

PERSONAL SAFETY

UNIT 1

Combat Academy Instructor Training Programme

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Learning Outcomes

The aims of this unit are to enable you to:

- Have a broad based knowledge of the subject of personal safety.
- To understand current academic models and processes.
- To understand the planning, processes and stages relating to personal safety.
- To define and understand the difference between self defence and personal safety.

Personal Safety

What is it?

*There is a big difference between self defence and personal safety. Self defence is predicated on the fact that you are in a very bad place to begin with. Things have already gone wrong or escalated and violence has already occurred or is an imminent threat. As such, self defence is making sure the situation doesn't get **any** worse, or surviving the encounter - it is damage control, pure and simple. However, **no** damage control is **EVER** as good as preventing the problem in the first place. That's personal safety... (Coker 2008).*

TUTOR TALK



Discuss where personal safety and self defence are different, yet can overlap and have proven to be linked. Consider the key differences between personal safety and self defence and whether or not actual physical contact and the need for self defence can be avoided.

Concepts and Strategies

Personal safety is the awareness, planning and actions that you take which either expose you to harm or risk of harm or reduce the risk. To understand personal safety, you have to take a detailed look at the factors affecting your safety. These factors are illustrated in the 4 Factors Model (4F).

Physical Factors

Are you weak or do you appear weak? Do you match the physical profile of a victim?

Geographical Factors

Is the location isolated, is the location dark, is there an escape route?

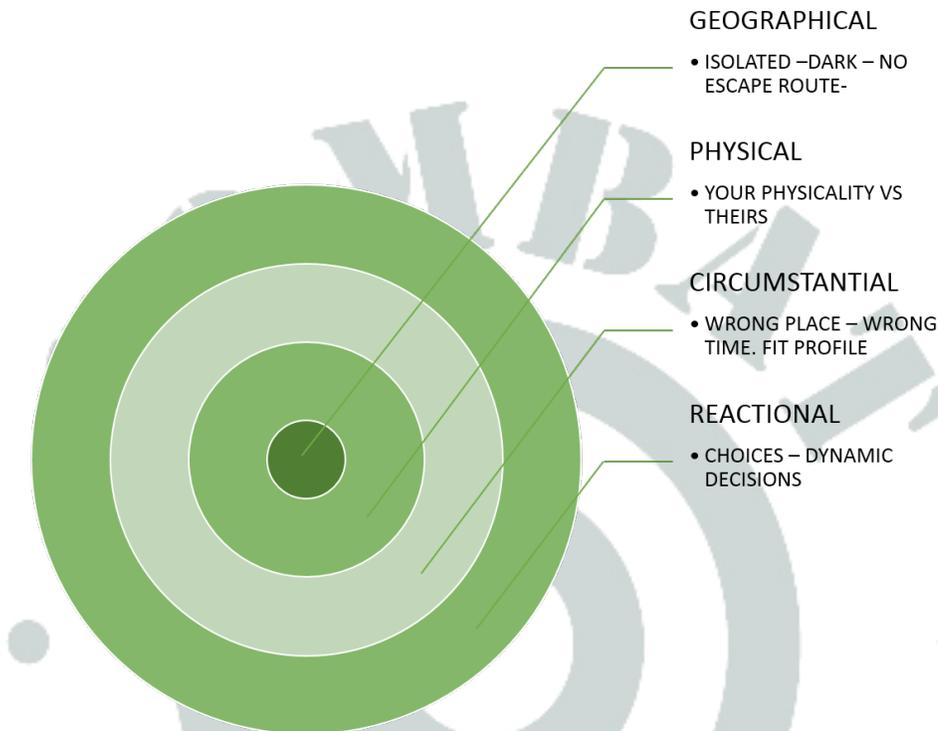
Circumstantial Factors

Are you in the wrong place at the wrong time?

Reactional Factors

How you react in the moment dynamically, making the right choices and decisions.

