

Current Folder: **INBOX**[Sign Out](#)[Compose](#) [Addresses](#) [Folders](#) [Options](#) [Search](#) [Help](#)[Message List](#) | [Delete](#)[Previous](#) | [Next](#)[Forward](#) | [Forward as Attachment](#) | [Reply](#) | [Reply All](#)

Subject: [Fast-defense] FAST Times Newsletter June 05
From: Billkipp@aol.com
Date: Fri, June 3, 2005 10:56 am
To: fast-defense@fastdefense.com
Priority: Normal
Options: [View Full Header](#) | [View Printable Version](#) | [Add to Addressbook](#)

FAST Times Newsletter June 05

In This Newsletter:

- [Hello from Bill Kipp](#)
- [FAST Myth: To Block Or Not To Block?](#)
- [Continuing Education: Dead Or Alive â€œ The Choice Is Yours](#)
- [FAST Success Story: Acquaintance Attacks](#)
- [Upcoming Events](#)



Hi from Bill:

Hello FAST Defense friends!

May was a wild and crazy month. We kicked it off with an incredible Defense Against Multiple Assailants class at FAST Defense Instructor Chuck Russell's school in Brighton Michigan. Attending was an all star team of instructors from Michigan and Canada, and 20 students who showed up to fight for all they were worth. We covered a 3 hour Multiple Attackers standup fight module and another 3 hour module on multiples ground fighting. All in all it was one of the most fun and intense one day seminars I have ever taught. There will be more of these at various locations throughout the year so stay tuned to this newsletter for updates.

This month's RMCAT was well attended and was 6 days of Adrenal Stress response training in the Rocky Mountains. Students came in from China, Australia, and all over the US. The next RMCAT will be held from June 24-June 30 and you can sign up at www.rmcat.com.

Also coming up in June is our annual FAST Defense Staff Retreat Extravaganza. This is gearing up to be the best Extrav. Ever and will be held in Baltimore. This training is only open to certified FAST Defense Instructors, and will cover Advanced Basics, Ground fighting, and Weapons defense.

As always, I hope you enjoy this month's Newsletter and I am available to be of service in any way possible. Feel free to email me directly at billkipp@aol.com anytime!

Be well and stay safe my friends,
Bill Kipp

FAST Defense Myths: To Block Or Not To Block?

A few months ago I was discussing various facets of self defense with someone who is also considered an "expert" in the self-defense industry. We were pretty aligned in our beliefs and philosophies, until he made the comment that, "every self-defense course must include good blocking skills". At the time I bit my lip and remained silent because time was too short to have a full discussion at that time. This blocking myth is a rather common misconception in my book that is a result of thinking in the traditional technique paradigm versus a concept based one. I shall take the time here to share my thoughts on the subject.

Although I feel that there are cases where a block of sorts might be useful, focusing on executing a block in a real life encounter can lead to serious problems. First, I need to qualify this. Many of my students have heard my personal story of a guy swinging a baseball bat at the back of my head in a park in Manila, Philippines. Fortunately I turned in time (cued by my buddy's jaw dropping who saw the attacker) and was able to get my hands up to protect my head in time to keep serious brain damage from occurring. In truth it really wasn't a block at all as much as simply getting my hands up in what we term in FAST as the Red Alert protective position. I was immersed in the Filipino Arts at the time and actually was able to disarm the guy of the bat (another topic for a future Myth column). This occurred years before I created FAST Defense so the movement was instinctual.

The truth is I have rarely seen or applied an actual block in a real fight. Think about it. If you are planning to engage any technical block at all, then you are allowing the other person to dictate the fight. The adage the best defense is a good offense most definitely applies here. Our students have shown time and again the ability to strike pre-emptively in our courses. I am constantly impressed and amazed from inside the Bulletman suit at how quickly our training methods teach someone to slam home that first strike, even when we know exactly what they were going to throw! Once that first strike hits the mark we Bulletmen quickly lose control as the students overwhelm us in their fury. Even cheating like crazy by not responding to various strikes at all, that first shot pretty much takes us out of the fight. I should add that in the suit we do try and get shots in on the students, both initially and during the fights. Typically the students are so adrenalized they barely realize they have been struck at all, and the effect is that they fire up and fight even harder. Proper combat mindset is probably the single most important factor in success or not in an altercation. Those who can flip the switch and totally go for it almost always prevail. Stopping to think to block breaks the focus necessary to flip that switch and gives the attacker the advantage, often with disastrous results.

