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FAST Times Newsletter May 05

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Hi from Bill:

Hello FAST Defense friends!

I hope that spring has sprung wherever you may be and that life is good!

This past weekend was the Vegas Martial Arts Super Show where I was honored to present various FAST adrenal stress response drills to about 400 participants.

It is always a lot of fun to expose new folks to these powerful training methods that are so easily implemented into traditional martial arts training. I am finishing up shooting footage for a new DVD for NAPMA which highlights many of these drills specifically for martial arts schools which should be available by July 05 through the FAST Defense website.

April also had me flying to Texas to shoot the FAST Defense segment for the Comparative Styles DVD. We had a great time showing all manner of adrenal stress craziness and really Wow'd the production crew with the reality drills that were so radically different from the traditional styles that were also presented. This is a high dollar production and will hopefully be out by summer time. This DVD will also be available at the Fast Defense website as soon as it is out. Big thanks to FAST Befense Bulletman and Ultimate Black Belt Test Team I member Bill Whitworth who flew in from Tennessee to take the shots for the DVD!

This weekend I will be in Michigan for a one day Multiple Assailant defense training covering both stand up and ground fighting scenarios. Imagine lying there with your eyes closed and 2-3 guys jumping on you! Multiples is the most intense of all the FAST Defense courses and this will be a real rocker of a training!

Later this month I will be back up at the RMCAT training center to teach a six day intensive training. If you haven't looked into RMCAT, do so at [_www.rmcat.com_](http://www.rmcat.com) (<http://www.rmcat.com/>) The Basics weekend and weapons defense modules are designed and taught by yours truly, and Peyton teaches the firearms module. The course is pricey but it is the experience of a lifetime!

I hope you enjoy this month's Newsletter and as always I am available to be of service in any way possible. Feel free to email me directly at [_billkipp@aol.com_](mailto:billkipp@aol.com) (<mailto:billkipp@aol.com>) anytime!

Be well and stay safe my friends,

Bill Kipp

FAST Myth: Don't fight back or the attacker will become more enraged and hurt you worse."

I am saddened and surprised that this myth is still being spread by various self defense instructors and other "experts" in the field. Yet all too often

I hear new cases of people still being told this. Probably well meant but horribly misguided, this strong myth has led to many disastrous incidents. Although law enforcement agencies have taken the "don't fight back" stance in the past, they have done a complete reversal of mindset. Current evidence is overwhelmingly in favor in most cases of fighting back. So why is this myth still so often prescribed?

My theory is that past inadequate training, poor socialization of women, and "good ole boy" mentality historically conditioned women to play the consummate victim. With all this conditioning to fight against, women in general were typically not empowered to fight back. In fact to the contrary, women were taught to be "nice" and "not make a scene". Thus there were most likely many incidents where women made half-hearted frail attempts to resist, which may have lead to greater severity in the attacks, causing law enforcement agencies to take the "no fight" stance.

The difficulty increases when you add the statistic that approximately three quarters of assaults on women are committed by someone they know. It's one thing to deal with an attack in a dark alley when it's very clearly an assault. It's a whole other thing when it's someone the victim knows, maybe even likes, respects, or even loves. The role of "caretaker" for which women are so famous and which we men are so grateful further inhibits taking strong action in self defense.

Then there is what I refer to as the "good ole boy" network that is invested in preventing women from being strong and empowered. Although slowly changing, this network is still unfortunately very alive and well. From law enforcement agents to politicians, executives to teachers, this fear-based mentalit continues to exist and exacerbate the victimization of women. Recently I heard of a high school gym teacher who pointedly told female students to just "relax" and "take it" if attacked. His advice was that they should carry condoms to have their attacker "cooperatively" wear while raping them.

Incidentally, this golden pearl of wisdom was made in the presence of the boys in t class. So much for the education of our youth.

Traditional self defense courses failed to address the effects of the adrenal fear rush. Multitudes of courses instilled false security, infusing students with complicated moves and strategies. Good money was wasted on devices like mace and key chains and myriads of other survival wonder gadgets. Guns were purchased and tucked away for fear of ever having to actually use them. Firearms training typically centered on shooting at static targets 50 feet away, in sterile non stress conditions. This same training has more cops being shot by their own guns that criminals managed to get control of and use against them.

People flock to Karate and Kung Fu schools to learn self defense. Lacking adrenal stress conditioning skills, instructors taught the same old traditional methods that we learned from our instructors. Much of this was useless in real situations. I personally struggled with this for years, training in classic martial arts while at night I would experience real fights where my complex martial skills helped very little. Yet to be fair we had no other paradigm to work from until the fairly recent advent of Adrenal Stress Response Training.

Yet even against all these odds, fighting back was more often successful than not. The vast majority of attackers are frightened dis-empowered individuals looking for a sense of control or power in their lives. They prey on th weak and frail and do not want or expect a fight. When the alleged "victim" does not respond accordingly, most assailants will back off. Now with the technology of adrenal stress training, such success stories abound.

