



Facing Violence: Preparing for the Unexpected

By Rory Miller

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Facing Violence: Preparing for the Unexpected By Rory Miller

Gold Winner - 2012 eLit Award

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Honorable Mention - 2012 Eric Hoffer Award

Seven Steps to Legal, Emotional and Physical Preparation

This book stands alone as an introduction to the context of self-defense. There are seven elements that must be addressed to bring self-defense training to something approaching 'complete.' Any training that dismisses any of these areas leaves you vulnerable.

1. Legal and ethical implications. A student learning self-defense must learn force law. Otherwise it is possible to train to go to prison. Side by side with the legal rules, every student must explore his or her own ethical limitations. Most do not really know where this ethical line lies within them.

2. Violence dynamics. Self-defense must teach how attacks happen. Students must be able to recognize an attack before it happens and know what kind they are facing.

3. Avoidance. Students need to learn and practice not fighting. Learning includes escape and evasion, verbal de-escalation, and also pure-not-be there avoidance.

4. Counter-ambush. If the student didn't see the precursors or couldn't successfully avoid the encounter he or she will need a handful of actions trained to reflex level for a sudden violent attack.

5. Breaking the freeze. Freezing is almost universal in a sudden attack. Students must learn to recognize a freeze and break out of one.

6. The fight itself. Most martial arts and self-defense instructors concentrate their time right here. What is taught just needs to be in line with how violence happens in the world.

7. The aftermath. There are potential legal, psychological, and medical effects of engaging in violence no matter how justified. Advanced preparation is critical.

Any teacher or student of self-defense, anyone interested in self-defense, and any person who desires a deeper understanding of violence needs to read this book.

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Editorial Review

Review

"Lightning in a bottle." (Robert Crowley, Attorney, former Major, U.S. Army Special Forces)

"Straight forward, life saving information." (Mark 'Animal' MacYoung, 'nuf said)

"Brutally honest voice about...violence." (Dr. Kevin Keough, Clinical Police Psychologist)

"When you're done reading, read it again." (Lt. Jon Lupo, NYSP)

"A game change." (Al Dacascos, Blackbelt Magazine's Kung Fu Artist of the Year, Founder of Wun Hop Kuen Do)

About the Author

Rory Miller, former Sergeant, has been studying martial arts since 1981. He's a best-selling writer and a veteran corrections officer. He's taught and designed courses on Use of Force Policy and Decision Making, Police Defensive Tactics, Confrontational Simulations, and he has led and trained his former agency's Corrections Tactical Team. Recently, he taught how to run a modern, safe, and secure prison at the Iraqi Corrections Systems, Iraq. Rory Miller resides near Portland, Oregon.

Users Review

From reader reviews:

Debra Rubino:

Now a day those who Living in the era exactly where everything reachable by connect with the internet and the resources within it can be true or not require people to be aware of each information they get. How many people to be smart in obtaining any information nowadays? Of course the correct answer is reading a book. Reading a book can help persons out of this uncertainty Information specifically this Facing Violence: Preparing for the Unexpected book because this book offers you rich facts and knowledge. Of course the info in this book hundred per cent guarantees there is no doubt in it everbody knows.

Gregory Stclair:

Information is provisions for individuals to get better life, information nowadays can get by anyone on everywhere. The information can be a expertise or any news even a huge concern. What people must be consider when those information which is from the former life are difficult to be find than now's taking seriously which one works to believe or which one the resource are convinced. If you have the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All those possibilities will not happen throughout you if you take Facing Violence: Preparing for the Unexpected as

the daily resource information.

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Estella Pierre:

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