So in anticipation of the non-believers question, "Do we just let them hit us with our guard down?" I say emphatically "NO!" Having the hands up in good protective guard where the hands are at least eye level and the elbows angled in to protect centerline is protection enough. This protective position in unison with pre-emptive strikes affords in one swift movement all that is needed. My buddy Peyton Quinn and I did some interesting tests for a video for NAPMA. In it we tried various strikes against a defender with arms in this protective position. We were astounded while playing the attacker we found it very difficult to get through the defense to land a strike. Most attackers throw wild roundhouse punches that are really very easy to avoid for the person trained in watching the many cues that warn of an impending attack. Combine this protective position with a ferocious defensive attack to vulnerable areas on the attacker and one quickly gains control of the fight, regardless of physical size or strength. The one who controls the fight wins.

FAST Defense Instructors continually remind students to keep their hands up and elbows in. It is very important to make sure the defender's hands are high enough to protect against a roundhouse or overhand punch. The propensity to drop the hands occurs most often with passive type students. This combined with the myriad of other skills taught in FAST will ensure a very high success rate in your students. And they learn a great metaphor to deal with life's other problems that come up every day, ie; "Don't wait for the other guy to swing. Protect yourself, go for it, and reap the rewards!"

Continuing Education: Dead Or Alive "The Choice Is Yours" By Geoff Thmpson / Somersdale Publishers UK

Geoff Thompson is the leading Reality based Training Expert in the UK. This very informative and startling book takes you on an in-depth journey into the criminal mind at work. Geoff uses interviews with murderers, rapists, and muggers along with his own extensive experience to teach simple precautionary measures to avoid or survive a real life attacker. This book is a must read for any serious self defense student!

FAST Success Story – Acquaintance Attacks

FBI Statistics state that over 75% of attacks on women are committed by someone that they know. This is good news and bad news. The good news is that despite what we see in movies like Psycho and Silence of the Lambs, most attackers against women are not the bloodthirsty demons of our worst nightmares. The bad news is that since these attackers are acquaintances or even someone the victim might care about, the boundaries are much more vague and the voices of socio-conditioning all the harder to fight against. It is one thing to be in a dark alley where the attack is obviously on, and quite another when it's a co-worker, friend, boyfriend, or spouse and suddenly things are going very awry. Many women succumb to this common situation all too often, and no amount of tactical self-defense training will help if they don't give themselves permission to break through denial, accept the reality of their plight and take action. Yet this is much easier said than done.

Date rape is rampant among young women and one of the most difficult situations to prepare a female student for. There is a huge amount of conditioning to break through to effectively stop a person someone cares about from hurting them. The need for love is a major driving human need and sadly can allow abuse that leaves a lot of damage in its wake. Simply threatening to withhold love can create a bad situation where a life can be drastically altered. Add to this the effects of alcohol, (alcohol and drugs are very prevalent in the vast majority of these cases) and the problems are compounded on both sides. The young guys often end up doing things they would not have if sober, and the women find themselves less able to determine when a situation is turning for the worse, and then take a stand when they do. In the case of date rape drugs she may not be capable of doing either.

