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研究論文

WHAT IS SELF DEFENSE? HOW DOES VIOLENT CRIME HAPPEN?

自己防衛とは何か。どのように凶悪犯罪が起きるのか。

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Abstract

A literary review was undertaken to help understand the questions “What is self defense?” and “How do violent crimes happen?” In answering the above questions the likeliness of being a victim of violent crime was investigated. The significant consequences of becoming a victim of violent crime were explored. Then the nature of violence was examined in the light of two broad categories Asocial Violence and Social Violence. The mechanics of asocial and social violent attacks were described.

The paper concluded that violent crime is a hazard but that the risk of becoming a victim of violent crime can be reduced by understanding the process of violent crime. The topic for further research suggested is how to reduce your chances of being selected as a victim of a violent assault.

1. Introduction

Continuing the author’s research into self defense (Jones, 2012 A&B) this paper examines the question “What is self defense?” by reviewing the literature on self defense as regards to violent crime, excepting domestic violence. The topic will be explored by addressing the following questions: What is self defense? Why study self defense? What is violent crime? and How does violent crime

happen? The report will end with a discussion and highlight areas of further research.

What is self defense?

In this paper, self defense is anything that prevents yourself, loved ones or innocents from being chosen as victims of a violent criminal assault. In addition self defense can increase your probability of surviving an assault and its aftermath.

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Why study self defense?

This is a good question, some people live their whole life without being a victim of a violent crime whilst others become victims sometimes multiple times. In order to quantify the likelihood of becoming a victim of violent assault this report compared the crime statistics collected by the United States, England & Wales, and Ireland for 2010. See Table 1.

It is important to understand that many violent crimes remain unreported and that the methods for collecting violent crime statistics are different for each country but they allow for a rough estimate of the percentage of people who become victims of violent crime. They show that the US has 0.41%; England & Wales have 1.49%; and Ireland has 0.54% of the population who became victims of violent crime in 2010.

The question “Why study self defense?” was answered by Ed Parker with this observation that “most people are oblivious to danger. Others disregard danger, convinced that danger will never be a part of their life. However, whatever your attitude might be, be realistic and accept the fact that impending dangers do exist, and consider them seriously. Once you accept the existence of these impending dangers and realize that logical measures of prevention can help to avoid them, you have armed yourself with a prime weapon against attack. (1969)”

In other words crime is a reality of life, but that your chances of being selected as a victim can be reduced by following some basic advice. This is important because there are many consequences of being a victim of

violent crime or using your physical skills to defeat a violent attacker. Some of the consequences are short term and others can be lifelong or life ending. For example:

Physical: The attacker could kill you, maim you, injure you, you could contract infectious diseases.

Emotional: You could suffer from psychological injuries including, panic attacks, loss of self esteem, survivors’ guilt, post traumatic stress disorders, sleeplessness, depression, relationship problems.

Financial: You can lose your wallet, lose time off work, lose your job, have hospital bills, have legal bills.

Legal: You could be criminally and or civilly sued for employing defensive tactics.

2. What is violent assault?

For the purpose of this paper violent assault is defined as a person or people doing something to you, taking something from you or getting you to do something through force or the threat of force.

The attacker attacks you because they have made a choice (Samenow, 2004) that using violence or the threat of violence will get them what they want. In their experience using violence has worked and the reward that the attacker gets from the assault is greater than the risk or deterrent of being caught or injured.

The attacker can use violence because their mind has been altered by 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) including extreme narcissism or antisocial personalities. These attackers can have a complete

Table 1. 2010 Violent Crime Statistics for the United States, England & Wales, and Ireland

United States of America		
Estimated population: 308,745,538		
Breakdown by type	Total number of offenses known	Rate per 100,000
Total	1,250,722	405.1
Murder and non-negligent manslaughter	14,748	4.8
Forcible rape	89,241	28.9
Robbery	367,832	119.1
Aggravated assault	778,901	252.3

Source: United States of America, Department of Justice, Federal Bureau of Investigation Crime in the United States 2010. (United States Department of Justice, Federal Bureau of Investigation, 2011)

