

## “NO DOUBT – NO FEAR”

Have you ever been in a situation where you have felt the adrenalin rush of  
fear pass through your body?

Ever been in a position where the stress of the event made you freeze, unable  
to move?

Were you so scared you could barely breathe and your legs turned to jelly?  
Where your behaviours led you down a dark tunnel of fear?  
Your lack of skill meant lack of confidence?

Where the beliefs you had limited your ability to do anything positive and that  
those doubts would take you even deeper into the depths of despair?  
...and the result is **FEAR?**

If this is the case and you recognise just one of these symptoms ...  
WELCOME to the human condition...and WELCOME to:

## “NO DOUBT – NO FEAR”

This practical guide will teach you how to model the most successful fighters  
and martial artists on the planet. Individuals who appear to be superhuman.  
Individuals who are able to handle any form of stress; as if it's a walk in the  
park.

Individuals who are in control of their environment  
... who are in control of their behaviours  
... who are capable of excellence  
... who believe in themselves  
Individuals who have  
No Doubts and No Fear!

## Introduction



Author, publisher, seminar speaker and martial artist Sgt (ret) Geordie Wallace started his career as a soldier with both the Queens Lancashire Regiment and the world renowned Special Air Service (SAS) fighting in a variety of wars ranging from The Falklands to the jungles of Central South America . His skills with hand to hand fighting saved him in many situations and it is due to these skills that

he is still here to share his impressive skills with a variety of people worldwide through seminars and now books!

Geordie left the military in 1984 and went back to school! He successfully enrolled at a large well known university in the UK and was successful in gaining a BA (hons) degree in Communication theory. After a short stint in Sales and Marketing Geordie concentrated his attentions to the area of expertise that was very much his own. Martial Arts and close quarter combat! Having set up over 55 schools worldwide he began to explore the possibilities of using the latest techniques in modelling to his already impressive repertoire culminating in his qualification as a Master Practitioner of NLP and becoming an NLP Trainer under Dr. Richard Bandler.

It was with this amazing tool that Geordie formulated his system of Training known as 'NO DOUBT – NO FEAR' and began to revolutionise the training of individuals who came to him for help.

With the techniques shown in this book you too can now model the successes and strategies of the greatest fighters in the world. Not only will this be possible but the exercises that Geordie will take you through will also improve your life generally, making you more focussed and confident in any area you choose to use them in ... From your personal relationships to making a million \$\$\$\$!

Let this be the first step to having No Doubts and No Fear...

**WHATEVER YOU DO!**

ULTIMATE SELF PROTECTION

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*Neither the author nor the publishers can accept any responsibility for any loss, injury or damage caused as a result of the use of the techniques described in this book, nor for any prosecutions or proceedings brought or instituted against any person or body that may result from using these techniques.*

*It is recommended that you consult your physician before engaging in any type of physical activities.*

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## **INTRODUCTION**

I got into the martial arts in 1968 as a young boy of 10. I did so to learn to defend others and myself, but also because I enjoyed it. It gave me confidence in my physical abilities and allowed me to feel confident at a psychological level. Traditional Karate filled my recreational time and when I wasn't doing it I would be thinking about it. I immersed myself in the philosophies of the east and practiced meditation. I studied Buddhism and Taoism and spent years researching the ideas and methodologies of the ultimate warriors...

### **....The Samurai.**

I thought that I would be able to deal with any type of attack but inside I knew that Martial arts were not the answer. I was never tested in combat other than the semi-contact sparring we did until I was lucky enough to come across Muay Thai in 1976. Muay Thai or Thai Boxing as it widely known seemed to offer me so much more in terms of application to the street environment and for a while it fuelled a need. I would spar with students bigger than me and when I went back to my old karate club I could easily beat their best instructors and yet I still felt that I had never been tested.

Then the ultimate challenge arrived...