Case in point:

Susan signed up for our course after being raped by her boyfriend approximately 2 years previously. "He was normally a nice guy that would get mean after a few drinks" (We hear this way too often!). They had been out to dinner and he wanted her to spend the evening with him instead of her going home to her apartment. Her intuitive voices were firing off "don't do it" signals. But he had just spent a load of money on the dinner and was being very persuasive. The final straw was when he stated that she must not love him as much as he loves her, and he was going to pull out of the relationship if this was how she was going to treat him. She finally agreed to go to his house for a short while but that he needed to take her home later that night. It took him about an hour and another 2 drinks before he made his Jeckyl & Hyde switch, telling her to get in his bed. Susan had also been drinking and feebly tried to resist which made him so angry he threatened bodily harm. So shocked was she by this sudden and vicious change of personality, she froze with terror and confusion as he raped her. As so typical in these cases, it took Susan months to finally admit that she was a victim and that the rape was not her fault. Her belief was that she led him on and indirectly asked to be raped because she didn't do enough to stop it. Worse even than the actual rape was the shame that she had allowed it to occur. The only means of survival she knew was to shut the door on what happened, hiding it in the veiled secrecy that so many women use in this often callous male dominated world. The first people she had ever spoken to about it were the staff and students of her class.

Not only did she come to realize the fault was not hers and that she didn't deserve this at all, the experience allowed her to take back her life. You would not have recognized the woman who came in the door at the beginning of class from the one who left. Susan changed dramatically both physically and emotionally. She now volunteers her time at a local Rape Crisis center and specializes in educating young women and teens on the dynamics of date rape and how to keep it from happening. Through the transformation of her fear and pain into power she is making a difference in the lives of many others.

The other half of the coin is the conditioning that young men are getting in this society. A lot of resources are going into helping women who have been raped, but very little to address why these young guys are committing these acts in the first place. Various studies have been done with college age men, uncovering some alarming belief systems. A high percentage of guys believe that a young lady should have sex with them if they take her out to dinner. One study reported a high percentage of young guys said they would rape a woman if they knew they could get away with it. Although I believe that most guys are decent human beings, there is a lot of socio-conditioning

taking place that is not being dealt with. Little energy is spent teaching young boys what is appropriate and what is not, so they are figuring it out the hard way or by listening to their friends who usually have no better idea than they do. Until this is addressed on a large scale we are merely applying an elaborate Band-Aid to the problem by focusing on post-rape solutions.

Upcoming Events:

JUNE

10th - FAST Ground Appleton, WI American Martial Arts Academy www.amaaok.com
11th - FAST Cats 1pm Joe Palanzo's Kenpo Karate Cockeysville, MD 410-628-4994
15th FAST Basics EZ Defense of West Michigan
22nd - Kids Grand Rapids (616)617-8045
24-30 RMCAT with Bill Kipp, Lake George Co 719-748-8555
26th - FAST Basics noon Joe Palanzo's Kenpo Karate Cockeysville, MD 410-628-499

JULY

July 8th FAST Basics, Boulder Co with Bill Kipp 303-775-8117
July 10th FAST CATS Children's Course, Boulder Co with Bill Kipp 303-775-8117
10th FAST Ground Appleton, WI American Martial Arts Academy www.amaaok.com
11th FAST Cats 1pm Joe Palanzo's Kenpo Karate Cockeysville, MD 410-628-4994
15-21 RMCAT with Bill Kipp, Lake George Co 719-748-8555
16th FAST Adult Basics Burns Tae Kwon Do, Inc. Selinsgrove, PA 570-374-0849
23rd - Level 1 Adults - Gravesend UK, dik@bristolmartialarts.com
23rd - Level 1 Juniors - Gravesend UK, dik@bristolmartialarts.com
23rd - Level 2 Groundfighting Adults-Gravesend UK, dik@bristolmartialarts.com
26th FAST Basics noon Joe Palanzo's Kenpo Karate Cockeysville, MD 410-628-499
27 - Basics Grand Rapids (616)617-8045

August

24 - Kids EZ Defense of West Michigan (616)617-8045

September

21 - Ground EZ Defense of West Michigan (616)617-8045

[Download this as a file](#) | [Hide Unsafe Images](#)

Fast-defense mailing list

Fast-defense@fastdefense.com

<http://seven.pairlist.net/mailman/listinfo/fast-defense>

[Download this as a file](#) | [Hide Unsafe Images](#)

[Delete & Prev](#) | [Delete & Next](#)

Move to: