

# Goshinjutsu Series



Most people respond to a surprise attack or to someone wanting to cause trouble in four basic ways: Freeze, Fight, Flight or Capitulate.

**Freeze:** physical inaction brought on by mental panic or unwillingness to address the problem.

**Fight:** attacking the attacker until the situation is resolved or allows one to escape.

**Flight:** running away, escaping.

**Capitulate:** to give up, surrender.

What can you do to reprogram your brain so you act? So you respond immediately to the problem.

Get up on the first alarm, don't hit the snooze button.

Given a job - do it right away. No complaining.

Get into the shower then turn the water on.

Homework, project - do it first then enjoy.

Face problems head on without self pity or procrastination.

Train with focus - see the target and hit it.

Train with yudansha - hard, fast, getting knocked around a bit. Practice "Calmness within Motion."

Train at home - faced with violence -> war cry and respond.

Attend Nationals/ Yudansha Gasshuku.

Cross train intensely - get used to discomfort and not giving up. HIIT sets are good for this.

Cultivate a meditative practice - Zen or Mindfulness to help you respond faster.

Understand OODA: learn to move from Step 1 directly to Step 4 when faced with violence. Read box to right.

**AND Never, never give up!**



# Freeze or Fight or Flight or Capitulate.

**OODA = Observe, Orientate, Decide, Act.**

Step 1: Observe. If you are unaware that some bad is about to happen or is happening, then you can't react to it.

Step 2: Orientate. Take the stimulus you see, feel and figure out what it is. If unexpected then you react slower.

Step 3: Decide on what action you will do. If you refuse to decide on anything then you can't act.

Step 4: Act. Put all your skills into action.

Step 2, 3 is where people freeze or lose most of their time. They are stuck in "what was that" and "what do I do" mode. When you are training self defense with your partner, you are training to shorten or even jump 2 and 3 and go to step 4. This is the same idea as hitting the brakes on the car before you consciously decide you need to stop unexpectedly. It may not always be the best combination for the situation, but it is better than being stuck in step 2 and 3.

When you are attacked, you are at step 1 and the attacker is at step 4. You are in a big disadvantage unless you can get them to step 1 again (side step or give a stimulus that distracts them; i.e. attack, hit them, make them afraid). This also reinforces why it is better to know a few things well than a bunch of things okay. Fewer options means less time in step 2 and step 3. So train till you can't do it wrong.