4F Model



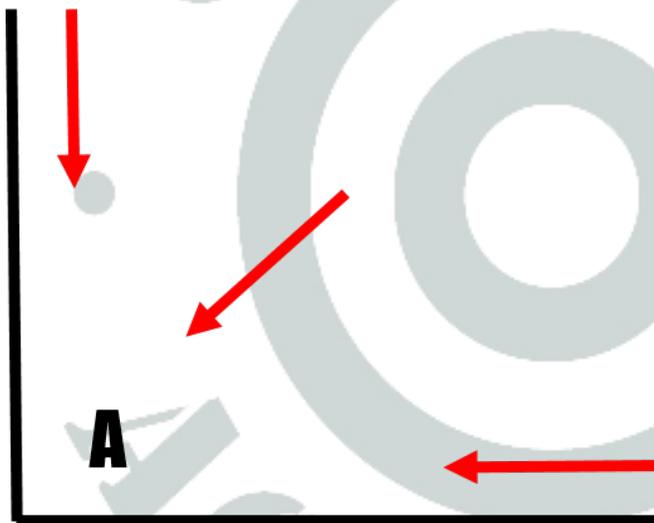
When you consider the above FOUR factors, there are many things that you can do to influence them. The 4C Model below overlays with the 4F Model with the kill zone being in the middle. In this context, the kill-zone is a place. For an attack to take place, the physical location has to be right. You will also notice how the circumstantial (wrong place – fit profile) fits with being selected by the attacker and that the physical factor fits in with getting close enough for a mutual assessment before escalation to the kill zone or place of attack (Geographical) which will be dark and isolated, trapped or your attacker forced to act for a range of reasons.

You will note how the personal safety aspects become apparent of the 4F model and how many of the factors can be influenced.

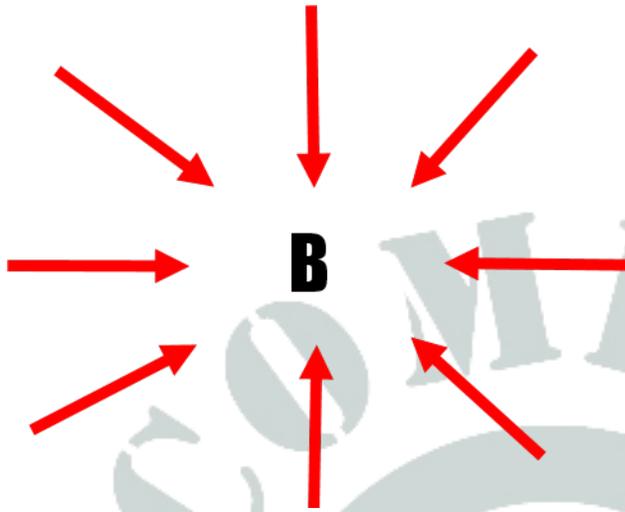
Using Your Geography – Multiple Attackers

In the diagram (A) below, you will see that the victim, indicated by the letter is in a corner. Most people have heard the expression “cornered”. This often has negative connotations. In actual fact, in the context of multiple attackers, the right angle of a corner actually limits the direction and number of attackers that will fit into the space.

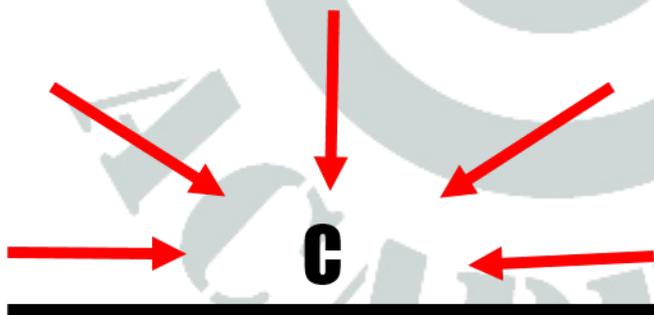
It must also be considered that the normal human field of vision is about 130 degrees in any detail. This means that full vision of the surroundings is possible. The walls on either side can be very useful; for balance and stability to ensure that you stay on your feet!



In the diagram below, the attack is being conducted in a completely open environment. It is obvious that many more attackers can attack from every and any direction. As above, normal human vision is a field of 130 degrees whereas 360 degrees of attack are available.



In the third diagram, (C), The attack is happening with a 180 degree field. Given that detailed vision is possible at 130 degrees, it is also possible to see movement at around 180 degrees in reasonable lighting conditions. Many people have heard the expression “back against the wall”, just like with the expression “cornered”, many people see this as negative. In actual fact, with group or multiple attacks, having a solid surface behind you prevents surprise attacks!



Finally, when you are attacked, dynamic planning and positioning, as above, can make the difference between surviving or not!