

The Missing Links Of RBSD

A few months ago I wrote an article called; "The Four Pillars Of Combatives Training". In this posting, I stated that any "reputable" self-protection program should cover, in depth, what I call the "Four Pillars Of Combatives" being:

- The Pre Event Show
- The Surprise Guest
- The Main Event
- The Post Event show

With "Reality Based Self Defence" (RBSD) becoming the flavor of the month, everyone and their dog is hopping on the bandwagon, and calling what they do RBSD hoping to cash in on the gravy train; just read any mainstream martial arts magazine and you will see what I mean.

What I find very interesting, and even frustrating, about many who teach what they call RBSD, is that they have a tendency to only teach/instruct in one or two of the above noted pillars. In fact, many only concentrate on the "Main Event" (slamming and jamming) and spend little, if any time, covering the other three pillars. Why?, lack of knowledge ?, comfort level ?, willful blindness ?, plain ignorance ?, or all of the above? These charlatans do not understand the "holistic" connectivity that each pillar has with one another when it comes to the physical, psychological, and legal components of survival; not unlike the pieces of a puzzle coming together to make a whole. No one pillar is any stronger or weaker than the other, each depending upon one another for integrated strength. Much like a house of cards, if one pillars collapses, then the rest "may" fall as well; the end result being a less desirable outcome to you.

Case in Point, "The Post Event Pillar". After you have won the physical fight, the aftermath of your actions will now take front and center stage. Has your instructor prepared you for this pillar? "SOME" of the topics that should be discussed and internalized here include:

SEVERE INJURY OR EVEN DEATH ISSUES:

Just recently, here in Victoria, a fight took place at a local university where a student was punched once, and as a result, fell backwards hitting his head on a cement sidewalk. The victim of this assault is still in hospital, in a coma, and has had two surgeries to relieve

pressure to his brain. Have you internalized the fact that your physical actions, unlike in the dojo or training studio, will cause severe injury or even death ? If not, come to grips with this fact, or you will fail to act when the time comes. A lot of people only give this lip service. I have heard this statement time and time again; "Oh I didn't want to really hurt him, I just wanted him to leave me alone," and as a result, the victim did not act with enough righteous indignation to protect themselves.

Have you also accepted the fact that you could be seriously injured or even killed? Have you made peace with your Deity, if any , and have you put things in order in your personal/family life? Have you decided what you will fight for, knowing that if you do fight, serious injury or even death is always lurking its ugly head with every shot thrown? Unlike the movies where after a fight people walk away, you may not !!!!!

POST TRAUMATIC STRESS DISORDER (PTSD) ISSUES:

After the physical fight, are you prepared for the psychological battle that may ensue? I know a number of people who won the physical fight, but the demons of untreated PTSD, as a result of their actions in a physical fight, changed their lives to the point of self-destruction through substance abuse (alcohol and drugs), with some even turning to suicide, in an attempt to numb the psychological pain and torment. PTSD can be managed, and managed successfully in most cases. The first step is understanding the cyclical nature of PTSD, its outward and inward manifestations, and then seeking out those professionals who can act as guides providing you with PTSD coping skills. No one, and I mean NO ONE, no matter how big, how physical or psychologically strong, is immune from PTSD.

UNWANTED PUBLICITY AND ARM CHAIR QUARTERBACKING IN THE MEDIA ISSUES:

If your physical actions in a self-protection situation causes severe injury or even death, are you prepared to have your name splashed in all forms of media; T.V, Radio, Newspapers? Often, the media believes, "If it bleeds, it leads." The goal is to sell, sell, sell; we need to catch the reader/viewer/listener's attention. Because of the lack of full disclosure, the media tends to go with witness reports, which are often times lacking, and as a result, what "actually" happened is lost for the sake of making a deadline. One can be judged in the courtroom of "public opinion" based upon the power of media reports no

matter how right or wrong. Are you prepared to have the media knocking on your door, your neighbor's door, or even at your place of employment wanting a comment from you, friends or even distance acquaintances about who you are, what happened, your personal or family relationships or anything else they can dig up be it positive or negative?

LEGAL CONSEQUENCES TO ACTIONS ISSUES:

Are you prepared for the legal consequences, both criminal and civil, for your actions? Have you picked a good lawyer who specializes in self-defence cases? Best to do that now, rather than at the police station, when the totality of the circumstances could cloud your judgment as to who, and more importantly, who not to pick as a lawyer to talk to. Have you decided what to say, or not to say, if interviewed by the police. Have you insulated yourself civilly should a civil tort be launched as a result of your actions? Do you know the laws surrounding self-protection in the jurisdiction in which you live? Does your instructor teach techniques within the understanding of the law? Are you physically and emotionally prepared to go to jail for your actions no matter how right or wrong.

WORK/EMPLOYMENT PROBLEM ISSUES:

Because of the above noted issues, and due to scapegoating in some cases, have you come to grips with what might take place at work. As a result of PTSD, injury, unwanted media attention, and legal consequences, fellow workers who you thought were your friends, may now treat you as the black sheep of the family. How are you going to deal with the fact that you may be fired or put on "administrative leave" (be it justifiable or not) as a result of your actions? How is this going to affect your finances?

FAMILY STRAIN ISSUES:

With the cascading effect of the above noted issues, have you thought about what kind of strain (financial, legal, public) your family will now be under? What kind of "war chest" have you put aside, to protect you and your family from these heavy burdens. In some cases, NOT all, families cannot cope with the "Post Event Pillar" of violence, which has resulted in the separation of even the strongest relationships.

I hope the reader can appreciate the fact that when it comes to Self-Protection, there is much much more to RBSD than just "slamming and Jamming". Remember, Proper-Pre Planning Prevents Piss Poor Performance. Knowledge and the understanding and application of that knowledge is power. I would encourage everyone who places themselves into harms way, to seek out those "reputable" RBSD instructors who understand and teach/discuss what I call; "The Four Pillars Of Combatives Training."

Cerebral Food For Thought !!!!!

Strength and Honor

Darren Laur