



The Truth about Violence - 3 Principles of Self-Defense – Sam Harris (Part 3)

Principle #3: Respond immediately and escape.

If you have principles 1 and 2 firmly installed in your brain, any violence that finds you is, by definition, unavoidable. There is a tremendous power in knowing this: When you find yourself without other options, you are free to respond with full commitment.

This is the core principle of self-defence: Do whatever you can to avoid a physical confrontation, but the moment avoidance fails, attack explosively for the purposes of escape—NOT to mete out justice, or to teach a bully a lesson, or to apprehend a criminal. Your goal is to get away with minimum trauma (to you), while harming your attacker in any way that seems necessary to ensure your escape.

If you find yourself in such a situation, you should assume that your opponent is a career criminal who has victimized many others before you. Do not waste an instant imagining that you can reason with him. Most victims of violence are so terrified of being injured or killed that they will believe any promise a predator makes. It is not difficult to see why.

Imagine: You are loading groceries into your car and man appears at your side with a gun. “Get in the car, and you won’t get hurt.” Your instincts are probably bad here: Getting in the car is the last thing you should do. “Get in the car, or I’ll blow your head off.”

However bad your options may appear in the moment, complying with the demands of a person who is seeking to control your movements is a terrible idea. Yes, there are criminals whose only goal is to steal your property. But anyone who attempts to control you—by moving you to another room, putting you in a car, tying you up—probably intends to kill you (or worse). And you must understand in advance that your natural reaction to this situation—to freeze, to comply with instructions—will be the wrong one.



If someone puts a gun to your head and demands your purse or wallet, hand it over immediately and run. Don’t worry about being shot in the back: If your attacker is going to shoot you for running, he was going to shoot you if you stayed in place, and at point-blank range. By running, you make yourself harder to kill. Any attempt to move you, even by a few feet—backing you off a sidewalk and into an alley, forcing you behind a row of

bushes—is unacceptable and should mobilize all your physical and emotional resources.

If you find yourself in a situation where a predator is trying to control you, the time for listening to instructions and attempting to remain calm has passed. It will get no easier to resist and escape after these first moments. The presence of weapons, the size or number of your attackers—these details are irrelevant. However bad the situation looks, it will only get worse. To hesitate is to put yourself at the mercy of a sociopath. You have no alternative but to explode into action, whatever the risk. Recognizing when this line has been crossed, and committing to escape at any cost, is more important than mastering physical techniques. Herein lays a crucial distinction between traditional martial arts and realistic self-defense: Most martial artists train for a “fight.” Opponents assume ready stances, just out of each other’s range, and then practice various techniques or spar (engage in controlled fighting). This does not simulate real violence. It doesn’t prepare you to respond effectively to a sudden attack, in which you have been hit before you even knew you were threatened, and it doesn’t teach you to strike pre-emptively, without telegraphing your moves, once you have determined that an attack is imminent.



Part 4 to finalise the article is in the next newsletter

Editor: please note that this is a US biased article and is meant for information only. As such, the information about self defence in the NZJJF C1 coaching course takes precedence.

C3 Coaching Course is NOW OUT – Become an ADVANCED Coach!

The C3 Advanced Instructor course is a follow on course that covers physiology, psychology, communication, coaching, risk management and governance to a higher degree building on the C1 and C2 coaching courses.

Completion of the C1 and C2 course is a pre-requisite except where members can demonstrate that they have sport science qualifications from tertiary providers or similar. For further information please contact Simon Ogden on coaching@nzjif.org.nz

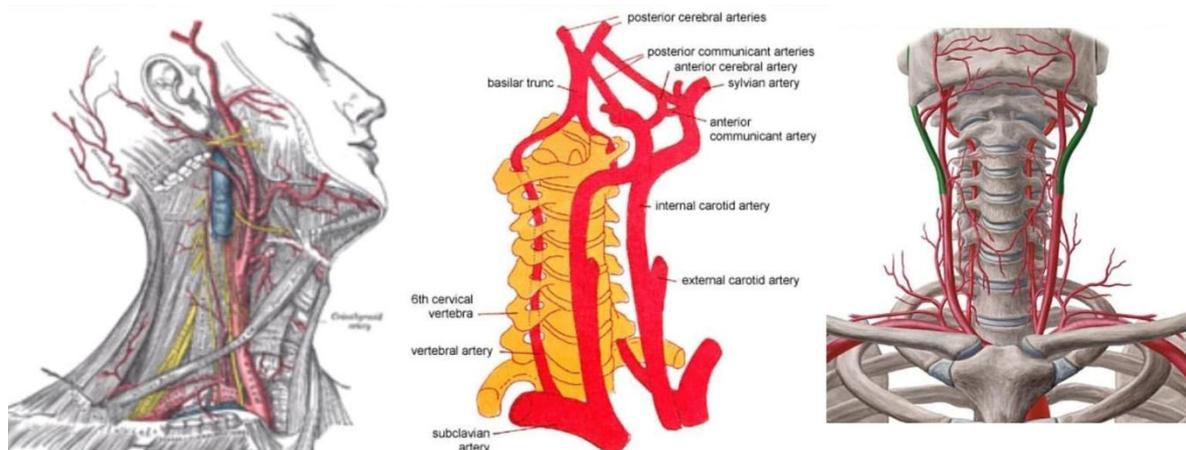
Scientifically improving your Strangles – Mike Piekarski

