



PATRICK PRENDERGAST LEARNS TRANSPORTATION SEAT DEFENSE



Students learn how to make a good citizen's arrest in Ground Survival



JIM WAGNER EXPLAINS THE VALUE OF "NO LIE BLADES" IN TRAINING



JIM WAGNER SHOWS STUDENTS COMMON SENSE BLOCKING



STEPHEN LEUNG (RIGHT) HAS TO GET THROUGH TWO ATTACKERS



ASST. INSTRUCTOR JAMES PROULX TRIES TO MOVE IN ON A STUDENT



Dallas Johnson (bottom, left) with his 12 Knife Survival students



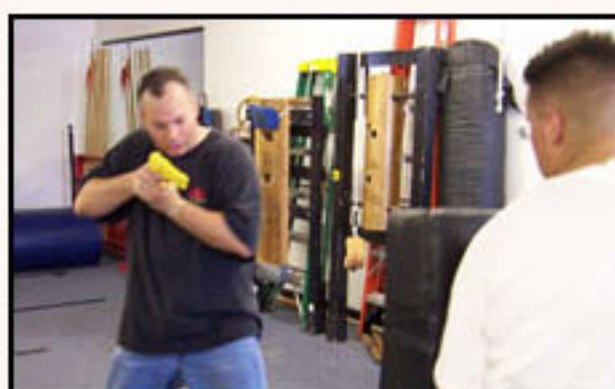
THOSE INTERESTED IN BECOMING INSTRUCTORS POSE WITH WAGNER



This student learns how to survive an armed robbery and other crimes



Jim Wagner (right) demonstrates the ABCs of surviving choke holds



Jim Wagner shows how a criminal approaches a victim with a firearm



Jim Wagner presents Hank Hayes with a Terrorism Survival certificate

facing, you'll be ready. If it was unrealistic, you won't.

Note that the red line extends into the post-conflict portion of the graph. That's because you aren't truly safe until you've escaped from the danger. You may have made a citizen's arrest and entered the post-conflict phase, but until you transfer your prisoner to the police, he still poses a threat. Even if he runs away, you won't know if he's really fled or if he's just run around the corner to retrieve a weapon.

Stabilization: The gray line begins in the post-conflict phase and represents variables you may face after the fight. What do you do with the suspect? Do you walk away? Do you make a citizen's arrest? This is also the time to administer first aid if there are injuries and to give your report to the police.

Normalization: This phase is indicated by the blue line. The fact that it dips below the baseline shows that the severity of the conflict can determine how you feel afterward. The fight is over, and your mind and body want to return to normal. If you sustained an injury, however, you may have to be hospitalized. If you were psychologically traumatized, you may have to deal with regret, performance disappointment and depression. How long you stay below the baseline depends on your general outlook on the situation, your previous training in conflict rehearsals, your experiences on the street and your support group.

Evaluation: It's the green line that once again coincides with the baseline. As your life teeters on the edge of normality, you can sink into a demoralized sea where the victim mentality flourishes. But chances are, your martial arts training will empower you to focus on preparing your mind and body to deal with any similar conflicts that might arise. ✕

About the author: Jim Wagner is a police and military defensive-tactics instructor and a civilian reality-based personal-protection trainer. For more information, visit <http://www.jimwagnertraining.com>.