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I dedicate this to my family, warriors, athletes, and my friends who have believed in Warrior Sciences and all that I do. All of you are my inspiration to become more than I am.

Special thanks to Terri Ventress for being my ever so patient editor.

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Psychological Attributes

Attitude

The warrior puts feeling and attitude into everything he does. He has pride in who he is and what he does. Ego has its place in life and a warrior has a healthy ego, however, it is never overbearing. He is certainly not one to be manipulated or taken advantage of.

A warrior walks with a sense of purpose: with his head up in an upright posture, walking assertively, with conviction. Street predators prey on psychologically weak individuals. With the types of criminals we are faced with today, we cannot afford to be timid or to act or think like a "victim."

Anyone who comes in contact with a warrior they will notice his vigilance and strong character.

Resolve

The psychological resolve of the warrior is unwavering. He is internally driven to progress in every facet of his life. Survival and the protection of those in his charge are his primary concern. He is passionate and trains constantly in his quest of combative excellence. He challenges his mind and body on a daily basis.

When faced with a threat, a warrior has the resolve to SURVIVE at all costs. He fights through any amount of pain, fatigue, or fear he may have so that he continues his survivability.

In the street the difference between success and failure is life and death.

Alertness / Awareness

The street criminal often relies on surprising his victims. The warrior has a dynamic sense of his surroundings, terrain, physical position and condition, his dress, and psychological state at all times. He is not easily taken by surprise.

The prerequisite to the Survival Law of Avoidance is awareness.

We have the greatest alarm system known to man...the 5 senses.

Self Confidence

No matter the circumstances the warrior has confidence in his ability to protect himself and his loved ones in the heat of battle. He sees adversity and great hardship as a challenge for himself to grow and progress as a human being. He is self-reliant and believes in himself completely.

Self-Discipline and Self Control

The warrior has incredible self-discipline and controls his emotions, actions, and his wants. He is never satisfied or complacent. He is driven. He does not believe in limitations. When an obstacle is placed before him, he shatters it and moves on. His will-power and fortitude are unmatched.

Losing control or giving in to emotions such as anger is not an option. For the warrior giving in or losing control means failure and failure is unacceptable. He knows and savors the value of hard work and persistence in accomplishing goals.

Complacency is the root of mediocrity.

Decisiveness

The ability to be decisive in the midst of all out combat is a critical trait to the warrior. He can make difficult decisions in an instant. He knows when and how to act quickly and resolutely, as well as what degree of force is required to neutralize a threat or solve a problem.

Indecision when faced with a potentially violent altercation, can be deadly. If awareness is used properly, then you should have plenty of time and practice in evaluating different scenarios and situations. So when a warrior is truly threatened, you act without hesitation.

Ruthlessness

Realize that once a violent criminal has consciously and viciously attacked a person; he has essentially signed his own life away. Your will to survive must be greater than the enemy's desire to harm or kill you. The warrior is the embodiment of this type of will-power. When he is left with no other option he is ruthless and unleashes pure "hell" on his enemy, only stopping

when the predator can do no physical harm.

The Warrior turns the victimizer into the victim.

It is unfortunate but necessary at times to meet violence with violence

Although the warrior is ruthless and destructive when necessary, He also regulates his onslaught according to the level of immediate threat. He is responsible in all actions and accepts the inherent consequences as well.

5 Laws of Survival

1. **Avoidance** reigns supreme when it pertains to maintaining your survivability. It is of vital importance to be aware and cognizant of yourself, environment, and any and all individuals that are within your vicinity. Awareness is the prerequisite of avoidance.
2. **Psychological Intervention** is used when you are unable to or for some reason choose not to avoid a possible hostile engagement. These are two primary strategies within psychological intervention:
 - De-escalation
 - Assertiveness

De-escalation is the strategic use of verbal semantics and nonverbal (body language) skills to diffuse a possible violent situation.

Verbal Semantics include:

- Vocal Attributes
- Choice Speech

Non-verbal consists of:

- Distancing
- Psychological Control
- Physiological Positioning Tactics
- Non Combative Body Language
- Sensory Awareness
- Instinctual Listening

Assertiveness is not allowing anyone to try and control or intimidate you. You absolutely have the right to not be harmed by anyone! Whether of the criminal persuasion or by someone you know and/or love. When your attempts to de-escalate are not working it is time to be assertive. In a stern confident tone, you tell the assailant to stop and leave you alone. It is important to be loud when being assertive. By raising your voice, you may draw other peoples' attention to what is going on. This is a desirable situation: it is always best to have witnesses to what is taking place.

