Self-defense in the event of an aggressive attack

Adult stress management project

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Introduction

Modern civilization is developing at an accelerated pace due to the very rapid growth of scientific knowledge. Some scientists indicate that the doubling of the knowledge of our civilization after 2020 is within 12 hours. If this production is accepted as credible, it means that very rapid changes are expected in the overall life of people. And practice shows the great benefit of implementing scientific discoveries and inventions to significantly improve people's lives. Along with the indisputable benefits of this process, significant damages related to human health and life were also realized. The Adult Stress Management (ASM) Project aims to develop, test, evaluate and disseminate a strategy for dealing with stressful life changes and negative situations such as COVID-19, global emergencies and everyday stress among adults and responses to aggressive behavior . The great dynamics, the conflicts between countries, policies, ideologies, religions, economies and between people are the reason for the significant increase in aggression, which turns into violence and the taking of human life. A glance at history shows how human aggression has contributed to much suffering, pain, disease, misery and death. For the last 5,500 years, more than 175 times people have died in wars than the population of the earth at the beginning of the new era. ***The Man vs. Man*** formula is very dangerous and will most likely bring many tragedies to humanity. The formula should be ***"Man for Man"*** , as written in the wise books and spoken by the most intelligent and moral people on earth. Every person wants to be healthy, happy, to live in harmony with other people. But does every person really understand the meaning of this desire, or do they think that these desires are achieved with cunning, hatred and aggression? The primary idea of being thus constructed is very dangerous. It gives rise to aggressive attack and violence. These people must wake up to see that health, happiness, understanding with people ***is not in hatred and aggression, but in love*** . These issues are addressed in this guide. In ***the first chapter,*** aggression, aggressiveness and aggressive attack are analyzed. Aggressive assault is considered a special kind of extreme and ultra-extreme situation. The main reasons for the formation of aggressiveness are also indicated . The ***second chapter*** presents self-defense methods in the event of an aggressive attack. The essence and structure of personal readiness for self-defense has been revealed. Four specialized and ...complex methods of self-defense in the event of an aggressive attack are presented. The selection of significant methods of self-defense in the event of an aggressive attack is determined by the goals set.

I. Aggressive attack

I.1. Aggression and aggressiveness

In the process of the accelerated development of civilization, great successes have been achieved in all areas of human activity. The ingenuity of modern man is unique. Along with the creation of new technologies related to the intellectualization of labor, new technologies were also created for the conduct of aggressive actions. As a result of these aggressive actions, more than 100 million people died in the last century. Only 6% of them were victims of natural disasters and 94% were victims of violent, man-made deaths. The dead in the last century were as many as the entire civilization in 500 BC. And today, the problem of aggression and violence is very relevant and significant, because modern technologies have much greater possibilities for mass destruction, for the destruction of civilization.

1. Aggression

In the Bulgarian interpretive dictionary, ***aggression*** is defined as "Military attack with a predatory and conquering goal". The definition of aggression in the Dictionary of foreign words in the Bulgarian language is a little more specific: "An attack by one or a group of countries against another country to seize territory, for economic and political subjugation. " Onslaught, assault'. Both definitions address aggression too narrowly. In fact, they only point to so-called military aggression. It is true that wars of conquest have brought much death, destruction, and suffering to civilization. And the most dangerous thing is that today there is a high probability of the destruction of civilization by a world nuclear war. It is also true that for the last 5,500 years, 75,000 military conflicts have been registered in our civilization, in which more than 3.5 billion people died. During this period there was only 292 years of peace. Even today, hostilities are taking place in which many people die. This type of aggression is the largest and most massive in scale, man against man, human aggression. As one famous scientist wrote "...there is hardly anyone who is not aware of the existence in our geographical latitudes of this tough wild and difficult truth - human aggression". But human aggression exists not only during war, but also in his daily life. There is hardly a person who has not shown aggression in one form or another. That's why it's about man's aggression in the process of his daily activity and life. Human aggression is one of the most studied phenomena. The state institutions and many public organizations offer different solutions to limit aggression and especially in its more acute form – violence. However, researchers report an increase in aggression in modern man. A closer look at the various theories of human aggression reveals that there is no unified view of this complex phenomenon. Depending on the position of the authors, related to their professional scientific activity, they define aggression to a certain extent unilaterally, and in some cases even contradictory. Some authors divide aggression as genetically determined, i.e. ***hereditary*** . Other researchers define aggression as ***socially negative behavior*** . A large number of authors consider aggression as "any form of behavior purposefully aimed at causing harm to another living being...". Similar is the perception of aggression by another part of the authors, who define it as "any form of behavior that is purposefully aimed at inflicting physical or mental harm." Another group of researchers consider aggression as ***a behavior that intent, injury.*** Aggression can be physical, verbal and mixed. The different perceptions of the authors about aggression can be grouped into ***five main groups*** :