It arrived in the shape of the British Army and more specifically in the SAS. The Special Air Service are the elite fighting force of the British Army. Stories of their achievements are legendary and their exploits are now the subject of many books. I attended their gruesome selection process and was 'blooded' through their initiation ceremonies and ultimately I knew that man-to-man I could take on any one. It was another level of training and it allowed me to see who I was and what I didn't like about myself. It showed me ways that I could effectively change my behaviors to deal with any thing life would throw at me. I was a warrior in the truest sense of the word. It was something that no martial arts teacher had ever given me. I now embodied the attributes of The Samurai!

It has been 20 years now since I left the SAS and during that time I continue to teach, not martial arts, but fighting arts. I teach young people and old, men and women how to protect themselves. Not just at a physical level but also at the psychological level.... and this is why what I teach works. I teach my students techniques that I never had access to in my youth and it is these techniques that I can now teach you!

*Geordie Wallace...*

Sgt. (ret) Geordie Wallace

CHAPTER ONE  
**CHAPTER ONE**

**WHAT IS SELF PROTECTION?**

## ULTIMATE SELF PROTECTION

Self Protection is an area of the martial arts that is prone to misinterpretation. That is because it bears little similarity to what is now considered to be martial arts. The very term 'martial' means warlike and to be pertaining to war or fighting.

Modern martial arts have retained little of their proud origins, particularly in the West. It has become no more than dancing and sport. I personally have nothing against dancing or sport. On the contrary I love these recreational pursuits but in no way should they be thought of as fighting!

Many martial artists have little or no experience whatsoever of fighting but also claim to teach effective methods of self-defense. Even the term 'self-defense' is in itself a very negative term to apply to the training of individuals in the vain hope that this will help them look after themselves on the violent streets of our towns and cities. It seems ridiculous to me that we have to defend ourselves at all as this implies that we have allowed ourselves to come under attack. The best fighters, the most skillful fighters never have to rely on defense. This is because they maintain such a high level of alertness that they never have to block an intended attack. They pre-empt any form of attack. They, in other words,

**PROTECT THEM SELVES!**

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I was aware of this difference very early on in my career when I realized that the blocks I learned were rarely effective. They never ever worked in competition let alone on the street. I had little faith in defense but always in my ability to read a situation and deal with it appropriately. Always ensuring that the level of protection was commensurate with the level of threat.

In other words: if I could run I would run; and if I had to fight I would fight .

## ***THE SECRETS TO SUCCESSFUL SELF PROTECTION***

I must make it clear from the outset. If you currently practice martial arts this book will enhance your ability to train harder, faster and more effectively than ever before... **FACT.** The techniques we use have been tried and tested in the arena of war. They have to work that's why I teach them. What is also important is the psychological aspects to the system. The fact that we model not just the physical but the psychological techniques gives us the edge over many other systems of fighting.

We actually model the programs of an elite...

As you read this you must practice the behavioral exercises. They will only take 5 minutes, so take your time. The physical stuff is easy. There are only a few of them that work anyway. You will find the ones that work for you and you must practice them regularly. These are included in Chapter 6.

**So here we go:**

To put these principles into practice (as they do in Special Forces throughout the world) we need to use them in every aspect of our lives so much so that they become unconscious activities like riding a bike. You will not need to even think about them. Someone who lives at this level of behavior will control every aspect of their lives so they don't just transform their fighting ability but also their ability to get on in life.

To put these principles into the context of a common street scenario I will cite the following example:

***You park your car up in the multi-storey on a visit to the shopping mall. As you park you look about increasing your level of awareness. You look, listen and get a feeling for your surroundings. There appears to be no one around so you lock the car and head towards the steps. On your approach to the stairwell you notice a couple of guys hanging around near the entrance and your level of awareness rises. You prepare for any eventuality. If they approach you can you run and if so where too. If you decide to take a stand you will be decisive in your actions. Operating at this level of Awareness means that you have surprise on your side.***

***One of the men moves toward you and starts to ask you for the time. This could be a ploy or tactic designed to distract you but you maintain awareness of this fact and politely explain you don't know. Suddenly his partner moves aggressively toward you with his hand raised. You know***

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*from your training that his posture indicates attack and you go into an offensive mode. As you make your first move you act **aggressively** and with **speed**. You use **simple** techniques that allow you to **control** and neutralize the attackers. If they are armed then the attack will be made **ruthlessly**. At all times you must **stay Upright** and stay in **control**. Your **physical training** has prepared you physiologically for this type of event so the outcome will be in your favor.*

So there we have it. 10 principles designed to be used in a typical attack scenario and all are important to the success of the system.