One of the most powerful techniques in grappling and jiu jitsu is the ability to render an opponent unconscious using a strangulation technique or a choke technique. A strangulation is defined “as the condition in which circulation of blood to a part of the body is cut off by constriction” while a choke is defined as “the condition in which there is severe difficulty in breathing because of a constricted/obstructed throat or a lack of air.” In jiu jitsu often when someone uses the term 'choke' they sometimes mean a 'strangle'.

How do strangulations work? A study examined the physiology of strangles. The vascular structures targeted by the technique are the internal carotid artery (ICA) and the carotid sinus. The carotid sinus has pressure receptors that maintain blood pressure and when there is an external compression the response of the body is to reduce blood flow. For loss of consciousness to occur the structure need to be compressed enough to decrease cerebral blood flow.

1. Cerebral hypoxia or 'going to sleep' occurs when the cerebral blood flow velocity dropped below 50% from baseline on both the right and left carotid artery.
2. The compression force required to compress the carotid arteries was at least 100mmHg. An important note is that more than 100mmHg did not cause a faster response in which the subject was rendered unconscious.
3. The average time for unconsciousness following the vascular constraint was held for 9-10 seconds (9.5 +/- 0.4 seconds).

Why is the squeeze important? For a strangulation to render an opponent unconscious they must apply at least 100mmHg of pressure on both carotid arteries for approximately 10 seconds. Therefore one must be able to maintain a squeeze for at least 10 seconds.



The intention of a grappler is to not only disable an opponent but to accomplish the task with as little energy as possible. Many grapplers may resort to 'squeezing' with their arms (biceps brachii), however this is not an energy efficient action. A more appropriate action would be one that utilizes more and stronger muscles, such as the latissimus dorsi, rhomboids and trapezius. So instead of squeezing with your arms try pulling your shoulder blades back and down. The arms should be the point of contact on the neck, not the squeezing force. A proper strangulation should feel effortless.

Conclusion:

When applying a strangulation technique make sure that you are compressing both sides of the neck and gradually increasing the force of the squeeze so that you can maintain for longer than 10 seconds.

Reference: Mitchell JR, Roach DR, et al. Mechanism of loss of consciousness during vascular neck restraint. J Appl Physiol. 2012 Feb;112(3):396-402.

Registering your Black Belt?

The Black Belt Register, together with the Instructors Register, makes up the Public Register of Ju-Jitsu Instructors and Black Belts. Details about the process of black belt recognition and the NZJJF procedure can be found on the NZJJF website in [Notice 15-2](#)

Please contact Doug Bailey on registrar@nzjif.or.nz for further information.

CONGRATULATIONS ...

NZJJF Coaching Courses May 2018

Congratulations to those who passed the NZJJF Coaching Courses:

Jason Farquhar, Ronin Martial Arts Coalition – C1 Assistant Coach (08/02/2018)

Phillip Dunn, Jitsu NZ – C 1 Assistant Coach (27/03/18)

Simon Barnett, Jitsu NZ – C2 Club Coach (01/05/2018)

Simon Gibbs, Shi San Shi Do Chin Na & Jujitsu – C1 Assistant Coach (05/05/18)

Rob Hunter, Jitsu NZ – C1 Assistant Coach (14/05/2018)

Simon Ogden, Jitsu NZ – C3 Advanced Coach (06/06/2018)

NZJJF Black Belt Register May 2018

Congratulations to the following approved for the Black Belt Register:

Steve Lynch, 2 Dan

2018 Seminar Calendar

Seminar Facebook events and calendar updates coming soon!

2017/2018 Membership fees:

Memberships for the 2017/2018 year are; Individual (\$10) and Club (\$80). Cheques made out to 'NZJJF' can be sent to 902 Norton Rd, Hastings 4122 or deposited to:

NZJJF Westpac 03-0179-0280064-00 (use your name / club as an identifier).

