



## philosophy

Full Circle Martial Arts is a non-profit self-defense oriented martial arts school. We believe that the whole person -- spirit, mind and body -- must be educated in order to make proper decisions under stressful circumstances.

Our strategy is simple. If fighting is unavoidable, then the combat must be ended as quickly as possible to minimize injury to all parties.

Our tactics include non violent remedies such as clearing the danger zone, release/escape and pain compliance. As an event moves up the Use of Force Continuum tactics include pressure point fighting, joint manipulation and striking with hands, arms, feet and legs.

Although there is some overlap, we tend to stay away from military or police tactics. Both military and police tactics serve different roles in our society than civilian self-defense. In both cases police officers and soldiers are duty bound to put themselves in harms way in order to protect innocent citizens and apprehend violent criminals. Civilians are under no such compulsion.

At Full Circle Martial Arts we want our students to clear the danger zone as quickly as possible and contact the police who possess the authority, the ability to bring additional help quickly and better equipment with which to handle violent persons.

We have developed 9 Principles of Self-Defense to clearly state our basic philosophy.

### 9 PRINCIPLES OF SELF-DEFENSE

1. LIFE HAS VALUE. Innocent life has value and meaning. Therefore the defense of innocent life and health is imperative.
2. FOCUS OF SELF-DEFENSE. The focus of self-defense is the preservation of innocent life and health. The preservation of innocent life and health is a higher ethic than the preservation of the life and health of an attacker.
3. INDIVIDUAL RESPONSIBILITY. Each person is personally responsible for his or her own self-defense. A person can be proactive the police can only be reactive.
4. PREVENTION. The ultimate goal of self-defense is to prevent violent encounters. The ultimate result of a good self-defense strategy is when nothing happens.

5. **WORLD VIEW.** Some people are non-violent all of the time. Some people are violent some of the time. Some people are predators. A person needs to have a functional self-defense strategy to deal with people in the last two categories.

6. **LEGAL JUSTIFICATION.** Use of force is justified when a person reasonably believes that it is necessary for the defense of oneself or another against the immediate use of unlawful force. However, a person must use no more force than appears reasonably necessary in the circumstances.

7. **NATURAL LAW JUSTIFICATION.** Self-defense is a component of natural law. For example: when a predator in the wild attacks another animal, the attacked animal defends itself, its offspring, its mate and other members of its social order.

8. **SELF-DEFENSE TOOLS.** The greatest tool for self-defense is the mind. A person must be aware of their surroundings, aware of people's moods and body language. Action must be taken at an early stage to prevent a violent confrontation.

The second most important tool for self-defense is words. Words are used to calm an aggressive person. A well-placed apology, regardless of fault, can go a long way to preventing a violent confrontation.

The third most important tool for self-defense is the feet. Clear the danger zone. Walk away. Run if necessary.

The fourth tool, and last resort, is a person's physical capacity to defend themselves and the will to use force, if necessary. Force is employed to create an opportunity to clear the danger zone.

9. **ONGOING PROCESS.** Self-defense is not a one-time class, a book or a program on videotape. It is an ongoing process and lifestyle component that requires regular evaluation and consideration.