It is important to note that any form of meeting between two or more people implies an interaction. This interaction can be thought of as communication. Even a confrontation implies this. It is important therefore that we understand what we mean by 'communication' at the outset and how we can use more streamlined forms to manipulate our opponent. Special-forces operatives do this naturally. You, most likely, will not and therefore must be aware of these techniques if you are to become a great fighter.

The next chapter will be the first step towards this goal and will explain in detail how we can become 'excellent communicators.'

CHAPTER TWO  
CHAPTER TWO

**NO DOUBT – NO FEAR**

## ULTIMATE SELF PROTECTION

Life is always full of surprises. Some of them good, and some of them bad. It seems that some people have lives that are filled with good events where everything they touch turns to gold! For others it's a daily grind trudging through life getting little of what they really want. Emotionally they are on a roller coaster with little or no control over events. Or so it seems. It is as if they are simply passengers in life sitting on the back seat of a bus being driven by their emotions and their feelings. What they would really want is to be the driver fully aware of where they are heading and knowing that they will arrive safely.

This ability to take control is within the grasp of each and every one of us if we know where to start.

We all have doubts about the journey we are taking.

**Will the bus break down?**

**What if we take the wrong turning?**

**Do we have enough fuel for the journey?**

**What will happen if someone tries to take the wheel?**

All of these doubts lead to Fear. An emotion that can stop us in our tracks, enticing us to run away or freeze in nervous anticipation. We are out of control. We are no longer driving the bus!

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Doubt is an insidious emotion and is the reason we fail. Fail to take risks. Fail to deal with an assault. Fail to believe that we can do anything we want.

I am sure that Edison, the inventor of the electric light bulb, had his doubts. His peers may have mocked him when attempting what seemed impossible. But he carried on regardless because he had no doubts about the outcome he was after. He knew, he BELIEVED that he would be successful and because of this unshakeable belief he had NO DOUBTS that he would be successful. His lack of fear meant he would carry on until he had completed the task.

Now you may know of other people who dismissed their detractors and went ahead with an idea that came to fruition and again you will see that they were doing what most fail to do and that is to realize that:

**There Is No Such Thing as Failure...Everything is Simply Feedback.**

When you understand this and believe it your life is transformed...

Imagine it. Believing that you can never fail! Never having doubts about the outcome. Even if it doesn't work out it is simply an outcome. Not the one you wanted but an outcome nonetheless! The most successful people **SEE** themselves being successful, **HEAR** the sounds around them as they are being successful and **FEEL** what it's like to be an achiever. One or two people I know even talk about the sweet **SMELL** of success! Thinking about it doesn't success have a certain **TASTE** about it? Maybe not ...who knows.

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Notice in the paragraph above we make reference to the 5 senses. We do this because in our subjective view of the world that is all there is. We absorb information through the senses and our brain makes sense of it. This is dependant upon the way we have been programmed as a child. If we were programmed in the past then this implies we can re-program ourselves again and this time YOU get to decide what YOU want and not what other people want you to be.

There is a book by a very well respected author which goes some of the way to help people deal with fear and says that you should feel the fear and do it anyway! A marvelous sentiment ...but why don't we transform the fear into a feeling other than one that makes us feel bad. That would be more beneficial. I personally don't want to feel fear unless it's appropriate to do so. Like when I'm climbing! Or facing a large wild, rabid dog! There are times when fear is a great asset.

It is not however an asset when we are in a situation that we have to deal with such as an assault. The moment we are afraid the doubts creep in and our physiology responds in the way it has done in mankind for a millennium. Flight or fight!