The first group puts the personal characteristics of the person as the basis of the aggression. Prominent researchers theorize aggression as a personality "trait" that determines his aggression. In fact, this "trait" is a persistent experience of aggression, i.e. ***aggressiveness.***

The second group includes the so-called "situational approach", according to which human behavior is generated as an appropriate response to a given situation. This staging gives greater opportunities to reveal aggression.

In ***the third group,*** the authors consider aggression as the result of the interaction between personality and situational factors as the basis of human behavior.

The fourth group of approaches also defines the interaction between the person and the situation as the basis of aggressive human behavior. Researchers in this group view situations primarily as social and cultural influences.

The fifth group of approaches is related to the analysis of only the differences in the individual characteristics of aggressiveness between people under certain identical conditions in which their personality differences are manifested.

Other conceptions of the essence of aggression are known, which to one degree or another resemble the five groups mentioned. More than 13 models of human aggression have been created.

Theoretical approaches and developed models of human aggression span the gamut from views of the instinctive programming and predetermination of aggressive behavior to conceptions based on social learning theory.

The considered approaches in the analysis of human aggression provide an explanation of various factors for the effect of aggression ***and*** for ***aggressiveness*** . For a more comprehensive disclosure of human aggression, ***a unifying approach is needed*** . When summarizing the different theories of human aggression, possibilities for integrating the main ideas are revealed, **taking as a basis the theory of the unity of human activity** (the unity of internal (mental) and external (physical) activity). The activity is made up of a system of separate actions. Human aggression as a special type of human activity can be defined as internal (mental) activity and external (physical) activity.

The internal (mental) activity of aggression is made up of a system of mental states (actions) with the experience of negative emotions such as anger, hatred, hatred, pride, arrogance, envy, insult, etc. These negative emotions are experienced as aggression only in a certain situation. Therefore, ***the experience of the state of aggression is situational (situational aggression).***

The external (physical) activity of aggression is created by a system of physical states (actions). It manifests itself in the situation as ***aggressive physical actions,*** which are most often perceived by people as ***aggressive behavior.***

Aggressive behavior manifests itself in practice in various situations as ***an aggressive attack,*** which is considered a special type ***of mental and physical violence*** . This staging provides an opportunity for a more in-depth study of the essence of aggression and aggressiveness, as well as an opportunity for a more accurate prediction of the aggressive attack.

2. Aggressiveness

With a systematic and prolonged experience of situational aggression ***persistent aggression is developed (personality trait) ,*** i.e. ***aggressiveness. This*** sustained aggression (***aggressiveness***) is a personality trait of aggressive people. Various aggressive people are known. Some of them are emotionally unstable, often explode, easily fall into strong anger and quickly switch to an aggressive attack. These short-tempered people sometimes attack others because they believe that their aggression will be repaid. Other aggressive people carry out aggression quite consciously, aimed at achieving power, social position, material benefits, etc. These aggressive reactions are ***compensation for the feeling of inferiority*** . Aggressive people feel a strong need to control other people. This need of theirs to dominate masks their fear of being unable to control. Other aggressive people are known as antisocial/antisocial individuals. They deliberately provoke others, often craving a fight. These aggressive people are irresponsible and reckless "bristles ready to vent their malice, demonstrate their invulnerability and restore their sense of self-worth." The aggressiveness of these people, seeking sharp conflicts, shows "their fears and misfortunes."

Aggressiveness is realized in practice only in the situation through situational aggression. ***Aggression and aggressiveness are not equivalent*** phenomena. One of the main mistakes of many researchers of human aggression is that they consider aggression and aggressiveness as the same phenomenon. Aggressiveness as a stable state of aggression (personality trait) is a condition for its manifestation in the situation as aggression, but it may not manifest itself. Therefore, it is more important to define the states of situational aggression. Aggressiveness can serve as a predictor of projecting it as situational aggression.

