactics to ensure your safety and security. Techniques can range from using hands, elbows, legs, feet, etc. as weapons, to using anything else that is available to you. In assault confrontations, you may be able to use other things than your body to resist the attack. Self-defense means resorting to unconventional tactics, or whatever ensures your survival in a life-threatening situation. Therefore, use anything you can get your hands if necessary to protect yourself, or someone else from serious bodily harm or death. There are a multitude of ways that you can distract, trip, hit, jab, or defend against an attacker, in order to accomplish the stated objectives indicated in Pages 2-4 of this book. In addition to actual hand-to-hand techniques, some of which are indicated in this book, the following items can also be considered & utilized as weapons. Caution is indicated here. Be aware of the fact that anything can be used to inflict serious bodily harm, and can be lethal. Your intent is to use that amount of resistance and force that will allow you to escape.

Cigarette or cigar	Flashlight
Ashtray	Fork, knife or spoon handle
Baseball bat	Garbage Can Lid
Bike chain locking system	Glassware
Household chemicals	Golf club
Soda bottle, or can	Jack handle
Broom	Keys
Chair	Pen or pencil
Household utensils	Length of board
Comb	Brick
Hair spray	Yard tools
Lamp and/or cord	Tools

This represents only a partial listing of the many types of items that can be used as defensive weapons. Many items around the house can be used as a weapon. On the street, you must use your own ideas.

Your personal weapons (those of the body), which represents your primary line of defense, include:

The Head: front and back areas used for butting or ramming an assailant.

The Hand: wrist should be straight and firm, except when using the heel of the hand; in addition to using a closed fist to strike or punch, the edge of the hand can be used, as well as the edge of the fist; blows can be delivered in a chopping manner, from across the body (from inside to outside, or from outside to inside), with the palm down, or downward with the palm facing in; fingers can be used as well, slightly flexed and held rigid for jabs to the eyes or face areas;

The Elbow: can be delivered to the rear, sides, upward, etc. can be used as a forearm or elbow blow combined with a rising block method;

The Knee: can be directed to the face and groin area; can be used by pulling the foot backwards as close to the buttocks & raising the knee sharply and forcefully;

The Foot: can be used by kicking forward with toes curled to the body; the edge, ball and heel can be used to the front or the side or to the back; by raising the knee upward until it is parallel with the ground, the foot can be used to kick in a snapping or thrusting motion, and directed toward the knee, shin, groin, etc.

To review the basic weapons of the body, note the following:

Elbow - for elbow jabs, strikes and related attacks;
 Forearm - for strikes;
 Knee - strikes to the groin area, etc.
 Edge of fist - for high impact strikes;
 Heel of hand - strikes to face and nose area;
 Extended Knuckles - attacks to the throat areas;
 Foot - use of toes, ball, edge, and heel for kicking, etc.
 Fingers and Edge of hand - strikes and jabs to face, etc.
 Edge of hand - chops and strikes, etc.
 Fist - attacks to various vulnerable areas;
 Front and back of head - striking forward and backward, etc.

There are many possibilities in the use of the body parts in a self-defense situation. You are only limited by your imagination. However, for basic self-defense street situations, it is recommended that you limit your weapons to the use of: fist, knee, head, foot, elbow. Learn basic practical techniques and perfect them. Forget about fancy foot-work, or complicated kicks, etc. You are basically 'buying time' in order to survive and escape.

Training and Conditioning

As part of your self-defense training, you are encouraged to develop a highly motivated physical conditioning program. Self-defense is not only a mental expression, but it is very much a physical art form. Good training and conditioning are essential. And, probably one of the most important aspects of physical conditioning is your diet. Plan and implement a good diet program, and be careful about the use of sugar, starches, fats & other similar items. Your body needs a balanced diet! There are many good sources of information concerning diets, the use of vitamins, etc. You are encouraged to evaluate the current literature. You can obtain free information on food and nutrition from at least one source, by writing the following: Consumer Information Center, P.O. Box 100, Pueblo, Colo. 81002, and ask for the 'Consumer Information Catalog'.

Defensive actions are not so much size and muscular strength as they are speed and combat efficiency. Timing, coordination, balance, impact & target areas, including some degree of accuracy, are more important than mere size differences between assailant and victim. The preciseness and perfection of a technique is not as important as being able to execute a combat maneuver. In order to train on your own, and help develop your sense of combat efficiency, the following exercises are offered as a simple guide. When possible, these basic exercises should be done a minimum of thirty minutes per day. In fact, you should set aside at least one hour per day, in which you mentally and physically train yourself in the basics of self-defense. If you set aside an hour a day, to plan and think about personal safety, and practice basic self-defense techniques & tactics, by the end of the week, you will have devoted seven hours a week in training and conditioning. The idea is to practice and train over a period of time. For example, most martial arts students spend approximately three days a week, about two and half hours per day in a traditional training program, or roughly seven and half to eight hours of the training per week, in a formal program of instruction. Since most people do not have the time (e.g. work, family, other interests, etc.) to devote to such rigorous formal training, it is important to maximize and utilize your time in informal training the best way you can. Spending close to an hour a day in your personal training program, comes within range of approximating what others do in a formal program. Advance preparation, training and practice are important. It is a known fact, in the sports world, that if a player learns his or her own strengths and weaknesses, & and develops strategies about different environments (playing areas) he

or she will be better prepared for competition. On the day of the sports event, the players are able to assess their opponents quickly, and adjust their strategy quickly. The same idea applies to training and conditioning in self-defense. A basic exercise and conditioning plan follows:

Exercise 1: (Kicking Practice) Obtain a tennis ball and drive a small or appropriate sized hole through the center. Take a piece of line, string or cord, and insert it through the center of the tennis ball, and tie off one end with a knot. Next, suspend the ball from a door frame or from the ceiling. Hang the ball from a sufficient height and practice kicking from different directions. The idea is to achieve speed and accuracy and not power. Practice kicking from different angles, with both feet, using different parts of the foot (See pages 10 and 11). This can also be used for striking practice with the hands by raising the level of the ball. If you desire to practice power kicking, you should probably invest in a bag made for that purpose.