There is an exercise in Chapter 3 which will help change the way you believe. It will help you change Fear and Doubt into a belief that you have no doubts

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and have a confidence that destroys fear. Use this exercise regularly, at least once a day to start with.

It can also be beneficial to take an inventory of your doubts and fears, just to put them in perspective if you will. Check out the types of **ENVIRONMENT** in which they occur and notice how that affects your **BEHAVIORS**. What does it make you feel? This in turn will have repercussions with respect to your **CAPABILITIES** and your skills will be affected. When we start having doubts about our skill level this will most certainly have implications for our **BELIEFS & VALUES**. By having a limiting belief (commonly called doubts), we affect our very **IDENTITY**.

So something simple in our environment has major consequences further up the scale. Think of anything that happens in your life. It might be a skill, something you do well. Look at the other aspects of the situation in respect to the environment, behavior, belief and identity. Always do this and notice again how your understanding and appreciation for the situation changes. Play with these levels every day whenever you can.

You will then:

**KNOW DOUBT and KNOW FEAR!**

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Once this concept has become a reality for you, you will have total control over your attacker because you have control over your own doubts and fears ensuring your success.

Most of the techniques used are basic to NLP and as has been said, “NLP is the ultimate communication tool” it is important to understand just what we mean by ‘Communication’

**‘THE MEANING OF COMMUNICATION IS THE RESPONSE THAT YOU GET.’**

In order to manipulate your potential attacker we need to look at the main elements of our model of human interaction. We have used a system of communication training that is second to none in its efficiency. It is known as NLP or neuro-linguistic programming. Developed in the 1970's by Richard Bandler and John Grinder NLP now leads the way in all areas of communication. In fact Richard Bandler runs a course known as Persuasion Engineering.

Exactly what we need to deal with the type of communication we call confrontation. In a sense we will persuade the attacker to back off. One way or another!

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NLP is also used to 'model' excellence in human behaviors so again it is ideal for the journey we are embarking upon. Because of the power of NLP I can now present you with a model of excellence in fighting. A model which combines the strategies of the very best fighters from special-forces and street fighting from around the world....and it can be learned in weeks instead of years.

**Even If You Have Never Had a Fight Before!**

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The first principle is **Rapport**.

Rapport is when the listener is in a state of responsiveness, and is open to consideration of what is being communicated to them. There is an effective strategy to gain rapport with someone called 'pacing' and 'leading'. Pacing is a method used by the very best communicators and involves subtly mirroring a person's physiology and matching their breathing and voice tone.

Why is this important?

Because people, are more likely to listen to other people that they think are like themselves. Once you establish rapport you can start leading. When you meet an aggressor at their energy level and pace their breathing and their physiology you can then lead them down to a calmer state. By lowering your tone, posture, and breathing, the other person unconsciously matches your actions.

By having **behavioral flexibility** we can vary our own physical actions and reactions in order to elicit a response from the other person, and to use our perception of the senses identifies to us how a person is thinking by their eye movements, voice tone, tempo, body posture, gestures and breathing patterns. This is **Sensory Acuity**.

Being switched on to what your opponent is doing at this level gives you an insight into what their intentions are likely to be. This could be violent or simply a display of aggression intended to scare you. In some cases they

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themselves are scared and unable to back down. Knowing this gives you the edge ensuring you are successful in achieving a desirable **outcome**.

Communication skills might be likened to tools in a toolbox. If you only know how to use a hammer, then everything in life looks like a nail. If you learn how to use the other tools in the box, then you have greater options and can search for the right tool for the job. The more skills and knowledge you have, the greater your chances for effectiveness in conflict situations. There is an old saying that knowledge is power, and very well it might be; but take into account your ability to change your behaviors and the power is increased a thousand fold! Think of it like a stool. Each leg supports the structure you wish to sit on. If one leg is missing the stool wobbles. Your situation is precarious. With three strong legs (*Knowledge, Skills and Behaviors*) the stool can take the greatest weight with ease.

By being able to recognize, interpret, and evaluate nonverbal communication, will give you a distinct advantage in defusing a hostile situation and re assess your self during a stress situation.