One of the main emotional experiences in situational and sustained aggression (aggressiveness) is **anger.** Anger is seen as an experience of strong indignation, resentment and dissatisfaction. Anger expresses a negative attitude, ***hatred*** . One of the main negative emotions strongly related to anger is ***insult,*** in which a person feels resentment that is caused when his dignity is violated. ***Envy*** is another negative experience that often dominates anger. Anger as a negative experience is of different intensity - from a small intensity such as irritation to a very large one such as ***rage.***

One of the most negative human traits, which is very strongly related to aggressiveness, is ***pride.*** A proud person is selfish. He is arrogant, self-absorbed. He loves himself and hates other people. He is vain and thinks that he is the smartest, the most flawless and perfect. A great writer said, "Vanity men hear nothing but praise." A proud person is arrogant and envious. He also gets angry when he is not given enough attention, is a glutton, and is greedy. He is convinced that he is talented and should be a great leader, a boss. These people are very harmful to society and are the cause of other people's disasters, tragedies and unhappiness. A famous scientist came to the conclusion that "human egoism is the only destructive force in the world." The egoist is unable to comprehend his own ignorance and the harm he creates with his primal biological instincts. And as some of the greatest personalities in the world have said, ignorance is a demonic force that is the cause of people's unhappiness and tragedies. It is a great calamity that "floods the whole earth" and manifests itself as "the pillar of evil, the chain of corruption, the gloomy prison, the

living death, the corpse that feels, the grave that you bring with you to harm, the thief that dwells in your house ..." And if a selfish person is religious without realizing it, he breaks the ten commandments of God and "fulfills" the seven deadly sins. Since ancient times, people have understood that pride is a great sin. More than 2,500 years ago, a great poet, addressing the son of his friend who had died, said "...the first thing the gods bestow on him whom they wish to destroy is pride." A proud person is very sensitive to criticism. He gets very angry, becomes vindictive and aggressive. Successful people in life are those who are very well aware of the harm of arrogance, pride. A young American got angry and shouted at the bank clerk who wouldn't give him a loan: "One day I'll be the richest man in the world!" ". And indeed, the young man with a lot of hard work and perseverance, curbing his ego, becomes the richest man in the world. This young man's name is John D. Rockefeller. In his memoirs, he wrote: "I was terrified of the danger of becoming arrogant." A proud person is aggressive, loves power, and when he gets it, he rushes to get rich, and when he gets rich, he becomes even more aggressive and arrogant.
As the intensity of aggression increases, it very often turns into violence. And ***the violence in an aggressive attack*** often leads to mental and physical trauma, injury and even loss of human life.

I.2. Aggressive attack

1. Aggressive attack as a special kind of extreme situation

Aggressive assault is a particular type of human activity that is associated with mental and physical violence. The individual and the people who are aggressively attacked are in an extreme situation. If they are not prepared to react in this situation, they can become a victim, get hurt and even lose their life. In order to more fully reveal the essence of the extreme situation, it is necessary to define the content of the concept of ***"situation".*** " ***Situation"*** is a concept that has a very rich content. It is considered as a position, disposition, state, setting, environment, accompanying circumstances, set of circumstances, state of affairs , set of conditions, environment . When analyzing the content of these concepts, it was established that they reflect one or the other side of the situation. Summarizing their content, a more integrated ***definition of the situation as a complex of environmental conditions is derived.***

To fully clarify the meaning of the concept ***of situation*** , it is necessary to consider the concepts ***conditions*** and ***environment.***

In the Bulgarian interpretive dictionary (2004) ***the environment*** is defined as "a set of natural or social conditions under which something or someone exists, lives" . In the dictionary, ***the environment*** is considered only as the external environment . There are also many definitions by different authors who consider the essence of the situation only as the effects of the external environment. This approach is limited because, in addition to the external environment, there is also an internal environment. In order to more fully reveal the essence of the situations, the environment should be considered complexly, in the structure of which the ***external and internal environments are included*** . To *the external environment* are included
the natural and *social environment, and to the internal – the physical* and *mental environment* . These two environments are made up of two other main types - *material and immaterial* . The external environment includes in its structure the natural (material) and the social (material and

immaterial). The internal environment is made up of physical (material) and mental (intangible). All environments are in unity and form one integral environment. Very complex and dynamic is the interaction between the factors of these environments, which also form the different conditions. ***This complex of conditions of the integral environment forms a certain situation.*** A major factor in determining the situations is **the degree of extremity.**

Depending on the degree of extremity of the situations, it is accepted that they are divided into ***standard, extreme*** and ***ultra-extreme*** . In *standard* situations, the degree of extremity is low, in *extreme* situations it is high, and in *ultra-extreme* it is very high . An aggressive attack is seen as an extreme and ultra-extreme situation. Global factors of situations are **danger** and **difficulty.**

About the fit as a global factor of situations, it is most often considered as a factor that negatively affects the activity, health and life of an individual and human societies, it is perceived and experienced as harmful, destructive, and sometimes as fatal . The Bulgarian interpretive dictionary defines danger as "the possibility or probability that something bad will happen, some trouble, misfortune." There is a possibility, i.e. probability that the danger will or will not materialize in practice, in the situation. Therefore, actions to overcome the danger are risky. It follows that an integral function of danger is ***risk*** .

