



## Deescalate Or DIE

with Jeff Anderson for [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### If You Don't Deescalate, You Could DIE... Or Go To JAIL For Defending Yourself

A horrible incident this past summer illustrated just how dangerous it is to escalate a fight.

- Two women got into a fight in the subway.
- One pepper sprayed the other, who stabbed her in the neck repeatedly.
- The pepper-sprayer wandered off and died.
- The woman who was "defending herself" now faces manslaughter charges.
- Deescalate a situation like this or you risk it getting worse, which can lead to great harm.

### 1. Avoid Situations Entirely

The Trayvon Martin shooting illustrated what can go wrong when you don't avoid a fight.

- Avoid situations entirely when possible.
- Bad things can happen during altercations.
- Even if you're cleared of wrongdoing, you could be socially or financially ruined.

### 2. You're Obligated To Deescalate

The law requires you to deescalate.

- Especially if you carry a gun, you are obligated to stop a fight before it can happen. You hold the power of life and death if you're carrying.
- If you rise to provocation, you could create a situation you must then fight out of. You become the "bad guy" in that situation.
- Unless you were FORCED to fight, you could be escalating the confrontation, which puts you in legal danger.
- "Combat breathing," inhaling and exhaling while holding your breath for 4 seconds each step, can help calm you when under stress.

### 3. Show Verbal Restraint

Your job isn't to win an argument. It's to stay alive and undamaged (to survive).

- Don't take the chance that an argument could become a physical altercation.
- You must avoid engaging arguments.
- Don't raise your voice or use profanity.
- Someone who loses face may turn violent.
- Give the other person a respectable out.
- Remember, you want witnesses to indicate that you were not the aggressor.

### 4. Show Physical Restraint

When weapons come into play, that's an automatic escalation. If you carry a knife or a gun, you can't just take it out to get someone to back off from a verbal altercation.

- You may only deploy your weapon if you are in credible fear for your life.
- Menacing or brandishing could be a felony.
- Avoid nonverbal signs that you are the aggressor, like pushing, balling your fists, etc.

### 5. When Verbal Skills Aren't Enough

If nothing you do works, then you must...

- LOUDLY say, "I don't want to fight you!"
- Put your hands and shoulders up, palms out.
- You are putting "the choice" on the other party. You WIN if you don't have to fight.
- When he then aggresses, you have the RIGHT to defend yourself and strike **preemptively**. Strike first!
- A two-handed "face blast" can snap even the biggest attacker's head off their shoulders.
- You can then flee or follow up as needed.

*Prepare. Train. Survive.*