An important factor about what is being communicated is that 93% of the communication is something other than words.

Conversation between individuals is invariably (and often involuntarily) accompanied by non-verbal communication, this affects the meaning of what we say and is produced by various uses of the body. Posture and position, eye contact, gaze direction, facial expressions, and gesturing. 'Body language'

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of this kind may reinforce the message conveyed by speech, or it may subtly contradict it (as when eye contact is avoided, for instance or a subject may say that he is not nervous or under stress, but at the same time his foot and leg is bouncing up and down rapidly). Most body movement is involuntary, but we also make use of voluntary gestures on a conscious level, recognized actions performed in order to express a meaning, such as shrugging the shoulders, giving a thumbs-up sign, or for example, people indicate, "yes" with an upward/downward head movement. "I don't know" may be communicated by a shoulder shrug. These body movements are understood even without the spoken word. As this element is vital, but never taught in the martial arts, we will take a look at it so that we can get a better feel for the ideas I teach.

### Communication Model of Behaviour:

#### *The main elements of body language.*

#### **Facial Expression:**

Feelings and emotions are often reflected on the face. It is possible to learn much about another's current moods and feelings from their facial expressions. Some basic expressions that are clearly represented on the human face are happiness, sadness, fear, anger, surprise and disgust. These can occur in many combinations and vary with intensity. Because these expressions are universal they are valuable non-verbal cues. They can warn

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others of impending danger (by outward signs of fear) or help us prepare for aggression against outside attackers (through facial signs of anger). If a subject is approached by a figure of authority he will look around, possibly for witnesses, weapons, friends to help and escape routes.

### **Eye Contact:**

Sometimes it can be useful to maintain eye contact during conversation. By looking at a person you invite them to interact with you. You can look timid and afraid by looking away or blinking frequently. To give an impression of confidence keep your eye contact steady and relaxed but avoid habits such as rolling your eyes upwards as this can give someone the impression that you think they are stupid. Most "conflicts" are won before they get physical, and aggressors will back down if you maintain eye contact and are not intimidated by them.

Rapid eye fluttering, widening of the eyes and exposing a lot of white of the eyes are signs that the subject is losing control and may attack.

We can identify aggression in a crowded area if someone's eyes are staring or bulging. This can be due to tunnel vision that often occurs after an adrenaline surge or if under the influence of drugs. The direction of gaze can determine intentions of interest, such as looking at your personal belongings, a part of your body, or as a signal to draw the attention of others. Look for signs of alcohol or drugs. Are the eyes looking unfocused or glazed during conversation? In some cases (when they attacker is armed)...LOOK at the weapon!

**Posture:**

This is the way you hold your body. It often communicates the way you feel. A relaxed upright posture expresses a relaxed and confident behavior. Standing erect with chest out and fists clenched is perceived as aggressive. By adopting an assertive and confident manner with an upright posture, rather than stooped and submissive you will not be portrayed as a soft target. Body positioning should be in a 45-degree stance with body weight evenly distributed to encourage balance and movement whilst ensuring the body's vital points are protected.



**Gestures:**

This is the way you move your head and arms. A clenched fist will be deemed as aggressive. A finger pointed, as rude. Arms folded, as defensive and fidgeting hands deemed as nervous. Open palms are interpreted as a calming influence when dealing with aggression. It is a characteristic before a fight for people to sprawl their arms and stick out their chest as a gesture to fight. Some people will move the head back and forward in a pecking motion. This

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indicates nervousness and the possibility of attack. Notice these rituals and be prepared.

### **Proximity:**

Proximity is how near to others we stand. Everyone needs his or her own personal space around them to feel comfortable. A close proximity is often deemed as intimidating (unless the parties have a mutual affection for each other). It can be a sure sign that a fight is imminent when the distance is closed rapidly.

### **Touch:**

Touching is the ultimate invasion of someone's personal space and is only permitted when we know the person well enough to allow for this to take place. In a scenario where an attack is imminent it constitutes assault and should be dealt with accordingly.

