

# Crime Avoidance seminar breakdown (for large audiences)

## Main focus

- large audiences (>20 people) mean minimal physical practice
- focus is on safety strategies anyone can implement in their own lives (without needing training partners)

## Mental framework

- the nature of violence (tool; communication spectrum)
- FIGHT TO THE GOAL
- confidence vs. competence
- blame vs. responsibility
- no cavalry
- realities of the attack

## 5 stages of violent crime discussion (or: How to spot a criminal)

- Intent
- Interview
- Positioning
- Attack
- Response

## Heuristics for spotting Threats

- Intent: external focus of attention
- Interview: focus of attention on you
- Positioning: movement to intercept

## Situational awareness

- What is it? (paranoia vs awareness)
- How do you develop it?

## Drill 1 – Targeting

- aim: enhance fluidity; discover squeamishness; climatization
- flaw: speed; cooperative partner
- theory: targets of the body; weapons of the body
- partner stands still
- circle while attacking targets as they present themselves
- slow & gentle, but make contact with bad intent
- extra: from feet; from knees; from ground

## Legalities discussion

- IMOP/AJOP
- IMOP examples

## PreDefence.com

*Take control of your safety. Take control of your life.*

- tie-ins with the 5 stages

#### Disengaging the Threat

- theory: why & how - “PESTS EAT FAST” explained
- Tape Loop specifics – “why the Tape Loop?” demonstration; Assertive vs. aggressive
- PESTS - partnered practise

#### Pre-attack indicators: Southnarc's “3+1” indicators

- pre-emptive violence & boundary enforcement (Geoff Thompson’s “3 touch” rule)

#### Drill 4: Blindfolded FUT

- aim: “sensing over sight” (proprioception)
- flaw: speed (of moves; time between moves)
- 5 min. blindfolded sticky hands (rules: no strength; medium speed max)
- 10 min. blindfolded block incoming strikes

#### Weapons discussion (audience specific)

- concealment; access; bluffing; employment (speed, aggression, surprise)
- stun gun; tazer; pepper sprays (fog, jet); batons (fixed, collapsible, kubaton); knife (fixed, folding); pistol
- distance; level of force; effects/effectiveness; specifics