Exercise 2: (Speed and Coordination) Jumping rope is a good way to develop speed and coordination. You should strive to increase speed of your jump and movement of the rope.

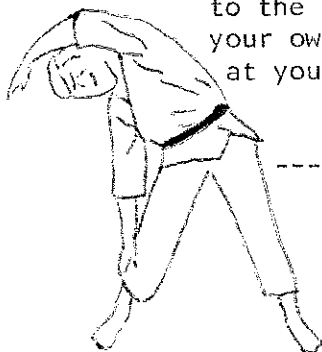
Exercise 3: (Blocking and Striking) With a partner, construct a practice stick, with some type of cushion on both ends (a sponge or small pillow - for example). Have your partner, starting out slow, try to strike from different angles, as your block or strike. Practice good safety at all times.

Exercise 4: Prior to practicing actual techniques as listed in the above exercises, you should warm up first. Consider the following, or combine the following with your current exercise program if you currently have a regular exercise program, such as jogging, riding a bike, using a stationary bicycle, etc. Do what is comfortable for you and avoid injuries. Do not over-exert yourself. If is a good idea, before developing any exercise program, that you get a complete medical checkup. An integral part of self-defense training is warming up for the actual practice. Try the following:

Exercise 4: Stretching the back - (Use caution and be careful):



Note: To start, each exercise should be practiced ten times per side, or to the front or back. You should increase repetitions at your own rate, when you feel comfortable in doing so, and at your pace.



-----Exercise 5: (Stretching the sides) Bend to side, with your arm over the top of your head and do not bounce, but stretch easily. Keep your legs about should width apart, and use the other hand to brace your leg. After ten repetitions, switch to the other side.

Exercise 6: (Twisting the trunk of the body) With your back straight, and legs more than should width apart, twist as far as you can in both directions, without moving your feet when you do the exercise.

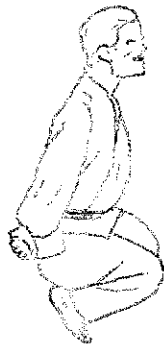


Exercise 7: (Back stretch-Second Type) Move forward easily, reaching for your ankles or toes. Try to put your head down as close to your thighs as possible, without bending the legs. Hold for a few seconds, and then put yourself back in a full sitting position and repeat the process about ten times. Each time you practice try to increase the time you hold your head down.



Exercise 8: (Loosen joints and muscles) From a standing position, with legs about shoulder width apart, shake your wrists and ankles, alternating each side of the body, to loosen up the joints and relax the muscles. Also, rotate your head around in a circular motion from side to side, to loosen the neck muscles. Bounce a few times up and down on one foot, and switch from one to the other.

Exercise 9: (Squatting and Walking or Jumping) Squat down with both feet flat at first. Place your hands behind your back and practice your balance. Try lifting up on the balls of your feet, flex for a few seconds & then return your feet to a flat position. Repeat this process a couple of times. Next, try walking in this position, or jumping as you move in this position. Be careful, this puts a strain on the knees. Do what you feel is comfortable.



Exercise 10: (Deep breathing) Proper breathing is helpful and important & critical in self-defense training. Breathing assists in more active and efficient muscular coordination, as well as other physical aspects, and psychological strength at critical moments. You can practice breathing almost anywhere and at any time. One way is to stand straight and inhale through the nose. Inhale to a count of ten. Then, hold your breath for a count of ten. Next, exhale through the mouth to a count of ten. Each day, without straining or becoming uncomfortable, practice and try holding your breath longer. After exercising vigorously, you can also practice breathing from a seated position, with body relaxed, as part of the 'cool' down phase of training.

Exercise 11: (Pushups): These help with arm strength and upper body development. Try pushups from a comfortable position, with body held in a rigid position on the palms and balls of the feet. Keep the back level & straight as you go up and down, bending at the elbows. Keep your head up and look straight forward. As an alternative, brace your body on your knees, instead of your toes. As you go down, breath in, and as you go up again, breath out, pushing away from the floor.

Exercise 12: (Situps) These help build the abdominal region of the body. Care should be taken not to strain the back, and the knees should be situated so they are slightly bent. Place both hands behind the neck, at the base of the head, between the shoulders. Keep hands open, palms down and hands crossed. Lift up as far as you can upward toward the knees but not all the way, just enough to bring tension to the mid-section. Repeat as many times as you feel comfortable. This is a modified approach to situps, and you may prefer the more traditional method.

This series of basic exercises is only a guide. You may have other ideas to add to these, as a means to develop your own conditioning, and training. Use these to supplement your regular training, if you already have a program.