

Subject: Newsletter
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Date: Tue, 1 Feb 2005 21:54:32 EST
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FAST Times Newsletter February 05

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Hi from Bill

Self Defense has historically existed solely in the realm of the martial arts. In years past though it has become all too evident that the martial arts fall short of providing effective self defense in the street, home, and at work. Personally this revelation occurred many years back while getting into fights and seeing that my martial art skills went right out the window in the heat of battle. These experiences lead me away from traditional martial arts and into the realm of adrenal stress response training where I have focused all my energy for the past 17 years.

It has been rewarding to bring these concepts back to the martial arts through the medium of FAST Defense, setting up training centers around N. America and abroad. Now I find this crazy journey is leading me full circle, right back to traditional Martial Arts training. This month I join a great group of fellow martial artists in a year long journey called The Ultimate Black Belt Training which was the brainchild of my good friend Tom Callos. This training is not about self defense, although self defense will be a component. It is about living life fully each moment of our lives, specifically through the path of martial arts training.

My participation is part of a joint venture between Tom and myself this year to take self defense farther than has been ever done before. As monthly FAST Newsletter recipients, you will be privy to the process as it unfolds. For now I ask you to ponder this: Self Defense is about protecting your self and loved ones. Typically kicks and punches do not kill us; yet defending against them is what most Self Defense training has been based on. Start thinking about what really hurts us in this world and what self defense should entail. Let your imagination run with this and see where it takes you. It may kick up some very interesting stuff.

By the way, as you can see from the Upcoming Events, our FAST member schools are hard at work providing new classes every month. You can't fully appreciate the power of the FAST Defense technology until you experience it. I hope you will seek out a training and see firsthand the transformation that occurs during a short 3 1/2 hours. For many it is life changing. It will be the best money you have ever spent on yourself; and it's not even very expensive!

Thanks for your interest in FAST Defense and be safe!

Bill Kipp

Ps-check out www.ultimateblackbeltest.com if you get the chance!

Myth: A Smaller, Weaker Person Cannot Fight Back Against A Larger Stronger Attacker!

Bill Kipp

These days everyone is looking for a magic pill that can render them invincible against any threatening source. Although no such magic cure exists, FAST Defense does teach in a very short time the real life skills needed to handle most situations very effectively. Obviously fighting back against a large and determined attacker will usually be harder than against a smaller one. But statistically the average assailant is approx. 5'6" - 5'8" and 160 lbs. or less. Factor in the reality that most attackers are looking for an easy victim and are not looking for a fight anyway, and a smaller person's odds substantially increase no matter the size of the assailant. Another factor is that often time's big guys have learned to use their size as intimidation and many of them don't ever really learn to fight. Many of these behemoths fold when their bluff is called. I have faced such monsters more times than I can recall in my Bulletman armor, and in truth most do not hit as hard as I expected.

There is also the empirical evidence that "attitude" is the single most determining factor as to whether or not someone survives an attack. In other words, the person that can crank up and focus the adrenaline fear rush in their defense usually is the victor. Fancy technical training is not helpful compared to the ability to fight for all one is worth! Look at a cat that is pinned in a corner by a bigger stronger dog. The dog is "woofing" to intimidate the cat into being a victim. If the cat turns and runs, the dog gives heavy chase. But if the cat faces its foe, raises its hackles, and hisses for all its worth, the physically superior dog typically backs off (That is if it has any brains at all. If not then it gets a real face full of claws.) So it also goes with humans.

My good buddy Peyton Quinn has done research that gives fascinating insight into the mindset of assailants by interviewing ex-convicts. Almost without exception these convicted felons state that they looked for easy prey that communicated victim mentality. Physical size itself was not a determining factor without reading the other cues of body language, eye contact, awareness of environment etc... A potential victim can be large or small as long as they pass the above initial screening process. Thus even a very small person who can communicate assertiveness and correct body language will usually thwart an attack before it begins. Even if that small person does draw an attacker, good verbal skills and eye contact typically work to diffuse the situation.