### **Managing Aggression with Effective Communication**

Think how the other person feels (they think that they are not being dealt with or listened to).

It is important to demonstrate to the aggressor that he is being heard, understood and taken seriously.

Don't tense your face - be aware of your own body language.

Think neutral - don't agree or disagree.

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Above All

Stay Calm

Remain in control

Adopt an open, non-aggressive posture

### ***Threat Assessment***

Recognizing the telling signs and knowing the right words to say and the correct body language to project are not the only aspects of defusing.

Pre-fight management is vital to survive an altercation intact; the winner is usually the one who controls the seconds before it gets physical. Most situations start at conversation range with some kind of verbal dialogue. If this is mismanaged it degenerates very quickly into a physical battle.

You must know how to face the hostile subject and how to stay in control during the intervention.

In a potentially dangerous situation, you must assess the source of danger.

Who is posing the threat? Is it someone you know, or is he a complete stranger? Are you dealing with one person or more? What are his intentions in confronting you or another person? Pay close attention to all the clues including non-verbal indicators. Your answers to these questions will shape your protection strategy.

The next five essential factors are to be considered when assessing a threatening individual.

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If you are approached and dialogue starts, take up a small inconspicuous 45° stance and place your lead hand in that all-important space between you and your antagonist to maintain a safe gap. This gives you a degree of control without your aggressor knowing. Placed correctly, your lead hand and reverse hand will block the access (without touching) of the attacker's right and left hand. If he moves forward to butt or kick you, be prepared to use both hands to push him back or hit him. Try not to touch the assailant unless you are forced to, as it can trigger aggression and possibly result in a getting hit yourself.

### **Demeanor**

Assess the subject's outward behavior. Be on the look out for both verbal and non-verbal clues. For example is he trembling, or calm and collected. Are his fists clenched? Does he seem angry, frustrated or confused? Does he seem high on drugs? Is he drunk or mentally ill. What is he saying and is it making sense. How is he saying it? Is his speech slurred and what is the tone of voice like? All of these verbal and non-verbal cues are essential in accurately assessing the assailants overall demeanor and adjusting your tactical response accordingly.

### **Intent**

Once you have assessed the demeanor you will be better equipped to assess his intent. In other words why is this person being confrontational? Does he intend to commit a robbery? Is he trying to harass you? Is he seeking revenge? Is he a troublemaker looking to pick a fight with you? The intent is

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one of the most important assessment factors and can also be the most difficult to determine.

### **Range**

If you control your personal space then no one should intrude. Most males follow a script and get more aggressive as they get further away. Standing at a range that is non-contact, the threats are only verbal at this stage and the aggressor may not want to fight, they usually just don't want to be seen to walk away from a verbal conflict whilst in front of others.

The aggression may stop but in many cases a person walking toward you saying he doesn't want any trouble is an immediate threat and may be using a deceptive approach, for you to lower your guard and get close enough to attack you.

### **Positioning**

Positioning is the distance between you and the subject in terms of threat, tactical escape and target selection. In self protection it is important to understand the strategic implications of the subjects positioning prior to and during a physical encounter. Is he standing squarely or sideways? Is he standing at a bar or seated at a table? Is he close to any makeshift weapons such as ashtrays or bottles?

## **Weapon Capability**

Is the subject carrying a weapon, what type is it. Is he holding it and will he have to retrieve it from his clothing. There are four general points to consider when assessing the subjects weapon capability.

### *1. Hands/fingers*

When you scan a subject for a weapon, quickly glance at the hands and the fingertips can you see them? Is one hand behind him or in his pocket? If you can't see his fingers he could be palming a knife or some edged weapon. Be cautious when the arms are crossed or folded.

### *2. General behavior*

Is he patting his pocket or reaching for something is his direction of eye contact aimed toward something that can be used as a weapon.

### *3. Clothing.*

Can you identify any signs of a weapon protruding through the clothing?

### *4. Location.*

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Is he close enough to grab that glass or ashtray from a table and how far is the subject from a potential weapon?