3. **Compliance** means to give in to the assailants demands. There are

times that it would be better to do what you are asked. If the attacker wants your jewelry, wallet, money, etc, then in most cases it would be advisable to give it to the assailant. Worldly things are not worth losing your life or the lives of loved ones.

4. **Escape (Track and Field)** should be utilized when a situation reaches a point that a violent confrontation is imminent. This option can only be used if an escape route is available or can be made. Example being through an object or person.
5. **Survive** indicates using all of your physical and psychological tools that you have to LIVE. Actively protect yourself at all costs! By actively I mean do NOT wait for the assailant to launch his assault. If all other options have been exhausted (either you tried them, or didn't have time to) and you fear for your life or someone else's then ATTACK FIRST, ATTACK HARD, and DON'T STOP UNTIL YOU KNOW HE/SHE IS NO LONGER A THREAT.

The Spectrum of Awareness

It is important to gauge your awareness according to your environment and activities. There are four distinct levels of awareness, which are built upon one another and serve as a way to prepare you psychologically and emotionally for a possible conflict. We use a color code system to categorize each level of combat readiness.

1. **White**
2. **Yellow**
3. **Green**
4. **Red**

Condition White: At this level, you are completely unaware of your surroundings. If you are assaulted you will be caught completely off guard and by the time you attempt to defend yourself, you will be either unconscious or dead. Those who go throughout their daily routine in condition white make especially easy prey. When these oblivious individuals are assaulted, they are partially responsible for their own victimization.

Condition Yellow: You are alert and aware of your environment. Attack is not likely; however, you are psychologically prepared in the event something does happen. You are observant of persons around you at all times. Do not confuse this with paranoia.

Condition Green: Your intuition is telling you that something is wrong. You begin to notice various signals (pre-incident indicators) that a conflict is very likely to occur. At this point you are actively engaged in analyzing your environment for immediate threats, escape routes, improvised weapons, etc.

Condition Red: You are either fighting for your life or are seconds from having to do so. The threats have been identified, the situation has escalated, and you have used every means necessary to avoid contact. The last option is maintaining your survival at all costs.

Awareness Dynamics

Self-Awareness:

- Instincts
- Psychological State
- Senses
- Physical Condition
- Dress
- Location

Awareness in your Home:

- Keep doors locked when away from the house, working outside, and even when you are at home.
- When returning to your home, have the house key ready.
- Have solid doors throughout the house with high quality locks.
- Create a safe room.
- NEVER open your door to strangers; know who it is before you open it.
- Never let children answer the door.
- Do not give information about your daily routine or plans in public.
- Have plenty of interior and exterior lighting.
- Keep your garage well lit, shut, and locked at all times.
- Leave lights on in various parts of your house if you will be returning after dark.
- Know everything about your house, especially where someone might hide. Also know the most probable place where someone might break in.
- If you come home and think someone may have been inside or is still there, DO NOT GO IN. Go to a neighbor's house and call the police and wait for them.
- Plan safety routes in case of fire, medical emergency, and intruders.
- Trim bushes and shrubs so no one can hide in them.
- Never hide keys under door mats, in flower pots, or any other obvious place.
- At night, keep curtains closed and shades down.
- Never let strangers in the house to use the phone, regardless of the emergency. Either make the call for them or let them use

your cell phone outside.

- When at home have packages left outside do not open the door unless you know the delivery person.
- Ask for identification of all service personnel at your door. Verify that they are with the company that they say they are with by calling.
- Do not spend time alone in apartment laundry rooms.
- Have a telephone in your bedroom.
- Place locks on bedroom doors.
- Do not tell strangers that you are home alone.
- Teach your children about home security.
- Install a home security system with a reputable company.
- Do not put your name on your mailbox.
- Do not depend on a chain lock on your door, have a peep hole so that you can check visitors while the door is locked.
- Be aware of casual acquaintances that visit unannounced. Many rapists know their victims.
- If you think you hear a prowler outside, turn on all of the exterior lights and alert the neighbors
- When using an elevator in apartment buildings stand next to the control panel so that the stop button cannot be pushed and so that you have access to the emergency buttons.
- Do not leave notes on the door indicating that you are gone or when you will return.

Awareness in your Car:

- Have your car keys ready when approaching your car.
- Have at least half of a tank of gas in your car at all times.
- Look in, under, and around your car before getting in.
- Keep all valuables out of sight; preferably in the trunk.
- Park in well-lit areas.
- When leaving or entering your car, lock it.
- Do not drive to your house if you are being followed. Drive to a police station.
- Be aware of anyone near your car.
- When you come to a stop make sure you have plenty of room to maneuver.
- Vary your route and times of travel.
- Never pick up hitchhikers.
- Avoid traveling in low lit or deserted areas.
- Check your surroundings before getting out of the car.