Difficulty is the other global factor of the situation. It is a barrier for achieving goals. Certain actions are taken to overcome the difficulty, which are carried out by corresponding efforts. Therefore, an integral function of difficulty is ***effort*** .

Overcoming extreme and ultra-extreme situations, which are respectively of high and very high degree of extremity, are realized with great effort and risk. Five degrees of danger and difficulty are known : 1) low; 2) small; 3) average; 4) large and 5) very large.

In **standard situations,** danger and difficulty are low and of little degree. No active action is required in this situation. The likelihood of violence is low. In standard situations, a person does not show aggression towards other people. His attitude is negative. He is displeased, makes remarks, has some anger, is irritable, and is ironic.

In the extreme situations with *a medium degree of danger and difficulty*, the person is aggressive, he makes insults and he is very angry. With a loud voice, he threatens and tries to grab the attacked person with his hands. In this situation, ***the aggressive attack is more verbal*** . In extreme situations with ***a high degree of danger and difficulty,*** the aggressive attacker continues to insult and threaten. Aggressive assault escalates into physical violence. The attacker inflicts a series of blows on the victim's body, showing ***cruelty.*** Uses additional means of striking. Aggressive assault can involve multiple people, and victims can be more than one or two people.

In ultra-extreme situations , when ***the danger and difficulty are of a very high degree,*** the probability of serious injuries is very high. The assailant or assailants use various objects such as sticks, bottles, chairs, ***knives and sharp objects*** to commit violence . ***Firearms*** are also used in these very dangerous situations . The danger of taking the life of one of the victims increases significantly. Most often, the attackers have fallen into ***a rage*** , in which their consciousness is clouded and they do not realize that they are committing a serious crime. After "awakening" from their rage, they realize that they have committed a great crime.

It should be noted that ***some aggressive attackers*** do not go into an extremely aggressive state of rage, but consciously and purposefully commit ***violence and murder*** . They are contract killers. They feel no guilt or mercy for the victims. What about the brutal torture and mass death in the Nazi concentration camps? The horrors of human torture in concentration camps are indescribable . Many of the Nazis, murderers of thousands of innocent victims, ***do not feel any guilt*** , and even feel joy in torturing the defenseless inmates. In super-extreme situations, ***very few people survive*** . A large part of them have mental and somatic disabilities and it is very difficult for them to adapt to normal conditions. Despite the terrible conditions, some people managed to survive and continue to live fully.

V. Frankl as a young psychiatrist from Vienna was arrested by the Nazis during World War II and sent to a Nazi concentration camp with many other Jews. His pregnant wife, mother, father and brother were arrested him and sent to the "death camps" where they later died. Despite the cruel, inhuman conditions, V. Frankl managed to survive. He describes life in the camps and makes a psychological analysis of the experiences of the camp inmates under these terrible conditions. He becomes a professor. Creates a new therapeutic methodology "logotherapy". Published a number of books. He was awarded the honorary title "Doctor honoris causa" by 29 universities in the world. In one of his books, the author substantiates **the meaning of human existence** , "that love is the absolute, highest goal to which a person can strive. Then I understood the meaning of the greatest secret, which human poetry, human thought and faith carry as a message: ***Man's salvation is through love and in love".*** It was love that preserved the humanity in Viktor Frankl and he managed to survive, not hatred, which is the cause of aggression and violence.

Seeing the aftermath of World War I, one famous thinker wrote, “Never has human madness had such destructive effects, nor has it been so evident. But no one knew that this was only the beginning." And indeed, human ***madness,*** manifested as ***great hatred, brutal violence,*** was much more destructive in World War II **.** The big question arises - where is the logic, what is the meaning of hatred, of violence? The famous thinker will probably be right that “the mind of most human beings contains a significant amount of what we would call 'disordered functioning of consciousness' or even insanity'. He adds that today "the impaired functioning is intensifying and accelerating".

