

The four rules of a violent attack

There are four basic laws or rules that occur during a violent attack. You can stop the violent attack at any one of these points or rules.

Rule number one; you have to be at the wrong place at the right time. Now that might sound trite but if you think about it is a very important step. You know in your mind, and your heart that there are some places you should not go, at any time. We know these places are dangerous. But, we tend to do stupid things because we don't think about where we're going and we get ourselves in to trouble. So, think about where you're going and is it safe to go. Okay, we blew it and now we go to rule number two.



Rule number two; you have to be approached for a violent attack to occur. There are a few exceptions mind you but we won't discuss those, we want to stay in the mainstream of self defense. So when using your awareness and you can see when people are approaching you, you can simply go the other direction, or in some cases even enter a store or another establishment thus avoid this step altogether. But let's say we weren't that smart again and we're in the wrong place at the right time plus somebody's coming to talk to us or worse.

Your classic violent offender...

Rule number three; is for a violent attack to occur, the attacker usually picks up some dialogue. There are some rare cases of just "spontaneous physical attacks"; however we are not talking about the exception to the rule. So as the conversation starts to take place this is where you can start to paint the picture you want your opponent to see. Again, you might say you're an off-duty policeman or the like, and that might stop this whole attack from occurring. The signposts that we're going to move to the physical aggression part usually happens at this stage. When the attacker uses profanity or some other verbal putdown, you're moments from the physical attack. This is where you could decide how you want to handle rule number four.

Rule number four, is the violent attack. Now many martial artists or even self defense instructors would tell you to get into a fighting stance to defend yourself. I on the other hand am going to suggest something to off balance your opponent altogether. Few people can actually get into a fighting stance and go toe-to-toe with an attacker. The result is you're still going to get beat up, mugged, or raped or possibly even worse killed. This is all done of course after you got into your fighting stance and they beat the holy be Jesus out of you to get what they want. Rather I suggest we stay in rule number three: that is conversation. Utilize a conversation to close the distance between you and your attacker, such that you can move your hands closer to a vital target. For example you could hold your hands up and talk to the attacker about your fingers or something as you close the distance, confusing the attacker while all the time your fingers are getting closer to their eyes so you can attack their eyes. You might move closer so that when you do intend to defend yourself, your hands, feet, and head are just mere inches from their target. A surprise attack from this close position has a very large chance of success when compared to being to some fighting stance and trying to go toe-to-toe with the attacker. By distracting your attacker with your conversation and painting the picture you want them to see, allows you a strategic opportunity to get close to the targets you need to attack to get out of the situation.



Here a mugger is pointing a gun at you... Don't take some fighting stance... you will die!

In conclusion, by using some form of distraction and confusion, allowing you to close the distance to a vital target is crucial in surviving a violent attack. Mentally, what it does is it gives you something to think about rather than being frightened. It also puts you in a great position to defend yourself if the need arises. Of course, if you have a Defender Self Defense Weapon you are in a much better position to defend yourself...

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Master Peter Brusso working with the Marines and a defender!