



## Topic 2: Awareness and movement



Video (Time: 4.57mins)

Welcome to the video and the first thing we're going to look at in terms of the AAA is **awareness**.

So, awareness is about being physically aware of who's around you. Where possible threats are, where are opportunities for you to be able to go to be safe. We have safe neighborhood programs that are associated with keeping safe.

In the case of self-defense, what we're going to look at from an **awareness** point of view is **movement**. So, movement is about making sure that you are not able to be grabbed by someone in terms of them taking your balance away and being able to control you.

From an awareness point of view, we talk about a couple of different things in terms of movement, we have a linear movement and a rotational movement. What we're going to look at, in this case, in this video, is **linear movement**, which is a straight-line movement.

So, at all times we need to make, to make sure that we keep our balance in terms of what we want to do. Erhard is going to demonstrate to you in terms of where we're standing, how we stand, to start with. So, when we are standing here, we want to try and have our feet bladed on a side like this, on an angle rather than being straight. Because when we (your feet) are straight, someone can push you back and you lose your balance backwards.

When you've got your feet bladed like that, what it does is allow you to use your legs as a shock absorber and step back and keep your balance as step backward. Erhard also has got his feet shoulder width apart, which means that he's able to keep his balance even when he puts his foot one foot in front of the other.

So, like we see most people doing this right (feet narrow distance apart). You'll see straight away his balance is compromised. If he goes to the shoulder with apart (for feet position), right, then he's got his balance. It makes it a lot easier for him to be able to do it (keep balance).



## Defensive Tactics Program

Now the first movement we have is what we call "step and drag". So, we want to move out of the road when someone tries to grab you. If I get him (Erhard) to the side here, I am going to try and move him. He's going to move in that direction now for the camera. When I try to grab him, he's going to step and drag and get out of the road. So, if I go to grab, you can see straight away (he move out of the way). We'll go the other way as well, right (got out of the way).

You can see here the best form of defense is don't be there because you don't have to use any force. That means you're not going to get injured in terms of what you want to do to stay safe.

So, what he's doing there is he's taking a step, he steps forward here (as shown), he steps forward in that direction and drags the other foot up. Turn around and do it back to the camera. He is going step to the side and drag the other foot up, okay, it's quite simple.

Now, if he wants to go in that direction, he uses the other leg. If he wants to go in this direction, he uses this leg. Quite often we see people who take their back leg and try to rotate around. That takes a lot longer to do and can get you into trouble in regard to someone being on top of you very quickly. So, it's quite simple, it's a straight line. If you want to go to the left, use your left leg. If you want to go to the right, use your right leg and get out of the road.

Alright, that's what we call **step and drag**. It's about movement. Getting out of the road, making sure that you're not an easy target for what you want to do. And as you saw with Erhard, keep your hands up because the most important thing that we have here is this is the area (the head) that can cause you shock with the sympathetic nervous system. If you keep your hands up, then you can get there.

One of the interesting things that we quite often will see is that people think that if they have their hands down here (by their sides), they can get their hands up quick enough to be able to defend themselves. Let me show you something really simple. Erhard is going to do what we call an upper block and then I will try and touch him on the shoulder. He's going to do the upper block, right, push it up.

Right now, you think that's fast. Let's go for normal speed in terms of the strike. Ready, right If he has his hands up, right So the brain and the eyes take about 0.5 to 0.8 sec. to first recognize the hand and then to activate the muscle groups to move the hand (strike) out of the road.

If you are doing that, when your hands are down from here, you are not fast enough for that to happen. When his hands are up, that happens in parallel. So, it makes it a lot easier for you to be able to move the hand and get the strike out of the road. Always have your hands up here (protecting the head). Some people often say that they feel strange or awkward in doing that. And one of the easiest ways is to think about walking down the street and holding a bottle of water in your hands, and you're holding the bottle of water, you know, in that position here (in front of your chest). Your hands are up here at all times. You'll get used to it and it'll feel less strange over time. So have some fun with it, the awareness and the movement in terms of those things we covered, and we'll be back with you shortly too.