England and Wales		
Estimated population: 56,100,000		
Breakdown by type	Total number of offenses known	Rate per 100,000
Total	837,891	1493.6
Murder and non-negligent manslaughter	642	1.1
Forcible rape	15,934	28.4
violence against person with injury	368,005	656.0
violence against person with no injury	453,310	808.0

Source: United Kingdom Home Office British Crime Survey 2011. (Chaplin et al, 2011)

Ireland		
Estimated population: 4,239,848		
Breakdown by type	Total Number of offenses known	Rate per 100,000
Total	23,051	543.7
Homicide offences	90	2.1
Sexual offences	2,339	55.2
Robbery	3,183	75.1
Assaults	17,439	411.3

Source: Ireland Central Statistics Office Garda Recorded Crime Statistics 2010. (Central Statistics Office, Ireland, 2012)

disregard for their victims feelings or rights.

Asocial Assaults

The minority of violent assaults are asocial assaults as discussed by Miller (2011, p25-40). Asocial assaults happen when a “resource predator” wants something from you, for example your money. Or they are a “process predator” who wants to do something to you such as rape you or hear you scream.

In asocial assaults the personal identity of the victim is not important, it is the resource that the victim has or the process that the attacker can do to them, that is important. The predator is using victim selection to identify the easiest person to attack so they can get or do what they want; combined with the least risk to themselves of being hurt or identified. If the victim appears to be not easy to attack, the asocial predator will seek a different easier victim to attack.

Social Assaults

According to MacYoung (2012) and Miller (2008 & 2011) the vast majority of violent assaults happen because humans are social animals who use violence within groups and against other groups. There are many manifestations of social violence for example:

Territorial/Territory Defense: Humans are social animals who usually live in social groups. These groups have their own territory and when other people or groups encroach on their territory then a conflict can occur.

Behavioral Correction/Educational Beat Down: This kind of violence occurs to stop unacceptable behavior or to enforce the rules of the group. It also occurs to maintain the hierarchy of the group. It is not designed to drive the group member away or to injure them

too much. The contract between the group members is that if the unacceptable behavior stops then the violence or threat of violence will also stop.

Predatorial: This is where the criminal wants to attack you personally to punish you for an offense you have, or they believe you have committed against them. It can also be that the attacker chooses you in proxy for an offense caused by society as a whole.

Status Seeking Show: This is where the attacker wants to develop a reputation for violence among his fellow group members. This can be achieved by violently attacking a non-group member.

Group Monkey Dance: Where members of the group join together to drive away an outsider (territory defense) or punish/drive away a group member, or simply to strengthen the bonds of the group through the shared acts of violence.

In social assaults the personal identity of the victim can be important or it is the message that the violence will send to their social group or other social groups that is important. In social violence the attacker may feel compelled to attack someone who is bigger and stronger than themselves in order to save face. This is the opposite of victim selection deployed by asocial attackers.

3. How do asocial violent attacks happen?

A common conception of asocial criminal violence is that the attacks happen randomly out of the blue like lightning strikes. Although there are random attacks, there is a process that violent crimes go through. Much like the process of the thunder storm building before the lightning strikes. This process of asocial, violent crimes was clearly described by

Table 2. Five Stages of Violent Crime (Asocial Violence) adapted from MacYoung (1993 & 2002)

Stage 1: Intent	The attacker is mentally and physically prepared to commit violence in order to get what he wants
Stage 2: Interview	The criminal interviews you to decide if you are safe to attack, i.e are you aware of what he is trying to do, testing your boundaries; assessing your ability to defend yourself. The interview also allows the attacker to close distance on you: Regular Interview: The criminal approaches asking for directions or a light. This is a distraction. Hot Interview: The criminal is threatening, obscenity-spouting, screaming person charging down on you. To gauge how you react. Escalating Interview: It starts out normally but rapidly turns hostile as they test your boundaries by escalating outrageous behavior. Silent Interview A silent interview is when a criminal puts himself in a position to observe you. Prolonged Interview: The attacker interviews you for a prolonged period of time. They could be stalking you or trying to win your trust or grooming you over the course of months.
Stage 3: Positioning	This is the criminal moving to a place where he can successfully attack you. This will usually happen in a fringe area, close enough for potential victims to appear, but out of range of immediate help. There are various ways of positioning: Closing— Walking up to the victim. Cornering/trapping— He approaches you from a direction that traps you between himself and a large object, like a car or wall, putting himself between you and an exit. Surprise— This is your classic jump-out-of-the-bushes type of position. Pincer— One criminal circles around while the other criminal distracts you. Surrounding - One criminal will distract you while the others surround you.
Stage 4: Attack	The attack is the threat of force, or the use of force to get what he wants.
Stage 5: Reaction	After the first attack has been completed, the criminal decides what to do to you next. They can attack you again, or they can let you go.

