

研究紀要青葉 Seiyō 第3巻第2号 2011年(平成24年3月31日)

研究論文

THE PROCESS OF DESIGNING SCENARIO BASED SELF DEFENSE TECHNIQUES

自己防衛術を基盤とするシナリオの設計のプロセス

Dominic JONES

ジョーンズ・ドミニク

仙台青葉学院短期大学

THE PROCESS OF DESIGNING SCENARIO BASED SELF DEFENSE TECHNIQUES

自己防衛術を基盤とするシナリオの設計のプロセス

Dominic JONES

ジョーンズ・ドミニク

キーワード：自己防衛術、防衛戦術、シナリオ・トレーニング、カリキュラム設計

Key words : Self defense techniques; Defensive tactics; Scenario training, Curriculum design
護身術

Abstract

This paper looked at the beginning process of designing the ideal phase of a self defense technique as described by martial science instructor Dr Ron Chapél. This paper drew on multidisciplinary information from the medical, law enforcement, self defense and military communities. At first martial philosophy was explored and then the psychology of confrontation was considered. The design process of the physical sequence of a self defense technique was briefly discussed. The author concluded that the process of designing a scenario based self defense technique requires a multidisciplinary approach and must include knowledge of how attacks occur in reality. Topics for further research suggested included how criminal attacks happen in Japan; the design of physical moves of self defense techniques; the design of a martial science curriculum; and how a martial science curriculum is taught and assessed.

1. Introduction

In 2011 the author went to Los Angeles, USA to study SubLevel Kenpo, a martial science, with Dr Ron Chapél the head of the Martial Science University based in Los Angeles. Dr Chapél in addition to his martial science training has been an active law enforcement officer for over forty years.

During his training, the author talked to

Dr Chapél about the process of designing scenario based self defense techniques. From these discussions, background reading of self defense literature, and discussions with military personnel the author will present an overview of the process of designing self defense techniques.

Self defense is defined as the protection of yourself or innocents from the face of actual

or perceived danger from threats. Where a threat is the name given to a person attempting to attack you (Miller, 2008), his attack is viewed as a problem that requires being solved. A scenario is a theoretical situation, that is designed to mimic a real life combat situation, that requires a self defense technique to be designed for. The self defense technique is a series of physical moves that are designed to solve the problems represented by the threat.

In designing a self defense technique the first thing is to design the Ideal Technique as described by Ed Parker (Parker, 1987, p97) which starts with the threat attacking; and the defender blocking the attack and then launching a counter attack to neutralize the threat. For example, the threat throws a right punch at his victim's head. The defender blocks the punch and follows up with a counter punch to the attacker's body.

The variety of attacks and defenses are infinite and so a systematic process is required to design an effective self defensive technique that is backed up by real world experience and knowledge of combat situations. Instructors such as Howe and Chapél sum up the end product of this process by saying "here are the techniques I believe in and why and this is why I do not use these other ones. These are the ones I want you to know and practice. Students are paying me to take my real world experiences and knowledge and tell them what works and what does not" (Howe, 2009, p34).

2. Stage 1 — Philosophy

In designing a self defense technique the first stage is examining what is your overriding philosophy of your physical moves for the

technique. The following is a list of generalized philosophies associated with self defense from different martial arts:

- a judo player might consider that every self defense technique ends in a throw
- a combat soldier might consider that every technique ends with a killing move
- a boxer might consider that every technique is ended with a punch
- an "Alternative Martial Artist" (Parker, 2011) might consider every technique to end with a deflecting non-violent controlling move
- an iaijutsu player might consider every technique to end with a sword cut
- a wrestler might consider every move ending with a submission

In the case of SubLevel Kenpo, the overriding philosophy is that you "survive the initial assault" (Chapél 1990, p25), then make a "significant initial retaliation" (Chapél, 1991, p18) in order to neutralize the threat and escape from the combat situation in a legally and morally justified way. You make use of the human body's natural defensive systems, be aware of how the body performs under stressful situations and how the body moves in the most efficient manner to be strong and fast. After the assault you are also required to successfully resist criminal law charges and civil law charges. Finally you have to survive the physiological impact of having used violence on another human.

3. Stage 2 — Psychology of Confrontation

The next stage is examining the "psychology of confrontation" which looks at what the attacker wants to do to you (Chapél, 2011) and how you respond to the attack; and how society views your response.

