

THE
THREE SECOND
SURVIVAL GUIDE:

**UNDERSTANDING CRIMINAL VIOLENCE
AND WHAT IT TAKES TO AVOID
VICTIMIZATION**

**BECAUSE SURVIVAL IS NOT A
SPORT**

By

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INTRODUCTION

This book is not intended to give you the ability to protect yourself simply by reading it. Many of the principles within it are gathered from almost 3 decades of studying martial combatives and having to engage in both social and asocial settings. Throughout this I have learned the difference between fighting when someone feels their ego is involved and when they mean to do whatever it takes to make you a victim and thus require you to respond in kind to avoid that status.

The instructors who have helped me along this journey are among the best I could have asked for and they have helped me differentiate between a “martial art” and “combative” skills. The most succinct definition I think I heard ran along the lines of “a martial arts response is something ***you do with someone depending on what they do***, a combatives response is something ***you do to someone without consideration of letting them act.***” That simply is the differentiation in mindset.

Throughout this book, you will read about trauma and the mindset required to use it without internal debate or self doubt. This is really the goal for any effective strategy regarding personal protection in a criminal attack. When facing a criminal predator, if your goal is not to induce trauma, RIGHT NOW, you will become the victim. When we talk about trauma, we mean the medical-style definition of trauma, since we are relying on the principles and documented research of physiology and kinesiology to help us understand the system we will use to disable an attacker. That means something has to break or illicit a specific, programmed reflexive response. This is not a give and take system. It is all about giving; in this case it’s all about inducing.

There was a program offered to women as self-defense that told them how to avoid hurting their attacker while still defending themselves. That kind of thinking ensures that women will not be successfully equipped to face real criminal attacks. It is morally reprehensible because it teaches the naïve untruths that they can’t refute because they see the instructor as almost “mystical”. There is no mystery to self-protection. That lie needs to be dispelled if we are ever to get to the truth about self-protection.

You will also notice that self-protection is the term we use rather than self-defense. This is because defense assumes we are going to react to input rather than act proactively thus framing a potentially lethal confrontation in terms of sport rather than in a paradigm we can defeat our assailant in.

I hope that you will find this an interesting read that challenges your concept of self-defense and makes you think about self-protection enough to motivate you to seek out a combative art and learn more. I hope it causes you to truly embrace [your right to self-protection](#).

THE TRUTH ABOUT CRIMINAL VIOLENCE.

Criminals have gained a public perception that renders them almost cartoonish powers in their ability to perform acts of violence and absorb almost superhuman damage without effect in many urban legends and their portrayals in Hollywood. The disservice done to the general public is overlooked by and large and is, in fact, supported by unlikely fictions for different reasons. The truth about the whole issue is summed up quite simply; criminals are human beings in structure if not in thought and action. They are only better at violence because they have predetermined their willingness to use it against others in order to get what they want. They have defined their wish list and hurting people is acceptable, if not encouraged, goal in and of itself. Many acts involving gang initiation mandate a necessary act of random violence against another person.

The clear understanding of criminal violence in its essence is this; it is simple to commit and carried out with intent. This truth gives us many details about what criminal violence is and isn't. It also tells us how we can and cannot train to effectively defeat it. Remember, in true criminal violence you cannot avoid it. You cannot talk your way out. It is not about ego or perception or posturing or insults. True criminal violence is going to happen because the criminal chooses to use it as his tool to achieve what he wants. When it does happen, it will be between the criminal and his target and it will be immediate and decisive. The question is only who will have the trauma inflicted on them and thus be the victim. There are only two parts in this play and you can either choose actively or have it assigned by default to you; be the victim receiving the trauma or be the person delivering the trauma to create a victim.

THE GOALS OF CRIMINAL VIOLENCE

Criminals use violence and inflict trauma because it is an extremely effective persuader. You will rarely find a person who suffers from real trauma in a position to oppose the will of the person who has inflicted it on them. This is goal. To get what they want from the person they decided to target and make into a victim.

There is no discernable difference between the tactics and tools of violence; they all create the same end if they are employed successfully - an inductive state or unconscious neurological response. That goal is simple for the criminal; get what they have decided they want. Period. Whatever it takes. Whatever damage they cause to you or your loved ones is irrelevant.

Primarily you will see the criminal attack in only one way – with absolute intent to get it done. There is no fanciful debate or moral quandary; the criminal knows that pure intent beats 9th Dan kata everyday of the week and twice on Sunday. By committing to full, unbridled attack mode the criminal is like an attack dog. They may not know what target they are getting hold of but whatever they hit it is going to get broken and they are going to keep going until they get what they want or until they are physically stopped. With