One of the hypotheses about the missing ***Atlantis*** claims that as long as people lived reasonably, civilization flourished. However, when people began to live immorally, violating the natural laws of nature, became very aggressive, gradually went crazy and mastered modern technologies, they destroyed themselves. Similar thoughts were expressed by Plato, who said: "...so long as the Atlanteans followed and were guided by the laws of virtue, so long as they were controlled by the divine principle, they succeeded in everything. But when base manifestations took hold, Zeus became angry and punished them...Atlantis perished in one day and one disastrous night.

At the root of the aggressive attack are the hatred and ignorance characteristic of the selfish man, who is greedy, power-hungry, but also cowardly.

2. Main reasons for the formation of aggressiveness

Based on various studies, it is established that the aggressiveness of a large part of people has increased. ***The reasons are complex*** . Many studies have been conducted to reveal the reasons for their high aggressiveness. All researchers are unanimous in their conclusions that the main reason for the formation of persistent aggression (aggressiveness) lies in ***childhood*** , when "all tender feelings are rejected and memories of painful parental rejection are preserved." These people did not feel love and attention, and were often abused by their parents. Even as a child who needs love, attention and care, he suffers, fears and torments himself. As experts say, these children "have been taught too well that it is best not to trust anyone." The love in their soul is replaced by hate, fear. ***The social environment*** is also of great importance for the formation of a child's personality *in* ***school.*** Logically, the question arises: Can a person who grew up in this family environment and was built as aggressive, fight his "defects"? The answer is: Yes, it can. It is necessary for a person to realize his condition, to find the right path through a lot of work and overcoming the barriers on the way to happiness. When a person objectively evaluates his conditions and situations, he has the opportunity to achieve his goals related to his development and positive attitude towards people, animals and nature.

One of the reasons is the increasing ***insecurity*** of modern man. As it was emphasized, the main factor that strongly affects the development of the personality is **family** . Conflicts in the family, divorces, violence are the main reasons for the development of the aggressive personality. The increase in divorces and unstable marriages has a negative impact on the mental and physical development of adolescents, a persistent trait is formed - aggressiveness. **The media** has a strong impact on the psyche of adolescents . Much research has been conducted on the effects of media on aggression. It was found that "viewing violent films leads to a greater dose of aggression...". These films often evoke easy memories of themselves because they are visual, highly dramatic and simple in content. As memories arise, the aggressive content of **movies** can trigger old memories with aggressive content that cause aggressive actions to occur. Observed aggression is in the mind of the viewers. When they perceive the actions they see as aggressive, strongly associated aggressive ideas are activated, which will most likely make them prone to aggression. ***Today's violence movies very vividly show the brutality*** of cutting and dismembering bodies with knives and bullets, but regardless, at the end of these scenarios, viewers find that all this carnage is in the name of a "just cause". According to the screenwriters, however bloody the film may be, it contains a message that violence is a part of people's lives and should be shown. It does not take into account the situation that some more emotional and unstable people get into the role of the characters from the movies and TV characters. In the process of self-image as an aggressor, the violence they witness may activate aggressive ideas and intentions. Based on experimental research, it has been found that in some people, watching beatings and murders can lead them to become indifferent to aggression, so-called. "emotional numbing". To one degree or another, violent films have a negative impact on people. Considering that the modern person has great opportunities to watch various movies on the large number of television channels, as well as on computers, the danger of increasing aggressiveness has increased significantly. There are known cases of crimes committed according to the exact execution of the script of such a film.

An important factor related to the formation of an aggressive personality is ***an unhealthy social environment*** . When a person, for one reason or another, finds himself in an unhealthy environment where various acts are committed to acquire some means such as theft, robbery, extortion, violence, a person gradually becomes aggressive. Especially this process of building aggressiveness is characteristic of adolescents.

Another reason for building aggressiveness is ***reading books*** in the content of which characters are described who are able to acquire money through extortion, violence. Especially impressive is the "mastery" in robbing banks. These "heroes" are presented as very smart, strong, able to control themselves in all situations. This is the "role model" for teenagers.

In this guide, acute aggressive assaults and violence related to serious crimes are not discussed.

