

NON-VIOLENT POSTURES™

by
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The great samurai warrior, Musashi, wrote, “**Make your fighting stance your everyday stance, make your everyday stance your fighting stance.**” Provocative insight from a man who survived over 60 actual life and death duels and then wrote his classic text on strategy, *The Book of Five Rings*.

Still, hundreds of years later, martial artists have not incorporated Musashi’s brilliant premise. Why? Musashi’s prowess was legendary. His fights were for *real*. Here is the reality: **Real fights are only the ones you cannot avoid.** Therefore, they are the only fights where you’re in serious danger (no rules, no referee, no mouth guard, and no medic). *Real fights* start without consent (you didn’t choose to be in the fight). *Real fights* occur in the real world; they are not *cement friendly* (no judo mats or boxing rings). And *real fights* almost always start standing, or in very close proximity, with some sort of verbal ‘assault’ as a prelude to the physical attack.

To think you can think clearly during the chaos of a real attack without training for that chaos is ludicrous. Not only must you train for the street ‘ambush’; you must nurture personal fear management skills, verbal de-escalation tactics, possess a basic appreciation of predator/prey interaction, and learn the *natural stance theory*. This process will revolutionize verbal control stages, enhance de-escalation efforts and decrease reaction time during close quarter effectiveness for every law-abiding citizen.

For you to handle the real confrontation efficiently and effectively you’ll need far more than a basic fighting stance. Adopting a typical fighting posture the moment you sense danger will work against you. You will lose the *tactical* element of surprise and your telegraph will create greater preparedness in your opponent.

BLAUER Tactical Confrontation Management Systems (TCMS) has explored the natural stance theory and teaches a system of **Non-Violent Postures™** (NVP’s). These scientific fighting stances are based on natural postures and real-life gestures, so that however you happen to be standing at the moment you’re ambushed or at the moment you decide it’s strategic to strike you’re ready. No wind up, no power base shift, no posturing. Just bang! How and where you’re standing becomes the ‘launch pad’ for your first strike.

Re-read the opening quotation. Virtually all traditional and modern styles still advocate basic ‘fighting postures’ for street encounters. This diametrically opposes the strategy suggested by Musashi. Musashi understood that any hint of preparedness would alert his opponent. This just makes the fight more difficult. This telegraph invariably comes in the form of body language. ‘Communication’ is made of three components: *Body language, tone and words spoken*. Your body language accounts for 60% of communication (tone 30% and your words only 10%). So even clenching a fist sends a louder message than a verbal assertion, like “ *I don’t want any trouble.*” Your tense body language promotes reaction *even if you really do not want to fight*. Any hint of a stance will detract from the communication process. Further, any unnecessary muscular tension (like the contractions necessary to hold a fighting posture) will interfere with your instinctive athletic system and affect your breathing. Also, a *stance* will *afflict* your spontaneity as it *pre-disposes* you to tactics that may not be appropriate.

The **BTCMS Non-Violent Posture System** incorporates natural positions that accommodate different moments and emotions like when you question or suggest, so that the stances are alive and flow just like in a real conversation. This enables the defender to communicate freely and effectively. The science, value and effectiveness of this system is that the **NVP** system actually depends on the pre-contact stages that precede most real fights, making this approach truly clandestine. Keep in mind that by incorporating congruous gestures (just like in real life), you keep your muscle fibers active and loose enhancing immediate response (decreasing reaction time) even during a surprise attack. Each non-violent posture is also analyzed for close quarter effectiveness and each **NVP** has an accompanying protective arsenal in case of a sudden 'ambush' during the verbal stages.

(For a provocative look at these principles check out our *Science of the Sucker Punch* video)

Here's a quick summary:

- **NVP** incorporates your natural stances, using the way you really communicate. Therefore, it is easy to learn, easy to use.
- **NVP** will help you verbally de-escalate situations. The use of natural stances actually relaxes people; it enhances communication and will facilitate a non-physical resolution when possible.
- **NVP** will decrease your reaction time should you need to engage an adversary quickly.

By incorporating the natural stance theory and **Non-Violent Postures™** you will *learn* to use intelligent body language to communicate, de-escalate and help you avoid confrontations, but if push comes to shove, your research and close quarter confidence will offer you the *first strike advantage*.

Drills:

1. **Create a flow drill through your NVP's that's congruous with your verbal distraction or de-escalation.**
2. **Practice launching the S.P.E.A.R. tactic into the threat from all NVP's**
3. **Practice deploying the PROTECTIVE S.P.E.A.R. from PRIMARY assaults**