ATTACKER

The attacker's underlying motivation based on Maslow's hierarchy of five levels of human motivations are summarized by Miller (Maslow 1943 in Miller, 2008, p94) as survival, physical security, social identity, social status, and whim. They will give clues into what the threat is prepared to do to his target. For example, if the threat is fighting for survival then the level of violence is likely to be high. That being said, threats have also killed people on a whim. So the underlying motivation is not essential to the design of the self defense technique.

What is important is recognizing that the criminal according to Samenow (2004) works on choice. In simple terms, it's a risk benefit assessment made by the criminal. Is the reward that the criminal gets from the crime greater than the risk of being caught or injured?

People who have altered minds can also use violence. Their altered minds could come from substance abuse; drugs and alcohol; extreme emotion (Miller, 2011, p85) or mental illness, such as underlying personality disorders as identified by the American Psychiatric Association (2000).

Identifying the type of violence is important to designing the self defense technique. According to Rory Miller (2011, p25-40) there are two types of violence: Social Violence and Asocial Violence.

Social violence

Social violence is for the perceived good of the social group. It is used to establish a hierarchy — the “monkey dance”; to enforce the rules and norms of a group — the “educational beat-down”; to establish boundaries — the

“territory defense”; to strengthen bonds within the group — the “status seeking show” or the “group monkey dance” (Miller, 2011, p26).

Asocial violence

Here the attacker is acting as a predator and the identity of the victim is not important. They use violence because it works (Miller, 2010, p7) and they want to (Samenow, 2004). The attackers select victims to get the resource, or the process they want to undertake, with the least risk to themselves. They are known as “resource predators” and “process predators”: A resource predator wants something from you, for example your car or your money, and will use violence or the threat of violence to get it. A process predator wants to do something with you; they want to experience the act of the crime. For example, they want to attack you, rape you, or kill you (Miller, 2011, p38).

The next information that you need to consider is the process of violent crimes. According to Marc MacYoung (1994) in his “Street Safe” video, crime and violence are processes that take time to develop. There are five stages of a violent crime. The attack is not the first step; there are five distinct stages that are easily identified:

- 1) Intent — Does the attacker want to attack you?
- 2) Interview — Victim selection, are you safe for the attacker to attack?
- 3) Positioning — Is the attacker close enough to attack you?
- 4) Attack — How does the attacker attack you?
- 5) Reaction — What does the attacker do to you after the attack?

During the first three stages, you can prevent an attack without the use of violence. These are where the criminal (or violent person) decides whether or not he can get away with it. He may want to (intent), but if he doesn't have the opportunity (position) he cannot succeed.

In the same vein, he's going to make sure he can successfully use violence against you (interview and positioning) before he commits himself to act. Once he is sure of his ability to succeed and has put you in a position where he can quickly overwhelm you, he will attack (Jones, 2005). The final stage is where the attacker decides what to do with you after the attack. Here the level of experience of the attacker becomes a factor, according to Chapél an amateur attacker is often thinking about the present situation of how to get away. The professional attacker is also thinking about the future, his likelihood of getting caught, the response of law enforcement and the types of punishment associated with different crimes. For example, if an attacker uses intimidation to get you to hand over money, this crime will be seen as different by law enforcement than if he uses a weapon against you (2011).

Understanding the above motivations and objectives of the attacker, the types of crimes and the process of the crime will help you to identify his methodology of attack.

Methodology of attack

It is important to understand what and how attacks are actually carried out in the street, in real life as opposed to as seen on TV. In order to get this knowledge, you can examine the criminal statistics, which will indicate what types of attacks are commonly

used on the street. It should be kept in mind that the nature of the attack will be culturally specific. For example, in Los Angeles you are more likely to be shot, but in the Philippines you are more likely to be slashed with a knife (Chapél, 2011).

The other way to gather information about how street assaults are carried out is to talk to people with experience of street assaults. In the case of SubLevel Kenpo, Dr Chapél's forty years of law enforcement experience provided a depth of knowledge about how street crimes occur in America.

Types of Attacks

In order of their seriousness, according to Ed Parker (1987, p55-66), the attacker can use one of the following methods of attack: grabs and tackles; pushes; punches; kicks; holds and hugs; locks and chokes; weapons and finally multi attacks. The attack (s) can also use combination of these attacks. For example, a punch can be followed by a bear hug.

DEFENDER

You can avoid most attacks by not going to dangerous areas, not socializing with dangerous people, especially when they are under the influence of drugs or alcohol (Miller, 2008). And not undertaking "high risk behavior which is defined by MacYoung as "any behavior that puts you into circumstances where violence is probable" (2012). The same observation was made by Marwood quoting John Atkin, which says if you don't go to stupid places where you are likely to get in trouble, with stupid people, doing stupid things then you will be okay most of the time (2009).

