

FAST Times Newsletter December 04

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1. UPDATES OF FAST Defense:

Seasons Greetings FAST Defense enthusiasts. I hope your holidays are off to a good start and that they safely continue to the New Year and beyond. This Newsletter list is growing in leaps and bounds as word spreads about the power of FAST Defense. You will find some interesting new items in the <http://www.fastdefense.com> website this month.

So be sure to return frequently. We added two more instructor teams last month, one from Edmonton Alberta Canada, and another from the Los Angeles area. A new feature to the website that should be up within a week is the showcased FAST Defense Instructor of the Month. This month will showcase Minnesota FAST Instructor and Bulletman Phil Tobey, explaining first hand experience of the impact FAST Defense has had upon his life. Upcoming Events will be slow this month due to the Holidays, but stay in touch with the FAST Defense training center near you for upcoming classes. Sometimes classes are not posted on this Newsletter in time for release. I hope you enjoy this month's information and as always, I am at your service to help in any way I can. I can be reached at billkipp@aol.com.
Happy Holidays!

2. SELF DEFENSE MYTH:

The Bulletman are so heavily padded they can't possibly make the scenarios realistic. Martial Arts sparring and ring fighting are much more effective!*

Self-defense has become a hot topic in our world as stress levels rise and violence increases. Hence, in our land of opportunity various groups have capitalized on this trend to espouse their particular form of scenario-based training. It's been my experience that few of these groups truly understand how adrenal stress scenario based training is meant to work.

Scenario based training is not a new concept by any means. Warrior cultures have embraced these concepts for millennia to prepare their soldiers for combat. Today, application of this technology is not just limited to combat. Scenario based training is used to train athletes. It's used to train members of debate teams. In fact the concept is used in so many vocations, that its use in self-defense has become somewhat confused. Add to this the current situation of liability issues when training students, and true adrenal stress scenario based training has become diluted even more.

To get a grasp of how to use scenario based training effectively, we must first look at the difference between Symmetric and Asymmetric training and how the use of adrenal stress response training applies to each:

Symmetric Training: Stated quite simply, this is an event where 2 or more participants engage in a pre-ascrbed athletic contest with rules and regulations to keep the event safe and orderly as they compete towards whatever victory or goal they have agreed to. A good example of this is sparring in a martial arts class. Although it may well be a good adrenalizing experience for the participants, it is still being done in a symmetrical fashion. Both sides know the rules and agree to abide to them. Both sides know this is not a life or death struggle, and both sides come into the event psychologically prepared.

Martial Arts sparring can become quite spirited and intense. Perhaps the most extreme case of this is the Ultimate Fighting Challenge or the various other no holes barred full contact events that exist. There can be no doubt that the participants are extremely adrenalized and that the stakes may include possible bodily injury. But still, the combatants show up for the event well trained (or at least should be) and psychologically prepared to engage the competition. Boxing matches fall into the same category, as does wrestling, Judo, and the myriad of other sport combat events.

Training for such an event typically consists of symmetrical exercises to practice various skills, building upon each other in complexity and stress levels. Eventually the combatant achieves a good skill level and confidence in their ability to apply these skills and techniques against a determined opponent. Although the training may be arduous, it typically does not meet the level of nervousness and anxiety that is experienced in the actual event. Through repetition one obtains the experience of dealing with this nervousness and eventually becomes accustomed to it. Often it is the ability to deal with this nervous fear that dictates the winner versus the loser. Two opponents of equal skill will not be equal if one is better able to work with the adrenaline than the other. But the exchange is still much more "technique based" than not. Symmetric training focuses predominantly on technique and not the adrenal rush.

Assymmetric Training: Although similar in some ways to symmetric training, there are some important distinctions between the two. The similarities are that there are usually pre-determined rules as well as specific techniques that should be applied to address the particular parameters of each scenario. Safety is still an important issue (or should be).

The primary distinction is that the actual technique is secondary to the more important factor (for real life situations) of training the student to respond under duress. When done correctly the ascribed technique is taught first in a slow motion no stress environment where the body motion and mechanics are stressed. Each time the technique is practiced the stress level is increased in bite sized chunks. The instructor team works with the student in a deliberate manner to push the student as hard as possible while still ensuring a positive outcome at each step of the way. Rather than focusing on the fine points of technique (which typically go right out the window in real encounters anyway) the focus is on teaching the student to deal with the level of intimidation in each scenario and respond in a congruent and effective manner. Adrenal Stress response training is predicated on 100% success for every student through every scenario. If one student is particularly stronger or weaker than another, the woofers simply modifies his "woof" accordingly and the coach takes a more active role. If the instructor team feels that the student would benefit from doing it again, they bring that student right back out and repeat. The scenarios are specifically designed to increase in bite size chunks so that the students never get bored nor conversely are they overwhelmed. At its most extreme, a padded attacker fully adrenalizes the student and attacks in an unspecified manner requiring the student to channel the adrenal fear rush into action and power. This is indeed extreme self-defense and the padded attacker needs a great deal of skill and safety equipment to survive the onslaught of a fully adrenalized individual. These fights look very much like real fights, where fine motor skill is non-existent and the victor is the one who can flip the switch and go for it with power and conviction. The techniques that work best are sustained simple gross motor strikes to vulnerable areas on the attackers body. Most of the participants don't even remember what happened during their fights, and afterwards are shaking and weak in the knees. But they sure performed when they needed to against the hard charging fully padded Bulletman. In fact we video each fight to show the student what they actually did in their training scenarios. Most say that the scenario seemed just like real fights they have been in.