### Assess the environment

#### **Exits:**

These are the various avenues or exits that allow you to escort a person from the situation safely. You will need to ensure tables or chairs do not obstruct them.

#### **Terrain:**

What are the strategic implications of the terrain you are standing on? Will the surface interfere with your ability to control an adversary?

Is the floor slippery due to alcohol spillage such as coats or handbags?

### Fear

Fear is a feeling of unrest or alarm caused by an awareness or expectation of danger. It is a natural feeling and not a negative one.

For one to feel comfortable with fear, one must understand its strengths and weaknesses. Because we don't experience fear as often as would do in our relaxed, everyday situations, we become uncomfortable when we experience

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it. We often interpret it as a lack of confidence, not being in control, or not being strong or brave.

The internal feelings a person experiences during fear are actually positive changes in the system that prepare him with more physical and mental energy. More blood, adrenalin and oxygen flow through the body to add extra energy and strength.

### Transforming fear into power

You can transform fear into power and strength by changing the way you perceive fear. First, you must believe that the effects on your body are, in fact your systems way of helping you defend yourself.

A great way to transform fear by changing our perceptions is to use an exercise that will allow you to re program your brain so that the moment feelings of fear arise you identify their location and quickly change them. One of my students would always get 'butterflies' in his stomach if he perceived that a situation was developing whilst out with his mates. I asked him to describe it and sure enough his stomach would be turning and fluttering and he said it was possible to imagine that there were actually white butterflies dancing around inside his abdomen. I had him close his eyes and notice that the more he thought about butterflies the slower they moved around and that very soon they would start to coalesce into a firm white ball inside his

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stomach. I then asked him what his favorite image was when he thought of power and control. He said a Black Panther!

I then had him transform the white ball into a black one and then to get him to notice that the shape was changing...changing it's form into the shape of a cat...a large cat, it's body rippling with muscle as if it was steadying itself about to leap!

His physiology started to change and as he listened to me describing this cat he began to sit upright, adopting a stronger seated position. He felt that he was getting stronger and that the panther was prowling around. Needless to say we decided to put it in a cage and only let it out when he needed it!

He now uses this strategy every time he feels a threat developing. All he has to do is open the cage and deal with whatever it is that is threatening him. This is a very powerful strategy that will work time and time again. I know someone who uses this strategy before they do a public speaking engagement...

EXERCISE

Sit down and, once comfortable, close your eyes and go back in your mind's eye to a time when you felt fear or were in a situation that instilled a feeling of loss of control. Begin to notice where the FEELING start. Is it in the stomach or the head? Is it in the arms or legs? It must be somewhere and once you notice it just be aware of where or how it is moving. Is it fluttering like butterflies or is it spinning like a tornado? Again it will become apparent that it has a beginning and an end. It will be dynamic. It must be because even the memory of it makes you feel scared now! Having observed it in detail imagine it quickly (and it needs to be done quickly) leaving the body and is floating outside of you. Now turn it inside out and make it do something else. If it is spinning clockwise make it spin anti-clockwise. Be imaginative. Once changed you can now put it back into your body, and not necessarily in the same place! It's your body put it where you want it! You will notice that you feel differently about the whole event. If you look at it again you will notice your perception of the situation has changed. You may even feel better and not just different. You are now transforming Fear.

You must also understand where your fears come from within you.

When a confrontation intensifies through increasingly aggressive voice or body language, fear creeps in and you wonder what will happen next, and it is this "unknown" that you may fear. Once you know how to identify the unknown and learn how to deal with it, you can control fear, it can be transformed into power and confidence.