If caught in a potentially dangerous

situation you can try to leave the area, or if that fails, then try de-escalating the situation, which may or may not work. However, for the purpose of this paper we assume that the attack is taking place. In the first instance you are forewarned and so you are in a bladed stance that reduces your target areas on your body whilst allowing you to respond defensively with all of your natural weapons. It is important that your hands should be raised to chest level in a non threatening position, as opposed to a fighting posture (Chapél, 1990). The ideal posture is a combination of the two postures shown in Figure 1.



Bladed fighting posture Natural non-bladed, non-threatening posture

Figure 1

The other situation is where you are attacked when you are caught off guard and so you are surprised. Here you are trying to catch up after your attacker has initiated the

attack. This is known as being behind the loop, which refers to the Observe—Orientate—Decide—Action loop that John Boyd (1995) made to describe the process of making decisions. His OODA system is summarized in Figure 2.

In either the forewarned or caught off guard attack, the defender’s self defense technique should be designed taking into account the body’s natural defensive reflexes. This is known as the startle reflex. It uses the defender’s fast twitch protagonist muscles to draw his hands back to his torso and then to the source of the action. For example, if the attack was to his face his hands would come back to his body and rise upwards towards his head. If the attack was to his lower body then his hands would come back to his body and then downwards to lower his lower body (Chapél, 2011).

Next the self defense technique should be designed to use bio-mechanical movements that are fast, strong and structurally stabile. They require knowledge of the target areas on the human body and also parts of the body that can be used as natural weapons

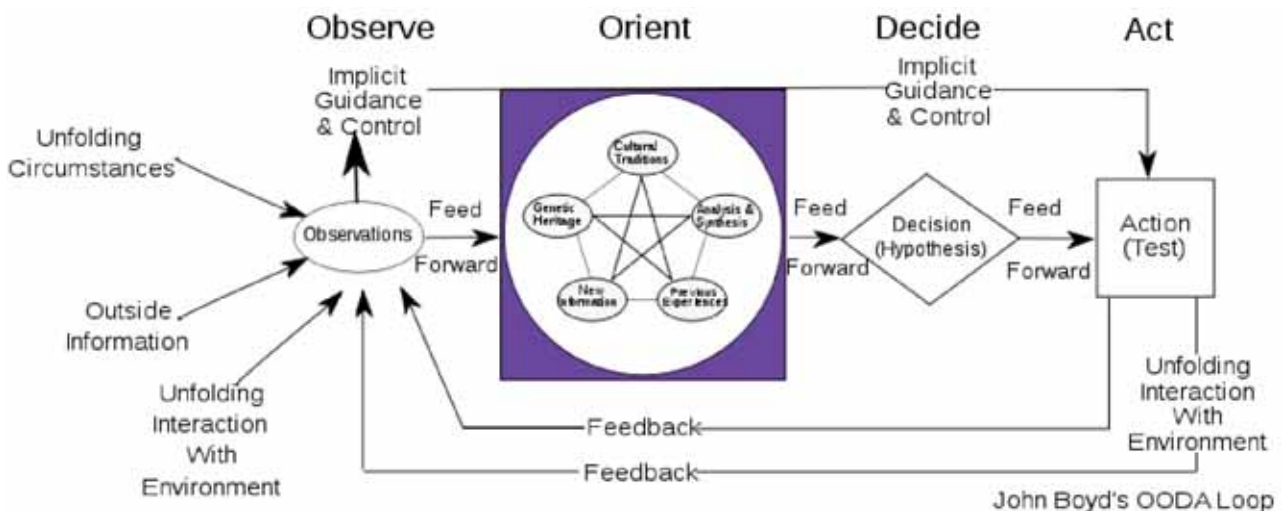


Figure 2. John Boyd’s OODA Loop

and are legally defensible.

The design of the self defense techniques also need to take into consideration the body's response to fear. Grossman (1996) describes how the body under attack naturally reverts to one of four activities; they are known as Fight, Flight, Posture or Freeze. In order to get the body ready for dangerous encounters the body produces a chemical commonly known as adrenalin. This chemical has many physiological effects in the body that makes the body faster and stronger and more able to withstand pain. But can also cause the loss of bodily functions, that in common lore have many names such as scared stupid — unable to think; white as a ghost — vascular constriction as blood pools in the core of the body away from the surface; scared stiff - where you feel you cannot move; scared blind — where you cannot see; and so scared that you void your bowels.

