

# FAST Defense News

FAST Defense of Eastern Defensive Arts Academy  
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## CAN IT HAPPEN TO ME?

ARLINGTON VA -- Three sexual assaults involved joggers on the bike path between Columbia Pike and Barcroft Park. The suspect was described as a white male, 5'7" to 5'9", 140-150 lbs. with a slight mustache. The victims were jogging alone in the late afternoon hours.

WASHINGTON (CNN) -- A man who used Rock Creek Park as a "hunting ground" for women is facing new scrutiny by investigators probing the death of Chandra Levy, whose remains were found in the park in an area where two joggers were assaulted last summer.

VANCOUVER, B.C. --A 26-year-old North Vancouver woman was grabbed and sexually assaulted on Nov. 14 on Ridgewood Drive. According to the North Vancouver RCMP, the woman was on her nightly run at 8:30 pm. She was running when a man snatched her and pulled her into the bushes.

NORTH HOLLYWOOD, CA -- On Wednesday, May 3rd at approximately 7:15 PM, a lone suspect followed a 27 year-old female jogger in the area between Riverton Avenue and Erwin Street. The jogger was subsequently pulled into bushes and assaulted.

Whether in a small town or big city, assaults against runners is a real problem that can happen to anyone. Be aware of your environment, run safely, follow simple safety guidelines, and take the time for a good personal defense course!

## ADRENAL STRESS

The adrenal rush begins when the heartbeat rises as few as 10 beats above normal rate due to stressful emotional stimulus. Adrenaline, ephedrine, and other bio-chemicals are released into the bloodstream, loading up for the "fight or flight" reaction, or overloading the neural pathways inhibiting action (freeze).

Blood courses away from the major organs to the muscles. One of these organs is the brain. The major "cognitive" parts of the brain shut down. Complicated sensory capacity is greatly reduced, creating tunnel vision, auditory exclusion, shaking and trembling, loss of fine motor control, and tache psyche (which is a result of the adrenaline induced altered state).

The only brain function left is found with the limbic system, which is our emotional and conditioned response center. Past traumas and / or victories are stored here. When you experience the adrenal rush state, your reaction will be dictated from the limbic system. Things learned and stored in your cognitive mind will not be accessible. FAST Defense works because it conditions the limbic system.

## QUESTIONS ABOUT FAST DEFENSE

Q. What does the "FAST" in FAST Defense stand for?

A. Fear Adrenal Stress Training.

Q. Why don't the assailants fight back more, wouldn't an assailant fight back in the real world?

A. The majority of fights in the real world are asymmetrical. There is usually no back-and-forth action at all. FAST Defense fights encourage you to press the initiative with an explosive first strike and powerful continuous attacks until you can neutralize the threat. As you become more proficient, the bulletmen become more aggressive (levels 2 & 3).

Q. Isn't the bulletman's body armor, especially the oversized helmet, unrealistic?

A. When adrenalized, most students don't realize the assailant is wearing the armor. Plus, the design makes this the only protective gear in the world that can absorb repeated full-force blows.

Q. Why does the class only teach a limited number of techniques, and no punching?

A. We teach students to target the three most vulnerable areas of the body: the head, neck and groin. In real combat, other targets are ineffective. Clenched fist punching will result in a broken hand. Palm strikes are much more effective.

*"The best short term self-defense course in the world..."*

Black Belt Magazine, March 2002

## MYTHS OF SELF DEFENSE

WWW.FASTDEFENSE.COM

### Myth: "Don't fight back or the attacker will become more enraged and hurt you worse."

I am surprised that various self-defense instructors and other "experts" in the field are still spreading this myth. Yet every month I hear of cases of people being told this. Probably well meant but horribly misguided, this strong myth has led to many disastrous incidents.

Although Law Enforcement agencies have taken the "don't fight back" stance in the past, they now have done a complete reversal of mindset. Current evidence is overwhelmingly in favor of fighting back. So why is this myth still so often prescribed? My theory is that past inadequate training, poor socialization of women, and "good ole boy" mentality historically conditioned women to play the consummate victim. With all this conditioning to fight against, women in general were typically not empowered to fight back. In fact to the contrary, women were taught to be "nice" and "not make a scene".

Thus there were most likely many incidents where women made half-hearted frail attempts to resist, which may have led to greater severity in the attacks, causing law enforcement agencies to take the "no fight" stance. The difficulty increases when you add the statistic that approximately  $\frac{3}{4}$  of assaults on women are committed by someone they know.

It's one thing to deal with an attack in a dark alley when it's very clearly an assault. It's a whole other thing when it's someone the victim knows, maybe even likes, respects, or even loves. The role of "caretaker" for which women are so famous and which we men are so grateful, further inhibits taking strong action in self-defense. Then there is what I refer to as the "good ole boy" network that is invested in preventing women from being strong and empowered. Although slowly changing, this network is still unfortunately very alive and well.