MacYoung in his book *Safe in the City* (1994) and his movie “*Street Safe*” (1993) and is summarized in Table 2.

This process was also described by Geoff Thompson (1997, pp18-18) as the 4 Ds, which are:

Dialogue: The attacker talks to the victim, in order to interview his victim, position himself to be able to successfully attack and distract the attacker.

Deception: The attacker uses dialogue and his appearance to make him appear harmless.

Distraction: The attacker uses dialogue or gestures to distract the attacker, or reduce their state of alertness.

Destruction: The attacker attacks the victim with overwhelming force.

It is important to note that the steps in both process models can be rearranged or omitted. They are not strictly linear models.

4. How do social violent attacks happen?

Humans are social animals who evolved to limit the effects of inter-species violence for the good of the human species. In other words social violent attacks are not designed to kill or cause serious injury to members of their own species. That is why the most common attack in violent social assaults is the overhand right punch to the front of the victim as highlighted by the research of Nash (2001) into habitual male on male acts of

violence.

This attack is designed to deliver a social message. Figure 1 shows the start and the end of social violence:

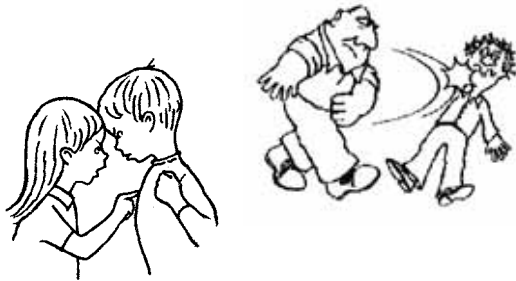


Figure 1. Social violence

This human dominance game was described as the “monkey dance” by Miller (2011, p27) and typically contains the following five steps:

- Step 1: A hard, aggressive stare.
- Step 2: A verbal challenge.
- Step 3: An approach often with arms swinging, chest puffing.
- Step 4: When face to face, more verbal exchanges, pushes to the chest.
- Step 5: An elliptical over hand punch.

5. Discussion and further research

Violent crime identified in this paper is a fact of life and broadly occurs in two categories: asocial violence and social violence. Both of these categories of violent crime follow the processes identified above.

Statistically your likelihood of becoming a victim of violent crime is low as approximately only 1% of the population become victims of violent crime. However, since the consequences of becoming a victim of violent crime can be severe and life changing the author recommends that people investigate how not to be selected as a victim of violent

crime.

Therefore the author intends to undertake further research into how to minimize your chances of becoming a victim of violent crime. This research will start with a literary review of avoidance and de-escalation texts as in general they are the two major strategies used in not becoming a victim:

Avoidance: of potentially dangerous locations, situations and people.

De-escalation: of potentially dangerous situations and people.

This research is complicated by the fact that strategies that would de-escalate a social attack, such as submissive postures, actually increase your likelihood of being attacked by an asocial predator. Similarly strategies that would deter an asocial predator, such as displaying a powerful posture, can escalate social violence. Therefore the best strategies will probably involve awareness of how violent attacks happen as explored in this paper and then being able to select and use appropriate avoidance and de-escalation techniques.

Using data gained from the literary review and previous studies by the author, avoidance and de-escalation techniques will be looked at in detail to enable the future research to present a framework of advice on how not to be selected as a victim.

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