



Topic: Pre-Conflict Indicators - Blading



Video (Time: 1.55 mins)

Hey, did you hear on the news about the number of people getting aggressive has been going up a lot over the last few years. It's important to be aware of potential conflict situations around you. One thing that helps is about being aware of pre conflict indicators. Have you heard of it?

Yes, I have, and I have also been told that it's important to recognize these indicators to stay safe in any possible confrontational situations.

Definitely. Did you know that one of the most common indicators is BLADING.

Yes. Blading is when the attacker puts their strong foot slightly behind them, setting up their strong hand to have more power.

That's interesting. Yes, I've seen that happen when people get angry just before they get aggressive.

There are a number of other common indicators which we will cover in more detail in other videos. I am sure you have seen them as well. For example, clenching of the jaw, fists or shoulder muscles, pacing and heavy breathing.

Why is it important to recognize these indicators that people often miss?

People need to be able to recognize these indicators as it can give you a warning that an attack may come soon, allowing you to take action to stay safe.

That makes sense. How else can we stay safe in possible confrontational situations?

Some of the simple and important things to do is to remain calm, avoid escalating the situation and remove yourself from the situation where possible.

That's great information. Thanks for sharing it. I'll definitely keep my eyes open to watch for people getting angry and starting to blade so that I know what to do to stay safe.

I am glad I could help, and that is great to hear. Recognizing blading and other indicators can help prevent getting hurt in conflict situations and keeping everyone safe.

We look forward to catching up with you in the next video. In the meantime, thanks for watching and remember to stay safe at all times.