From Law Enforcement agents to politicians, executives to teachers, this fear-based mentality continues to exist and proliferate the victimization of women. Recently I heard of a High School gym teacher who told female students to just "relax" and "take it" if attacked. His advice was that they should carry condoms to have their attacker "cooperatively" wear while raping them. Incidentally, this golden pearl of wisdom was made in the presence of the boys in the class. So much for the education of our youth.

People flock to Karate schools to learn self-defense. Lacking adrenal stress conditioning skills, instructors taught the same old traditional methods that were learned from their instructors. Much of this was useless in real situations. I personally struggled with this for years, training in Karate while at night I would experience real fights where my Karate skills helped very little. Yet to be fair we had no other paradigm to work from until the fairly recent advent of FAST Defense Training.

Yet even against all these odds, fighting back was often successful. The vast majority of attackers are disempowered individuals looking for a sense of control or power in their lives. They are looking for a victim and do not want or expect a fight. When the alleged "victim" does not respond accordingly, most assailants will back off.

Are there times when a victim should choose not to fight back? Not many, but sometimes Yes. When the alleged victim feels that they have a better chance of surviving if they acquiesce than if they do not. These cases are rare. Such a case may be an armed gang attack where the odds of successful defense are almost impossible. Or perhaps to save a loved one. But the operative word is that the person should "choose" to submit, or "choose" to fight back. No matter what the end result, FAST Defense Training arms a person with many new choices and the power to act on those choices. And even if they choose to cooperate, their mental and emotional states are better than if they were simply victims, since they still have exercised their power of choice.



# Runner Safety

- **Don't wear headsets.** Wearing headsets while running is an unsafe practice. They block out your sense of your surroundings and make you more vulnerable to many hazards such as cars, bikes, skateboards, dogs, criminals. Use your ears to be aware of your surroundings.
- **Run with a partner.** There's safety in numbers, so avoid running alone. Find a partner or a group to run with. Not only will a training partner increase safety, but also, they can add motivation. Alternatives to running with partners or groups include running with a dog, carrying a self-defense spray, or running in areas where other people are.
- **Carry an ID.** Information to put on the ID include name, emergency contacts, emergency phone numbers, medic alert information, blood type, other medical information, and insurance identification. Information can be written inside your shoes.
- **Carry a small amount of money.** Carry some change for phone calls. It is also a good idea to carry a small amount of paper money.
- **Make sure someone knows when you are running and when you will be back.** They should also know the route you are taking. Be sure to contact them if a non-emergency delays you.
- **Run during the daylight hours when possible.** If you must run before dawn or after dark, wear light-reflecting or light-colored clothing.
- **Carry a noisemaker.** A whistle or alarm device can be used to summon emergency assistance.
- **Don't wear jewelry.** Chains, medallions, rings, expensive watches, etc. attract the attention of would be thieves.
- **Run against traffic.** Always run facing traffic so you can see cars approaching. Do not expect drivers to see you. Anticipate and move away from vehicles. Avoid running on the streets by using sidewalks when available.
- **When confronted by dogs, slow down or stop.** Be non-threatening. Don't run faster, throw, or hit the dog. This will make an aggressive dog more aggressive.
- **Cross intersections cautiously.** Watch out for cars, pedestrians, bicyclists, etc. Assume that they don't see you. Establish eye contact with drivers before proceeding.
- **Ignore verbal harassment or horns.** They want to know that they got to you. Don't give them the satisfaction. A provoked harasser could prove lethal to a runner.
- **Choose your route carefully.** Run in familiar areas. Avoid un-populated or deserted areas. Steer clear of bushes, shrubbery, parked cars, and other blind spots that could conceal a person. Local running clubs can provide information on safe areas to run when traveling out of town.
- **Know your route well.** Know where telephones, call-boxes, police stations, fire houses, hospitals, and open businesses and stores are located.
- **Stay alert and listen to your intuition.** Be aware of your surroundings and react to them. If you have a bad feeling or are unsure about a situation, act immediately before it is too late.
- **Run relaxed and confident.** Look forward and glance around occasionally. Look self-assured. Don't look downward.
- **Alter your route pattern.** Don't run the same route every day at the same time. Don't be predictable to would be criminals.
- **Use discretion in acknowledging strangers.** Look directly at others and be observant. Keep your distance and keep moving. Don't assume all runners are harmless. Don't approach a car to give directions.
- **Call the police immediately if something happens to you or someone else, or if you notice anything out of the ordinary.** Delay in notifying the police could cause harm to another person and will hinder apprehending of suspects.

# **FASTDefense**

## **Regional Training Center**

Eastern Defensive Arts Academy  
2089 Quaker Pointe Drive  
Quakertown, PA 18951

[www.edatkd.com](http://www.edatkd.com)

PLACE  
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HERE

*Special Delivery* \_\_\_\_\_  
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## **Fear Adrenal Stress Training**



## **Turn Fear Into Power!**



**Check the FAST Defense page at our  
website for upcoming classes.**

**[www.edatkd.com](http://www.edatkd.com)**

**We will schedule a class for your group of 12 to 14 people.**

**Call for details.**

## **New! FAST Defense for Kids.**

**Children learn how to deal with bullies using  
non violent de-escalation skills.**

**Basic anti-abduction skills.**