- Keep an emergency kit in your car.
- If you see someone pulled to the side of the road or having car trouble, do not stop! Call the police.
- If you are driving a friend home, wait until they enter the house before leaving.
- Keep car keys separate from house keys.
- Keep a current map and phone directory in your car.
- Keep a cell phone or a phone card in your car for emergencies.
- Do not allow a car to force you to the side of the road.
- Always be aware of cars around you.
- Most carjacking happens in neighborhoods, so be aware.

Awareness on the Phone:

- Do not leave personal information on your answering machine or voice mail.
- List only your last name and initials in the phone book.
- Keep important phone numbers available.
- Do not tell strangers that you are home alone.
- Hang up immediately on obscene callers.
- Do not answer the phone with your name. If a stranger asks who it is, ask him to identify himself first.
- If prank callers persist, inform the phone company and police.
- Keep a phone in your bedroom.

Awareness in the Street:

- Project an assertive image when you walk.
 - Keep your head up, if you walk around with your head down, you portray yourself as passive, vulnerable, and a easy victim.
 - Be observant of your surroundings.
 - Avoid walking through isolated groups of people.
 - Plan routes in advance.
 - Dress in a way that will not call attention to yourself.
 - Walk near the curb and avoid alleyways, doorways, parked cars, and shrubs.
 - If possible walk with another person.
 - Do not allow anyone to force or threaten you to get into a vehicle.
 - Keep your hands free as much as possible.
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- When standing outside keep your weight distributed evenly on both feet.
 - If a motorist pulls up beside you and asks for directions be sure to

keep a safe distance.

- If you think you are being followed change your route. If you are being followed, get to a public place and call the police.
- Walk in well-traveled areas.
- Maintain your personal space.
- Be alert when leaving malls, stores, etc.
- Be very careful of public restrooms.
- Avoid using ATMs at night.
- Be prepared to move quickly. Avoid filling your arms with books or packages if possible. If you happen to have things in your arms and you feel the need to run...DROP what you're carrying.
- Avoid high crime areas.

Combative Language

All self-defense situations contain combative language, which essentially is a series of signs or cues that a physical confrontation or assault is going to take place. Once we identify these signs, we will be able to determine what the potential attacker may do. In order to anticipate his action you need to be able to read the warning signs.

These are two main types of combative language:

- 1) *Body Language*
- 2) *Verbal*

Body Language:

- Face is red or flushed- A person who is escalating or getting irate will become red in the face.
- Stiff, rigid body- The body has a tendency to become stiff before a physical confrontation. This is because gross motor skills are enhanced in anticipation of physical altercation.
- Rapid, shallow breathing- As soon as a person enters fight or flight mode, their breathing changes to better oxygenate the body during times of stress.
- Pointing of fingers
- Wide eyes
- Exaggerated head movement
- Violent towards inanimate objects
- Stares you down
- Twitching, shaking, fists are clenched, knuckles are white
- Suddenly becomes very still
- Lowers center of gravity
- Swaying back and forth, trying to hide intention to attack
- Sweat on the face and forehead

Verbal Language:

- Voice escalates for no apparent reason
- Sentences do not make sense and are very short
- Threatens: although this is a tactic for intimidation it shouldn't be ignored
- Suicidal or homicidal statements

- Voice may go to a low growl as a result of clenching their teeth

There are also some signs that may indicate that the person no longer wishes to be confrontational.

- Turning around covering their head
- Backing away
- Skin tone and color return to normal
- Eyes are lowered (showing submissiveness)
- Placing hands in front of chest, palms out

All of the various cues listed above will not appear at any one time. Just being aware of them in any given situation will increase your chances of survival.

The Ranges of Combat

Range plays a pivotal role in the outcome of a violent engagement. By becoming proficient in all ranges of combat you will be better prepared to survive various types of attacks and situations from any distance. It is important to train extensively in range integration. Range integration is the ability to effectively blend each range without breaking the fluidity of your offensive onslaught. You should not be attached to a particular range. Deal with each moment as it comes, adapting and adjusting as the situation dictates.

The core principle of range is distance manipulation.

Manipulating distance between you and your attacker does three things:

1. Maximizes your reaction capabilities.
2. Allows you to be aware of the opponent's entire body.
3. Supports employing psychological intervention.

The Five Ranges

1. Psychological Range

This is the pre-contact phase of an altercation. Psychological Intervention is used at this range, which includes:

- De-Escalation Tactics
- Situational Analysis
- Combative Language Assessment

2. Closing Range

At this range you are unable to strike the opponent unless you take a step forward. Lunging and other footwork tactics are used to close the gap at this range.

