

## 5 Deescalation Tips (Fighting W/O Fighting)

with Buck Greene for [www.ModernCombatAndSurvival.com](http://www.ModernCombatAndSurvival.com)

### 1. Redirect For The “Win”

An MCS reader was afraid he might have to use his Guardian Machete after a “road rage” incident. Thinking fast on his feet, when the other driver pulled up along side him in a parking lot, he threw the guy a wide grin, a thumbs-up, and said “Great race!”

- If you make people believe you are on their side, and that you’re not thinking in terms of conflict, sometimes this can short-circuit their desire for a fight.
- I saw a skit once about customer service where a lady demands her money back and looks disappointed when she immediately gets her refund. The other woman says, “Did you... want to fight?” and then obligingly pretends to argue so the other woman will feel like she “won.”
- People want to “win.” If you make them feel they are winning, they’ll be satisfied, sometimes (but not all the time).

### 2. Befuddle Them With BS

A teacher friend of mine who has since become a principle had a trick for breaking up fights in the hallways. He would come up to the fighters and, at top volume so they couldn’t miss him, shout, “WHO’S WINNING?”

- This would confuse the kids fighting and often short-circuit the fight.
- If you can confuse a conflict by saying something that absolutely baffles the other party, this can help defuse tensions (but it won’t always work).

### 3. The Strong, Silent Type

It’s been said that you should avoid the “f-word” when you argue with someone because this word can escalate a conflict. (It’s also the only way to get some people to listen to you if you are demanding their attention and they’re angry.) If you are completely silent and refuse to engage, this can sometimes help prevent a situation from escalating.

- Think about it: If you give them nothing to work with, then there’s no argument.
- Be aware, though, that some people take the silent treatment as escalation.

### 4. Look Over There

This one is a good deescalation technique for when you’re on the move. Fix your gaze intently on something over the shoulder and beyond the person who might be thinking of aggressing on you. This is a great way not to make eye contact on the street while also not looking “oblivious.” People tend to avoid others who are intent on some distant issue or problem.

- People tend to avoid others who are intent on some other problem (but not always).
- This technique works best if you walk briskly and with determination.

### 5. Don’t Be There

It may seem like a “cop out,” but the best technique is always avoidance.

- Conquer your ego. Don’t get pulled in!
- If you can avoid conflict, always do so.

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