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HOW TO AVOID AN AMBUSH ATTACK



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HOW TO AVOID AN AMBUSH ATTACK

By definition, the ambush attack contains the element of total surprise; which means the intended victims of the ambush have no knowledge of how it has been planned or setup.

The secret to avoiding an ambush attack is to develop your awareness skills or natural radar.

Your awareness skills need to be developed at both the Macro and Micro levels.

Macro level awareness is engaged while you're driving as you're constantly making judgments and predictions regarding other vehicles' positions relative to yours, and whether or not a collision is imminent. The same type of awareness is required when you're not driving.

The Macro level pertains to assessing your surroundings and environment:

- ◆ After entering a room or building, are you aware of the locations of all the doors, windows and exits?
- ◆ When walking down a street are you aware of upcoming alleys on either side of the block?
- ◆ Are you aware of people in front and behind you? For example, how many people are standing on the street corner 30 feet ahead of you?
- ◆ What can you determine from the body language of the stranger approaching you? Does he look like he may be carrying a concealed weapon? Can you see both of his hands? If not, why not?
- ◆ Does the guy who just tried to stare you down have any friends at the other end of the bar? You can tell by monitoring their non-verbal communication; nods, mutually exchanged glances etc.

The Micro Level of awareness kicks in prior to and during a confrontation. At this point you may have someone in front of you probably in close quarter (CQ) range. The CQ range occurs within arm's reach and is described in detail in the DVD *RUW Volume 1 Street Combat*.

At this level you're now watching for the following details:

- ◆ Hand positioning: can you see both hands? If you can't see both hands assume he's carrying *at least one weapon*.
- ◆ Is he wearing loose-fitting clothing that can easily conceal weapons?
- ◆ Weight Distribution: Is your opponent leaning to one side? Is most of his weight carried on his left or right leg? Watch for a kick from the other side as it can be executed without a telegraphic shift in weight.
- ◆ What is his breathing pattern? Most people tend to inhale quickly just before striking
- ◆ And remember your objective in the assessment phase is to focus on everything without fixating on anything. You want to see his hands, his feet, his weight distribution, the bulge in his jacket etc.

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see both hands,
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You must also be aware of your positioning and options:

- ◆ Are both of your hands free or are you carrying a briefcase?
- ◆ Are you leaning to one side?
- ◆ Are you injured or favoring a leg?
- ◆ At what range are you relative to your opponent?
- ◆ Would you be able to strike him with an elbow or knee or are you further away?
- ◆ What improvised weapons are within reach?

The Assessment Phase never ends; you're constantly taking in information about your surroundings as they change