Are there times when a victim should choose not to fight back? Not many but sometimes yes; when the alleged victim feels that they have a better chance of surviving if they acquiesce than if they do not. These cases are rare. Such a case may be an armed gang robbery or rape where the odds of successful defense are almost impossible. Or perhaps to save a child or another loved one. But the operative word is that the person should "choose" to submit, or "

choose" to fight back, and not do so out of fear based responses. No matter what the end result, FAST Defense arms a person with many new choices and the power to act on those choices. And even if they choose to cooperate, their mental and emotional states are better than if they were simply victims. For when someone chooses either to submit or to resist, they are operating from a place of power.

Continuing Education: Fear Less - Real truth About Risk, Safety, and Security In A Time Of Terrorism by: Gavin De Becker (Little & Brown)
Gavin De Becker received international acclaim with his best selling book The Gift Of Fear. Now he has provided us with new information to survive and thrive in the post 911 world. This book reads like a thriller novel yet provides important how to advice to deal with the threats of the new world. The book covers air safety, risks of chemical & biological attack, where might terrorists strike next, talking to children about these sensitive subjects, what we can do to reduce terrorism and more. Once again, Mr. De Becker has written a real winner!

FAST Success Story - Verbal Defense

I state over and over again that the most important and effective self defense skills of all are the body language and verbal defense skills we teach in every FAST Basics course. When done correctly, these skills will almost always de-escalate or deter even the most aggressive attacker. There can be no denying that physical defense should only be used as a last resort when all else has failed. Good body language and verbal defense can keep a bad situation from becoming worse! The following is an example of how these skills worked for a guy in Boston. It should be noted that he is a very skilled martial artist and FAST Defense student, yet he did not need to fight at all.

"I was in Boston last Saturday attending a big wreck diving convention. After the convention, I was walking to the subway in the north end of Boston (around 10PM). As I approached the entrance...there were two guys standing nearby the entrance, face to face and yelling at each other. I really don't know what all the yelling was about ... I wasn't paying much attention to them. Anyways, I paused there at the entrance, perhaps 10-12 feet away from these guys, in an attempt to locate my subway token. As I was shuffling through my pockets one of these guys suddenly looks at me and hollers "you find this f..ing amusing?" Then, he stepped out from behind the other guy and took a step forward in my direction. At that point I put both hands up (went into my orange alert status!) and said quite firmly "hold it right there...that's close enough"

And..that was it Bill. He didn't say anything more...made no more advance...he just looked away and went back to his business. I proceeded down into the subway entrance...glancing over my shoulder to ensure I wasn't being followed. It's the last I ever saw of them.

It's not a great story about dispatching the guys with incredible chop sockey techniques like in the movies...but I must say a year ago before my training with you...I would have responded differently. I think one of the most notable aspects in all of this was the complete relaxed demeanor I felt. I wasn't scared or even nervous. Controlling distance and a firm voice was the key.
John Mitchell - Boston Mass.

This IS a great story John! One of the biggest things we guys have to overcome is the idea that we are supposed to fight if we are to be "real men". I find that quite the opposite is true. It takes someone with courage and smarts to find a non physical solution to these all too common macho situations. Well done!

Upcoming Events:

MAY

6th Ground Defense Burns Tae Kwon Do, Inc. Selinsgrove, PA 6:00-9:00 P.M.
570-374-0849

6th Wautoma, WI Waushara County Sheriff's Department American Martial
7th - Defense Against Multiple Assailants Levels I & II, Brighton Mich
[_Billkipp@aol.com_](mailto:Billkipp@aol.com) (mailto:Billkipp@aol.com)

Arts Academy www.amaaok.com

7th Bristol UK, Junior aged 6-9 dik@bristolmartialarts.com

7th Bristol UK, Juniors aged 10-14 dik@bristolmartialarts.com

7th Bristol UK, Adults level 1 dik@bristolmartialarts.com

7th Weapons Defense 1:00-3:00 P.M Burns Tae Kwon Do, Inc. Selinsgrove, PA
570-374-0849

13th Appleton, WI Ground Defense American Martial Arts Academy
www.amaaok.com

15 - Womens Basics Boulder Co. with Bill Kipp [_Billkipp@aol.com_](mailto:Billkipp@aol.com)
(mailto:Billkipp@aol.com)

22nd FAST Basics 11am Joe Palanzo's Kenpo Karate Cockeyville, MD
410-628-4994

21-26 RMCAT with Bill Kipp & Peyton Quinn 719-748-8555

28th Bristol, UK, Adults level dik@bristolmartialarts.com

28th Bristol, UK, Adults groundfighting dik@bristolmartialarts.com

28th Bristol,UK, Adults weapons dik@bristolmartialarts.com

JUNE

10th : FAST Ground Appleton, WI American Martial Arts Academy
www.amaaok.com

11th FAST Cats 1pm Joe Palanzo's Kenpo Karate Cockeyville, MD 410-628-4994

26th FAST Basics noon Joe Palanzo's Kenpo Karate Cockeyville, MD
410-628-499

JULY

16th FAST Adult Basics Burns Tae Kwon Do, Inc. Selinsgrove, PA 570-374-0849