

PED 129

Class 16 – Principles of Avoidance

Avoidance: a cognitive state of awareness that consists of knowing oneself, knowing how to use the tactical environment, and understanding aggressive body language.

Principle One: Know Your Limitations

1. Physical Appearance

- Gender, height, weight, apparent fitness and strength, and age all affect an aggressor's decision to attack
- By extension, voice pitch and tone also count – calm and authoritative is best

2. Specialized Skills – personal skill level in self-defense

3. Physical Limitations – injuries, congenital conditions, etc.

Principle Two: Control the Environment

1. Outside an Establishment

- Check it out before entering
- If in a high-crime area, look for areas where an assault could be committed
- Avoid those areas

2. Inside an Establishment

- Identify potential exits; if they look difficult to manage in an emergency, disengage
- Survey clientele; if there is any hostility, disengage

3. Identify Barricades – if total safety/security is questionable, look for ways to make a quick exit while slowing a potential aggressor

Principle Three: Control Fear

1. Never make contact with a known hostile subject alone.

2. Never allow yourself to enter an environment in which escape would be difficult.

3. Always maintain your safe zone.

4. Be willing to retreat from a subject when aggression is apparent.