SOCIETY

Even if you survive the physical encounter you must be cleared of all criminal charges that the state could bring against you; and you must be cleared of all civil charges that your attacker or his estate could bring against you (Cooper in Jones, 2005).

In order for this to happen, the self defense technique needs to be designed taking in due consideration of self defense law. These laws which are geographically specific. However, generally speaking you are allowed to defend yourself from the threat of physical attack using a reasonable amount of force, though you are required to stop your counter attack when the threat of the attacker has been neutralized. This monitoring

of the unfolding combat situation on-the-fly is known as “read and react” (Chapél, 2011). After the confrontation you will be then able to explain and justify the actions you took, whether it is to the authorities or to your psyche.

4. Stage 3 — Designing the physical moves of the self defense technique

Describing the physical sequence of a self defense technique is outside the scope of this paper. However in brief, after the psychology of confrontation has been examined then you can look into the physical sequence of the technique. This is where the attacker initiates the technique sequence with his attack. You then respond to counter the attack, which forces a reaction from the attacker. This sequence of movement and reaction is repeated until the self defense technique is finished. Keep in mind that your mindset is to fight back harder, more clinically, precisely, and aggressively than your attacker (Evans, 2011).

5. Further research

The author intends to investigate how criminal attacks happen in Japan by studying the crime statistics of Japan, interviewing Japanese law enforcement officers, investigating the self defense law of Japan and conducting a literature review on crime in Japan.

After identifying the types of attacks common in Japan, the author will also research into Stage 3 of the design of self defense techniques. Some of the considerations in Stage 3 according to Ed Parker are:

Environment; Range; Position; Stances; Maneuvers; Targets; Zone Theories; Weapons;

Defenses; Breathing; Tailoring; Physical and mental conditioning (1987, p55-66).

The author also intends to analyze how Dr Chapél of the Martial Science University has put together the SubLevel Kenpo curriculum, how it is taught and how it is assessed.

6. Conclusion

The process of designing a scenario based self defense technique requires a multidisciplinary approach to gain knowledge about what crimes take place and how to design an effective self defense technique. To go with this knowledge, it is also important to have real world experience of the reality of how attacks actually happen in the street. As ever, plan for the worst case scenario and anything less is a bonus for you (Evans, 2011).

It is important to know about the attacker and also yourself. As Sun Tzu a classical Chinese general in his book “The art of war” observes, “If you know your enemy and know yourself then you will be undefeated in a thousand battles” (Griffith, 1971).

References

- American Psychiatric Association (2000) Diagnostic and statistical manual of mental disorders, 4th Edition, American Psychiatric Association, Washington DC, USA
- Boyd, J. (1995). OODA workshop, USA
- Chapél, R. (1990). SubLevel kenpo tactical concepts course book #101, Los Angeles, USA
- Chapél, R. (1991). SubLevel kenpo tactical concepts course book #102, Los Angeles, USA
- Chapél, R. (2011). Unpublished interview notes, Los Angeles, USA
- Evans, G. (2011). Unpublished correspondence, Sendai, Japan
- Griffith, S. (1971). Sun Tzu: The art of war, Oxford University Press, UK
- Grossman, D. (1996). On killing, Black Bay Books, USA
- Howe, P. R. (2009). The tactical trainer, Author House, Indiana, USA
- Jones, D. (2005). Self defense workshop, Sendai, Japan
- MacYoung, M. (1994). Street safe video, Paladin Press, USA
- MacYoung, M. (2012). High risk behavior and danger. Retrieved February 15, 2012 from <http://www.nonnonsenseselfdefense.com/arrogance.html>
- Marwood, J. (2009). Common sense, the Nike defence and pepper spray. Retrieved February 14, 2012 from <http://www.safeism.com/blog/index.php/2009/05/common-sense-the-nike-defence-and-pepper-spray/>
- Miller, R. (2008). Meditations on violence, YMAA Publication Center, New Hampshire, USA
- Miller, R. (2011). Facing violence, YMAA Publication Center, New Hampshire, USA
- Parker, E. (2011). Unpublished interview notes, Los Angeles, USA.
- Parker, K. E. (1987). Ed Parker's Infinite insights into Kenpo: Volume 5 Mental & Physical Applications, Delsby Publications, Los Angeles, USA
- Samenow, S. E. (2004). Inside the criminal mind, Crown Publishers, New York, USA