**Flight or Fight response**

The immediate and biological response is dramatic as emergency hormones flood through the body. All hell breaks loose and within a second or two as

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neuro projections (nerves) are sent from the brain down the spinal cord to the adrenal glands. They trigger the adrenal cord to secrete adrenaline, and from this point on you have released a hormone into your blood stream. This powerful response is evolution's way of equipping us for survival. It's part of an instinctive survival strategy shared by even the lowest form of animal life. Blood is pumped through the muscles preparing the body for a fight or flight response. This causes your body to shake and as the heart beats faster the breathing becomes shallower. You are focused to the point of a distortion in perception, a form of perceptual narrowing where the world appears as though it is being viewed through the wrong end of a pair of binoculars and during this time other bodily functions are turned off to allow you to deal with the impending task for example you stop secreting saliva and appetite is suppressed. The fight / flight response is a very basic approach which is simply run if you can, fight if you cannot, but you have better things to do than digest breakfast.

As man has evolved he has developed reasoning skills and decision making, allowing a person to understand a situation, develop a coping strategy and then act on that strategy. However when confronted with a situation that has never been experienced, not every body acts, they may freeze.

### **Freeze response**

Have you ever been crossing the road and are startled by a car horn, you look around and the cars coming towards you, but you don't move...rooted to the spot, you attempt to go one way then the other and your hesitation could have been fatal as the car screeched to a halt in front of you.

Freezing occurs when a person becomes paralyzed by the choices they face in a crisis. Unable to make a decision, they become stuck between solutions and neither engages in flight behavior nor fight behavior.

### **Anxiety**

A feeling of actual or anticipated unease, similar to fear, but more closely associated with uncertainty. It is associated with bodily changes such as raised heart rate and perspiration. The relationship between anxiety and uncertainty is shown by the fact that people who are unsure whether they will receive an electric shock have a higher heart rate and perspire more than those who are sure that a shock is coming. Psychologists distinguish the state of being anxious from the trait of being an anxious person. Levels of trait anxiety appear to be major, and perhaps innate, differences between people. In psychiatry, anxiety occurs in many psychological disorders, both neuroses and psychoses. A notable exception is the psychopathic personality, where it is precisely the absence of anxiety (failure to worry about the consequences of one's actions) that is the problem. In certain disorders, such as phobias, in which extreme anxiety is the main feature, the person is incapacitated by fear of, and hence driven to avoid, what in reality are harmless situations.

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The most common setback around the adrenalin response is that people have a negative reaction and misinterpret the feelings for fear, leading to an output of behavioral inhibition.

Albert Einstein said,

**“Imagination is more powerful than knowledge”.**

Supposing a plank of wood, twelve inches wide and six feet long was placed on the ground, then I am sure you would agree, we could all of us successfully walk the length of it without falling off. If the same plank of wood was suspended between two skyscraper buildings 1000 feet up and the results would be somewhat different. You know you can easily walk across the plank but your imagination is instead painting a picture of you falling to your death.

If you visualize in a constructive way, you can completely change your neurology, and if that visualization includes auditory input it will have a greater impact on your neurology. You don't need to build a reality in which you need to suffer, especially when most of the things that are making you feel bad are fictitious.

Any unfamiliar activity will produce adrenaline. Because it is unfamiliar it is 'coded' by our emotions as a potential threat and a mini version of the Fight or Flight response is produced –which provides us with adrenaline and energy to

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act quickly and energetically. But... it clouds rational thinking. It evolved as a means of taking physical action, fleeing from a physical threat or fighting it. And if we do not take action but engage in irrational and fearful thinking this will produce even more adrenaline. Soon we are scared about feeling excited and, until we do something the internal cycle continues and builds up. As adults what we often do at this stage is avoid. We back off. "I don't like this feeling so I will avoid this situation." Now we are developing a no-go area. We could be developing a phobia.

Too much thinking about the threat simply produces too much adrenaline. Action dissipates both adrenaline and physical tension. It also ensures that we increase our confidence rather than develop no-go areas. Especially if we decide that, for us, 'success' is achieved by trying even if we do not achieve our goal.

So remember, when we start to perceive something as frightening, scary and you start to feel the adrenaline rush of fear.

### **STOP.**

Notice where the feeling is. Once it's location is determined it's time to transform it. Use your Brain to make the change. You actually have all the resources you need.

# Chapter Three

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### **10 Secrets of Self Protection**

**This chapter and the rest of the book are available for download when purchased using paypal**