If all else fails, I can vouch first hand for the power and spirit that physically small women, men, and even children can assert. In the Bulletman suit it is these very people who usually ring my bell simply because smaller physical size is so unassuming. When such a person taps into the emotional / bio chemical adrenal rush and applies it in a full force strike the power is truly amazing. Even with 35 lbs of the finest body armor available the force is discernibly felt. An attacker who is not looking for a fight will probably back off immediately. If not then they must be ready to take that face full of claw that a FAST Defense trained person can and will dish out.

As the old adage goes: "It's not the size of the dog in the fight, but the size of the fight in the dog."

Continuing Education: The GIFT of FEAR Book (Dell Trade Paperback)

This powerful book is a must read for anyone interested in the subject of Fear. Considered the nations leading expert on violent crime, Gavin DeBecker takes the reader through a fascinating and even frightening journey into the power of fear. He takes the concepts and methods used in FAST as self defense application into detailed theoretical knowledge. By the end, you will have a total respect for the power of fear as one of the most essential allies we can have in real life situations. Our species would not be alive today were it not for our God given resource of fear to trigger the survival response. The Gift of Fear will leave you forever grateful for this force that so many people view as negative!

FAST Success Story - Mary: Battered Woman Success Story!

A number of years back a woman named Mary came to our course at the advice of her local Women's Shelter. I will never forget the sunken eyes and stooped posture she displayed when she walked in the door. During our initial check-in she couldn't make eye contact with anyone and her voice squeaked like that of a toddler every time she spoke. She was there at the advice of her therapist to gain the confidence she was frantically searching for to finally leave the man who had emotionally and physically battered her for over 12 years. Her daughter was now a teenager and the abuser was beginning to turn his intentions her way. This is what finally horrified Mary enough to finally take action.

During a group process Mary confided to the group how she originally came to be in this situation. Her husband was a recovering alcoholic when they met. With a few years of sobriety under his belt he had found a good job and seemed quite ready for a stable relationship. After growing up in an alcoholic and verbally abusive environment herself, Mary was glad to have someone who showed a genuine caring for her. They were married and soon she was pregnant with their child.

Following the birth of their daughter, her husband began to act irritated and distant. After much cajoling she got him to admit that he felt alone and feared that she cared more about the baby than she did him. Despite her pleas to the contrary, he continued to grow more distant and began coming home late. Greatly concerned, Mary tried in vain to get him to stop his late night carousing. Finally he said that if she wanted him to stop, she would have to agree to take a trip with him and leave the baby behind. Over-riding her gut feeling to not leave her newborn in the hands of others, she acquiesced. Away they went on a vacation to Mexico while their 2-month-old daughter was placed in the less than capable hands of his sister in law.

On the vacation things went from bad to worse. On day one he was very loving and affectionate and drew her into somewhat forgetting that she had a very bad feeling about all of this. But by the second evening, he had begun drinking and the verbal abuse began. Suddenly all the things she had ever done wrong in his eyes came flying out of this semi-crazed person that she had never seen before. He attacked her for loving the baby more than she had ever loved him and that she was both a horrible wife and a bad mother to leave her newborn at home with someone who was not completely trustworthy. Dazed and confused Mary again pleaded with him to stop. It was his idea to leave their daughter with his sister. He left the hotel in a tirade and didn't come home that night.

Showing up the next morning disheveled and still intoxicated, he cried at her feet apologizing profusely and promising never to do this again. That evening he behaved himself. The next day he was right back into being abusive with even more ferocity. He claimed that if she loved him she would go out with him to a bar and they would find another woman to have sex with. Horror-struck, she refused and off again he went. Despite feeling sick and nauseous, she felt guilty at letting him down more than anything. The next evening she agreed to go out with him even though she was sickened to the core. Fortunately he ended getting so intoxicated that he was cut off and they went back to the hotel for their final evening on "vacation".

All the way home he apologized and said he would seek treatment for his drinking and anger issues. After a short return to AA, he seemed to be back on track. Then slowly the cycle began again. And it continued to go up and down for 12 years. Each time he was profusely sorry and claimed he would never do it again. And always he ended up doing it again. The debasing criticism would begin, then the drinking, then the late nights. Each time she gave in he would take it a step further. In tears she bravely recounted that she had allowed him to talk her into doing things that she could never tell anyone about. Her shame kept her silent. There was always hope that THIS time it would be different. But it never changed, and in fact grew worse. She learned to numb out and accept her plight, since she felt it was probably her fault anyway.

