

Self-Defense Resources

From Instructor Bruce Whitsitt

Books

Christensen, Loren W. & Place, Lisa. *Fight Back: A Woman's Guide to Self-Defense that Works.* Santa Fe, NM: Turtle Press, 2011.

Christensen worked as a military policeman during the Vietnam War and was a policeman in Portland, Oregon from 1972 until 1997. He also holds black belts in three different martial arts, and his wife, Lisa Place Christensen, has years of experience in martial arts. A very good, simple guide to self-defense written specifically for women.

Cohen, Arthur. *Surviving a Massacre, Rampage or Spree Killing.* Boulder, CO: Paladin Press, 2010.

By analyzing past incidents of mass killings, Cohen dissects the dynamics and defines different categories of the horrific acts spawned by terrorism, mental illness, or revenge. Book is now out of print, and the publisher, Paladin Press, went out of business in 2017, but thanks to Amazon, it can still be found.

Hatmaker, Mark, & Werner, Doug. *No Second Chance: A Reality-Based Guide to Self-Defense.* San Diego, CA: Tracks Publishing, 2009

Hatmaker, according to the book's notes on the author, is a "highly regarded coach of professional and amateur fighters, law enforcement officials, and security personnel." That translates into someone who knows what he's talking about. Hatmaker dispenses with the niceties and offers practical but sometimes savage techniques meant to preserve your life.

Strong, Sanford. *Strong on Defense: Survival Rules to Protect You and Your Family from Crime.* New York: Pocket Books, 1996.

Strong is a retired police officer and tactics trainer who taught SWAT and other law enforcement officers how to survive under attack. This is a no-nonsense book with excellent advice and brutal true-crime vignettes. Statistics presented are outdated, but the wisdom is timeless. Book is out of print but available at the Fresno County Library, used copies at Amazon.

Online Resources for Increasing Community Awareness

<http://www.meganslaw.ca.gov/>

Megan's Law is a required registry of sex offenders. By signing in to the website, you can discover whether or not any sex offenders live near you, obtain their addresses and find out what crimes they have committed.

<http://clerycenter.org/>

Are you a college student, or do you have a child who is about to attend college? The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act or Clery Act is a federal statute that requires colleges and universities that receive federal financial aid (which is the majority of schools in the U. S.) to keep and disclose crime on and near the campuses.

<https://www.saveactiveshooter.com/>

This is a local group of retired law enforcement and security personnel who have formed a business to teach active killer defense strategies to businesses and groups. The website is an excellent resource.

<https://nextdoor.com/city/fresno--ca/>, <https://nextdoor.com/city/clovis--ca/>

Nextdoor is sort of an online neighborhood watch. You receive crime alerts from the police staffer assigned to your area as well as crime reports by people who live in your area.

<http://www.valleycrimestoppers.org/>

Most people are familiar with Crimestoppers, which offers anonymous rewards for information leading to the capture of wanted criminals, but the site is also a great informational resource.

<http://www.fresnosheriff.org/>

County Sheriff information page, another good resource with helpful links.

<http://www.fresno.gov/Government/DepartmentDirectory/Police/default.htm>

Informational page for the Fresno Police Department with helpful links.

<https://www.ci.clovis.ca.us/Depts-Services/Police-Department>

Informational page for the Clovis Police Department with helpful links.

<http://www.fresno.gov/Government/DepartmentDirectory/Police/FresnoCrimeWatch/NeighborhoodWatch.htm>

Interested in Neighborhood Watch in Fresno? Here's where to get started.

<http://police.cityofclovis.org/index.php/community-programs/neighborhood-watch>

Interested in Neighborhood Watch in Clovis? Here's where to get started.

<https://www.crimereports.com/>

Find out what crimes have taken place and when they were committed in your area.

Videos

Stoat, Melissa. *Fierce and Female: Practical Rape Defense Tactics for Every Woman*. Boulder, CO: Paladin Press.

Excellent women's self-defense series emphasizing not only techniques, but how to use body dynamics to make techniques more effective. WARNING: Some of the simulated attacks use raw language to represent realistic situations. Available from Amazon and the Fresno County Library.

Burrese, Alain. *Streetfighting Essentials*. Boulder, CO: Paladin Press.

Burrese is a former U. S. Army sniper instructor with the 82nd Airborne who learned the martial art of Hapkido while stationed in South Korea. He has worked extensively in the security field. He teaches Hapkido and self defense, and this two-disc video is a great introduction to basic self-protection techniques. Available from Amazon.

YouTube Channels.

To say that there is an endless supply of useful self-defense videos on YouTube is not an exaggeration. Of particular relevance is the ongoing series called **Active Self Protection**, wherein the creator, John Correia, reviews surveillance videos from all over the world and breaks down the good, the bad, and the ugly. Other helpful YouTube channels are **Effective Martial Arts**, **CodeRed Defense**, **fightTIPS**, and **FightSmartTrav**. The training information on YouTube is unlimited.

EXPLANATION OF MARTIAL ARTS STYLES

You may be curious about the differences between various martial arts. In my opinion, ANY training in ANY style of martial art is helpful for self-defense purposes, as long as the instructor is legitimate. Below is a list of the basic categories of martial arts:

- ✓ **Striking:** Karate (Japanese and Okinawan), Taekwondo (Korean), Tang Soo Do (Korean), Western Boxing, Muay Thai (Thai kickboxing), Kenpo (Chinese/Japanese mix), Kung Fu (Chinese), Panatukan (Filipino Dirty Boxing). These styles stress upper-body strikes, kicks, elbows, knees, and blocks. Depending upon the style, emphasis will be on hard, linear strikes and blocks; high kicks; or softer, circular motions.
- ✓ **Grappling/Throwing:** Judo, Brazilian Jui-jitsu, Sambo (Russian), Western Wrestling. These styles emphasize throws, takedowns, trapping, joint locks, choke and other submission holds, ground fighting, and techniques for escaping holds. A limited amount of striking is used in some. The focus is on getting an opponent onto the ground and submitting him there.
- ✓ **Redirecting:** Aikido. Aikido is unique among martial arts. A foundational principle of the style is to use the attacker's motion and energy to defeat him. An assailant's force is redirected in order to avoid his strikes, take him down, or put him into a submission hold, with a variety of joint locks used very effectively. However, some think that Aikido's emphasis on graceful, flowing movement is limiting and inefficient. Little in the way of strikes, blocks & kicks.
- ✓ **Weapon-Based:** Eskrima, Kali, Arnis, Silat. These arts are Filipino or Indonesian in origin, and use simple weapons, such as sticks and knives, but also have an array of empty-hand techniques based on each style's weapon movements.
- ✓ **Comprehensive:** Kajukenbo, Krav Maga, Hapkido, Mixed Martial Arts, Reality-Based Self-Defense, Traditional Japanese Jujitsu, Aikijutsu, Pankration (Greek). These styles combine striking, grappling, joint locks and redirecting. These are perhaps the most realistic and effective styles for street defense.

If you have any questions or if you become interested in pursuing martial arts and need some ideas or guidance, feel free to contact me, Bruce Whitsitt, at bwdefend@gmail.com, or karazenpofresno@gmail.com.