

These are just a few sterling points that you need to know about the psychological make up of criminals and violent people.

- \* Extreme egomania/selfishness/me-based orientation
- \* Poor impulse control
- \* Manipulative behaviour
- \* Inability to accurately "read" other people's emotions
- \* Little or no ability to delay gratification
- \* Disassociation from the negative effects of their actions/guilt
- \* Your "value" is defined by what you can do for them
- \* The only consistent in their behaviour is what benefits/pleases them.

You cannot change these elements in their personality and without outside, long-term professional help/counselling, they are not going to change on their own. No matter how much they say they will.



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### Self Defence-Danger Signs

AOI stands for Ability, Opportunity and Intent. For people who are not particularly interested in self-defence, it is a nice set of guidelines that can be used to prevent yourself from being assaulted.



There is a concept called the triangle among firefighters. Along each side of the triangle is an element that a fire needs in order to burn. If you take away any one of these elements, the triangle collapses and the fire goes out.

Crime is the same: In order for it to occur, there must be three basic elements (Ability, Opportunity and Intent). Take away any one of these elements and the crime does not have what it needs to occur.

**Ability:** Does the person have the ability to attack you? Could this person successfully assault you, whether through physical prowess, a weapon or numerical superiority?

Stories of women lifting cars to rescue a child abound, however, in reality are rare. When faced with a male aggressor it must be remembered he is 'high' on fear, anxiety, and that adrenaline is coursing through his body. He too can be very powerful. Many women underestimate male upper body strength and how vulnerable they are to being physically overwhelmed.

**Opportunity:** Does this person have the opportunity to attack you? Are you alone with him or even in an area beyond immediate help? Could anyone come to your assistance within twenty seconds or less? As many victims have found, you can be robbed in plain view or raped with people in the next room.

**Intent:** Is he in a mental place where using violence to get what he wants makes sense to him?

Of the three, intent is the most difficult to assess, yet it is vital for determining who is a threat. It is literally the difference between simply going off with someone to talk, and being the victim of rape! The fastest way to figure out if you are in potential danger is to look for these three elements. If you see one, look for the others. If you see two out of three stop whatever you are doing and pay close attention for a moment.

If you see him trying to develop the third, withdraw from the situation to a safer area. This is easier than using physical violence. Opportunity often means that you stay in an area where someone could effectively use physical violence against you.

If you check and do NOT see these three elements then odds are in your favour. There is no triangle.

# Danger Signs

1) **Insensitivity for others/emphasis on self** - Does this person put their desires above the needs, feelings or well being of others? Is getting their way more important to them than other people's welfare? This can go beyond mere selfishness and border on an almost "assumed divine right." These people will justify a particularly vicious action with a flippant comment like, "that's how the game is played." Such a person has little understanding that they must co-exist with others. Because they exist they think the world "owes" them whatever they want. Consumerism gone mad? A common tactic of such a person is to 'dump guilt upon you' to make you feel bad for not doing what they want.

2) **Belittling behaviour** or attitudes towards others - Does this person habitually make nasty, belittling or degrading comments about others – especially under the guise of joking? Does this person think they are better than others? Do they look down on others? A newly wealthy person? Is they racist? A male who thinks that race or social position makes them superior can also assume his gender does too. When they think they are superior, an assumed right to 'take' what you want often follows.

3) **Negating behaviour or comments** - Closely related to 1 and 2. Do they try to tell you what you are feeling or thinking? Or worse, tell you what you are not? Comments like "you don't really mean that" are serious indicators of someone trying to negate you. A person who negates others is trying to take away the other person's thoughts, feelings and needs and attempting to project their own wants onto that person. A clear example of this is "Well even though she said 'no', she really meant 'yes'". No means No....

4) **Hostile and/or threatening language** - What words does a person use? Choice of words convey subconscious assumptions about a particular topic. For example a man who generically refers to women as "bitches" does not have good assumptions about females. It is all too easy to dismiss this behaviour as just or cultural changes or media inspired, but if it is a constant behaviour, it goes far beyond that. Someone who habitually uses violent or threatening language should be carefully watched for possible escalation. It's on his mind already then it's an uncomfortably short step from 'thinking' to 'doing'.

5) **Bullying** - This behaviour is especially dangerous. Does this person use overt or subtle threats to get his way? A bully uses the threat of violence more than actual violence. Most often bullies are not willing to risk conflict with someone who can hurt them (an alpha male), and will instead chose to intimidate someone he considers weaker and safer. Someone who is bullying over other matters can easily turn to bullying you regarding sex.

6) **Excessive anger** - How easy does this person anger? Do they have a "Short Fuse"? Do they boil over at the slightest problem? This is an indication of chronic anger. A person who explodes over a minor issue is a danger to everyone. Often people with chronic anger look for targets to vent their anger at. This could manifest as physical fights, abuse, domestic violence or rape.

7) **Brooding/ revenge** - Does this person hang onto their anger long after the situation is over? Will they still be stewing over something while everyone else has moved on? Will they become anti-social and glare at the source of their anger from across the room? Will they insist on taking revenge for real or imagined slights? Both indicate a petty and obsessive personality. A brooder fixates on something and then work themselves into a frenzy over it. A person who seeks revenge "has to win" and is willing to take it to extremes. Refusing such a person's sexual advances can turn this tendency towards you.

8) **Obsession** – It is a major factor with acquaintance rapes. This is the person who won't leave you alone. They insist on 'pursuing you' long after you have told them no. They are always trying establish forced intimacy. Such obsessions easily turn into anger when his advances are rejected. One day they show up in an opportunistic area, potentially drunk and attack.

9) **Extreme mood swings** - Beware someone who can go from wildly happy to deeply wounded at a moment's notice. This sort of personality can feel justified to commit an unlimited amount of violence and damage, because you "hurt their feelings." This is a common pattern among those with chronic anger about life.

10) **Physical tantrums** - How does this person get angry? Especially when denied "getting their way". Beware of a person who regularly physically assaults their environment i.e. hitting walls, kicking things, throwing objects etc. It is only a short step from striking an object to attacking you.

11) **Gorilla mentality** - This mentality promotes both acceptance and encouragement for the use of violence. It is especially common among participants of contact sports. What is most insidious about this mentality is that the person receives, not only positive reinforcement, but out-and-out applause for being aggressive and violent. This can easily lead to a failure to differentiate between the playing field and real life. Mike Tyson's comment is a prime example: "Nobody ever objected before."

12) **A nasty drunk** - Nearly all rape and abuse cases involve alcohol. Watch what surfaces when someone is intoxicated, it shows what is always lurking inside. Do not put yourself into a situation where you would deal with such a person while they are intoxicated. Most importantly, don't allow your faculties to be diminished by alcohol or drugs in this person's presence.

13) **Alcohol or drug abuse** - Drug and alcohol addiction can in be traced back to selfishness and a refusal to change one's world view. Alcohol and drugs are not the cause of bad behaviour, rather they are used as an excuse for it! Often the attacker intentionally became intoxicated to ignore the social restrictions and inhibitions regarding violence.

While there are others, these behaviours are serious indicators of a potential rapist. This short list should acquaint you with the basics. Not all men are rapists, but a person who demonstrates traits like any of the above, has a higher probability than others. You not only find these traits among rapists and abusers, but also professional criminals.

Philosophically there is little difference between professional criminals and others, they are all selfish. Most often it is just a matter of degrees, style and choice of victims.