3. Long Range

This range is the first of the three contact ranges. It is defined as where you can strike the opponent with your longest offensive tools

4. Medium Range

This is the second contact range of combat. At this range you can strike, or grab the opponent's limbs or body with your lead or rear tools.

5. Close Quarters Range

This is the final contact range and is characterized by two parts: Clinching Warfare and Ground Warfare. Clinching Warfare is where you and the opponent are standing up in close quarters.

Ground Warfare is where you and the opponent are engaged in combat on the ground.

Another position you may find yourself in during Ground Warfare is where the opponent is standing and you are grounded.

We also refer to close quarters as the center of destruction, this is because anything can and will happen at this range. Use everything you have in your anatomical arsenal.

Anatomical Arsenal

The human body is a very complex and versatile machine. We have at our disposal many anatomical weapons that can and should be used to perpetuate our survival.

The Anatomical Arsenal consists of:

Head

The head is used when you are in the close quarter's range of combat. You can use the front, back, sides, and even the crown of your head. If you are grabbed and both of your arms are pinned, the best tactical weapon would be the head.

Mouth

The teeth can be used to bite, rip, tear, and crush the enemy's nose, ears, fingers, throat, and other parts of the body. When you have to resort to biting, use your entire body and jerk your head from side to side. Be aware of the possibility of blood-transmitted diseases. Spitting in the eyes or face is a good method of distraction, which buys you an extra moment of time.

Your voice can be used to stun and distract your enemy by yelling, or shouting suddenly. Yelling also helps to add ruthlessness to your attacks when needed.

Shoulders

Shoulders work much the same way as the head, you can smash an attacker's nose, and face area. It is best to be holding on to the head when utilizing the shoulders as a weapon.

Elbows

Two of the most powerful, structurally strong weapons you have are the elbows. These are used to basically bludgeon an enemy. You can use an elbow vertically, horizontally, diagonally; to the front, back, side, and rear directions. The striking areas on the elbow include the tip, front, back, and

in some cases even the sides. The inside of the elbow (where it bends) can also be used to strike with, especially at the throat.

Forearms

The forearms are used to smash and strike various parts of the body much like elbows; however, a forearm strike has superior reach. The inside, outside, bottom, and top of the forearm can be used for striking.

Palms / Hand

By far the easiest and safest anatomical weapon to use is the palm. You can use the heel of the hand to strike; likewise you can also use the palm to slap the groin, face, nose, or ear (with the hand cupped). It is best used in a thrusting, upward motion. Make sure to follow through. The cutting edge of the hand can be also used to strike the throat, neck, and nose.

Fingers

You can claw, rip, tear, gouge, poke, crush, and pull various parts of the body. Three prime targets would be the eyes, throat, and testicles.

Fists

All lines of punching are executed with the fists. It takes time to learn correct, powerful, and safe punching. Once you understand the dynamic principles of punching, then your fist becomes one of the most devastating weapons you could have. Targets would include: be nose, jaw, throat, temple, back of neck, ribs, solar plexus, groin, etc.

Knees

Knee strikes are powerful close quarter tools directed towards the groin, thigh, face, spine, ribs, etc. Knees can be used in a hooking, vertical, or diagonal angle.

Shins

Shins can be used on just about any part of the opponent's leg. The reason is that just about anywhere you hit will hurt the opponent very badly. Specific targets would be the calves, knees, inside and outside thighs, and groin.

Top of the Foot

The top of the foot is good to use for a powerful kick to the groin, while protecting your toes.

Ball of the Foot

The ball of the foot can be used to kick the groin, shin, or push the thigh like a Thai push kick. It should be snapped quickly.

Heel of the Foot

You can use the heel to stomp on the insteps, shin, knee, or groin of the enemy.

Edge of the Foot

The edge of the foot is used to rake down the opponent's shin causing excruciating pain.



Thank you for taking the time to read Personal Protection Essentials (PPE), the first of many eBooks on this subject.

This first PPE eBook is an introduction to the world of personal protection and what we do at Warrior Sciences. It is my desire to not just inform you, but *empower you* to live a safer and more vibrant life.

Preparation equals prevention! The ultimate goal is to never have to defend yourself in a potentially violent situation. Learning to be more aware and protect yourself (and your loved ones) helps you to make better choices in your daily life.

I chose to train people for a living many years ago while still in high school; I do so out of a love of life. Everyone has a right to live and defend his or her life; no one has a right to impose his will on you. Life is beautiful and I intend to help every person that I can, so that it stays that way. I encourage you to further explore this topic and the other services we offer for you at Warrior Sciences.

Strength & Honor

James Bullock

For more information regarding personal protection or Warrior Sciences please contact James Bullock at 417-208-6785. You can also reach him at warriorsciences@gmail.com or at www.warriorsciences.net.

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