It all changed for her when their daughter came of age. One evening in a drunken stupor, her husband demanded they all get into bed. Suddenly the years of being trampled upon emotionally and physically were transformed into pissed off Mama Bear fury and she hit him so hard with a chair he was knocked unconscious. Hurriedly she grabbed her daughter and a few possessions and ran out the door to a friend's house. Her friend helped her call the local Shelter. That next morning she was finally on her way to the recovery she so badly needed. Later on she was sent to our course at the recommendation of her therapist who assessed it was time for her next level of healing.

In this private course for survivors of abuse, we all witnessed in Mary the rebirth of a woman taking back her life after incredible adversity. Her body language began to change; her head and eyes looked up with a new intensity and fire. For Mary's final scenario of the course, she walked out on the mat to recreate a particularly shaming incident that he had put her through, crying intensely but with purpose and laser beam focus. She fought for herself and for her daughter that day, and she took back her life. Mary left us that evening proud and strong, a woman who had finally realized that she was not only a good and loving mother, she was a beautiful woman in her power. Weeks later we received a letter from her saying that she was living life under her own terms, and would never be a victim again.

Upcoming Events

FEBRUARY

4th FAST Cats @ Garner Elementary (10271 Clio Rd., Clio) (810)732-9355
5th Adult Basics - Susquehanna University, Selinsgrove, PA 570-374-0849
5th Kids FAST CATS - Cambridge, ON Canada 519 -658- 0246
11th FAST Cats @ McGrath Elementary (5288 Todd, Grand Blanc) (810)732-9355
12th Adult Basics - Susquehanna University, Selinsgrove, PA 570-374-0849
12th Kids CATS classes - Cockeysville, MD 410-628-4994
12th FAST Adult Basic - Flushing, MI.- at the YWCA (310 E. 3rd St., Flint). (810) 732-9355
13th Kids CATS classes - Cockeysville, MD 410-628-4994
17 FAST Basics - Cherry Creek, Colorado contact Billkipp@aol.com
18th Adult Basic class - Cambridge, ON Canada 519 -658- 0246
18th FAST Cats @ Dye Elementary (1174 S. Graham, Flint) (810)732-9355
19th Adult Basics Cocoa Beach, Florida - realisticdefense@yahoo.com
22nd F.A.S.T. Defense: - Wisconsin - Wautoma X-Treme Adventures - www.amaaok.com
24th F.A.S.T. Defense: - Wisconsin - Tri County School District: Teachers - www.amaaok.com
25th FAST Cats @ Central Elementary (525 Coutant, Flushing). (810)732-9355
25th FAST BASICS - Wisconsin Western Racquet Club in Green Bay - www.amaaok.com
25th FAST Basics - Lafayette, Colorado contact Billkipp@aol.com
27th FAST Advanced - Aurora Colorado (Private training for Ultimate Black Belt Test participants)

MARCH

4th FAST Cats @ Elms Elementary (6125 N. Elms, Flushing) (810)732-9355
8,15,22,29, April 5th - Wisconsin - Fox Valley Technical College: - www.amaaok.com
11th FAST Cats @ Seymour Elementary (3088 N. Seymour, Flushing) (810)732-9355
12,13 Multiple Attackers with Bill Kipp - Indiana
14th: F.A.S.T. - Wisconsin - Westfield High School - www.amaaok.com
18th FAST Cats @ Springview Elementary (1233 Springview, Flushing) (810)732-9355
18th Adult Basics - American Cancer Society, Selinsgrove, PA 570-374-0849
18th Adult Basic - www.MartialArtNY.com
18,19 Advanced Training with Bill Kipp, Long Island NY - Billkipp@aol.com
19th Kids CATS classes - Cockeysville, MD 410-628-4994
19th Child - www.MartialArtNY.com
19th Adult advanced - www.MartialArtNY.com
20th Adult Basics - Cockeysville, MD 410-628-4994
31st Children's Basic Selinsgrove, PA 570-374-0849

APRIL

9th - FAST Basics - St. Petersburg, Florida 727-525-8045

10th - FAST Ground Fighting - St. Petersburg, Florida 727-525-8045

10th - FAST Weapons - St. Petersburg, Florida 727-525-8045