I consider this training to be concept-based rather than technique-based. By this I mean that real life encounters have shown that the person most able to deal with and apply the adrenal rush through simple gross motor techniques will respond much better than someone who has spent years mastering fine motor skill technique (and perhaps have multiple stripes on their Black belts)

but who have not learned to deal with the adrenal rush. This is not a knock on traditional Martial Arts. They are a wonderful way to build self-discipline, strength, endurance and much more. I have been doing various martial arts for over 30 years and hope to continue to a ripe old age. But the Martial Arts need a bridge to help students apply their symmetrical training learned in a MA school out in the real world where events happen in a very asymmetrical manner.

Many people unfamiliar with adrenal stress response training consider it to be strictly physical where the students learn to channel adrenaline into the fight. Although this is certainly true, most of our students rarely have to use their physical skills because of the awareness and verbal skills taught to them. These skills require the ability to deal with fear as much or more than physical defense. Over 75% of assaults on women are successfully carried out with verbal threat alone. This means that most women will freeze up by the verbal "crap" or "woof" that an attacker gives. Men also fall prey to a good woof, getting hooked by verbal provocation more often than not. Dealing with a verbal threat can be as adrenalizing or more than a physical threat. Many people succumb to fear and choke up because they have never learned to deal with this verbal intimidation correctly.

Therefore the scenarios must encompass not only physical drills, but verbal as well. For training to have a lasting effect we must affect three areas: Mind, Emotions, and Body. The scenarios we put our students through are designed to start at an easy level and work up in intensity and difficulty. In each scenario, the entire class lines up along one wall of the school. First we instruct the students on exactly what they will be doing in the drill, explaining what the woofers will be doing and what they the student will do. (This = MIND) Then each student will come out one at a time in and in front of the entire group be prepared by the coach to do the scenario. The very act of being in front of fellow students elicits an adrenal rush (fear, nervousness, performance anxiety). Usually it doesn't take much (or sometimes any verbal stimulation by the woofers at all to achieve the adrenaline state). = EMOTIONS Finally, the student (who is always assisted by a coach) performs the particular required action as called on by the scenario, and returns to the line. = BODY When all these facets are covered, the end result is an incredible level of effective self defense in a very short amount of time.

3. CONTINUING EDUCATION:

The Martial Coach - <http://www.martialcoach.com>

I'd like to alert you to a new resource that has long been needed but never before available to help us use the Martial Arts as a way to live life more fully in every facet of life. Kathy Marlor, the Martial Coach, is a former Karate World Champion, Martial Arts school owner, consultant, and high ranking member of NAPMA (National Asso. Professional Martial Artists). Kathy is now focusing her extensive experience and great people skills to help people take their lives to the next level through her innovative coaching materials and techniques. Anyone would benefit from visiting her site, whether a martial artist or not. I can speak personally that her coaching has helped me take FAST Defense through a big transition this past summer and now to a whole new level! FAST Defense newsletter subscribers are welcomed to visit www.martialcoach.com and take advantage of the free articles on the site on motivation, goal setting, and time management. Also, if you sign up for one of their monthly life coaching programs, you can receive a \$50.00 discount off the program of your choice! To take advantage of the FAST Defense discount, simply give them a call at 1-800-978-GOAL.

4. FAST CATS (Child Assertive Training Series) Success Story:

I received this amazing message from the father of a young boy who took a FAST CATS (Child Assertiveness Training Series) at the San Diego Training center. The father and mother both took an adult FAST class where they each re-enacted a scenario of protecting their children. In the final course debrief, the father emotionally stated that two men recently tried luring his young son to their car with candy just last week. He went on to say:

"Last week our family experienced a near tragedy that you may have heard about. Our son Dakota was approached by a couple of strangers in a car enticing him to take some candy. This happened very close to our house which made the experience that much more frightening. My son handled the situation in a nearly perfect fashion. He found himself only feet away from two people he did not know, along a sidewalk with a wall, the car door open and feeling pretty uncomfortable. He maintained eye contact, never turned his back to them, did not engage their conversation and cleared himself from the car and returned straight home safely. He was able to describe the car; the two individuals and what they were wearing. I truly believe that at that moment in time Dakota utilized all that he has learned and perhaps without knowing it, projected a sense of confidence and assurance that he was not going to be a victim. I believe that this led to the decision by his predators that trying to take this kid was simply not going to be worth the trouble. I know you taught this exact concept in FAST CATS and it is very possible that my son is sleeping in his bed, in his house this very evening as a result of what you have taught him. How can we ever thank you enough?"
Kenneth Dickerson, SD Calif

*Upcoming December Training: *
December 1 FAST Basics Course Fort Collins Colorado
December 28 - Advanced Level Training by Bill Kipp New Jersey 732-241-1041

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FAST Defense PO BOX 1077 Firestone, CO 80520
Turning Fear into POWER!!

unsubscribe; send email to fast@fastdefense.com