II. Methods for self-defense in the event of an aggressive attack

1. Personal readiness for self-defense in the event of an aggressive attack

Self-defense is a system of effective actions to overcome and master the extreme situations of an aggressive attack. It is determined by the preparedness (personal readiness) of the person. ***Personal readiness*** for self-defense in the event of an aggressive attack is made up of mental, physical (psychophysical), technical and tactical readiness. Basic readiness in the structure of personal readiness is mental and physical (psychophysical), on which technical and tactical are projected. To reveal the essence of personal readiness in self-defense against an aggressive attack ***, the scientific foundations of the unity of human activity*** are applied , in which the internal (mental) and external (physical) activity are in unity, i.e. they are two structures of activity. Action is the basic unit of activity. Internal action is seen as a mental state, and external action as a physical state. These two states are in unity and constitute *the psychophysical state. This condition is considered as* **psychophysical readiness *for self-defense in the event of an aggressive attack.***

Mental readiness as an internal action is carried out through the mental processes that take place in a specific situation, in the present, and determine the nature of self-defense. With the maintenance of mental health , the state is largely determined by ***the stability, by the constant readiness.*** Mental readiness for the specific situation determines the effectiveness of the actions. It is seen as **situational mental readiness,** which is very dynamic and is built from cognitive , emotional and volitional structures . _

The cognitive structure is fundamental in the situational mental readiness of the aggressive attack. It regulates human activity and behavior in different situations. The main elements that make it up are the mental processes of perception, memory, attention, idea, imagination, thinking, anticipation (prediction). Thinking is the most important cognitive process. ***The emotional structure*** includes the emotions and feelings that are expressed through experiences. Emotions and feelings can be positive and negative. Situational mental readiness in self-defense is positive, in the structure of which courage, determination, calmness dominate.

The volitional structure is the operative side of the situational mental readiness for self-defense. It determines the effectiveness of actions in specific situations. A major factor in the will structure is ***effort.*** It appears as a mental force, through which it is realized in practice, in the situation as the physical force, which is the basis of the situational mental readiness of the personal readiness.

Physical readiness as an external action in a specific situation is realized through ***physical qualities*** - muscle strength, speed, endurance , flexibility, agility , explosive power, speed-power endurance. In the specific situation, physical readiness is considered as **situational physical readiness .**

Muscular strength is considered as "man's ability to act upon or counteract physical objects in the external environment by means of muscular tension transmitted through the system of levers of his body ". ***Speed*** is defined as a person's ability to perform single or complete movements in a minimum period of time for the given ***conditions*** . ***Endurance*** is the motor ability of a person to continuously perform a certain motor activity without reducing its efficiency . ***Flexibility*** is seen as a person's ability to perform large-amplitude movements. ***Agility*** is seen as a person's ability to instantly rearrange their motor activity in accordance with a complex and rapidly changing environment. Agility is a complex physical quality that depends on the degree of development of other physical qualities. ***Explosive strength, speed-strength endurance*** are special physical qualities that are associated with specific actions in self-defense. All physical attributes provide the specified actions for self-defense in the event of an aggressive attack.

A special type of physical movements in self-defense are **the verbal and expressive movements of the face and body** . These movements most often precede and accompany other physical movements. ***The situational psychophysical states (readiness)*** are projected onto the expressive movements of the face and body. With a systematic and prolonged experience of a certain mental state (readiness), a stable expression of the person's face is formed.

Technical readiness Self -defense is a set of skills for quick and accurate execution of certain movements and actions in accordance with the requirements of the extreme situation in the event of an aggressive attack. It is formed on the basis of mental and physical (psychophysical) readiness and through them it is realized in practical actions in self-defense . Therefore, by improving mental and physical (psychophysical) readiness , technical readiness is also improved . This in itself is completely natural, since the technique is a motor action (psychomotor), which is performed with high efficiency with minimal energy expenditure.

By providing the necessary knowledge about the movements and actions (techniques) and through their repeated repetitions, a motor habit is built , an automated way of controlling the movements. Automated movements as part of the structure of technical readiness for self-defense are characterized by stability, stability and variability.

Tactical readiness for self-defense is fundamental in the structure of personal readiness for self-defense in the extreme situations of an aggressive attack. Tactical readiness includes in its structure tactical thinking , tactical skills and habits. Tactical thinking is carried out on the basis of knowledge of the signs of an aggressive attack in the attacker(s). It is considered as "a complex

cognitive process that is carried out on the basis of knowledge related to the content, dynamics in the change of extremes of situations, structure and dominant factors of mental, physical and technical readiness ...". It is expedient in the process of formation of psychophysical and technical readiness to develop a plan for tactical thinking, containing three main stages 1) tactical readiness; 2) tactical plan and 3) tactical actions.

Mental, physical, technical and tactical readiness are in unity, strongly connected and interdependent, they make up personal readiness, which can be adequate or inadequate. With ***adequate personal readiness,*** actions are effective in the conditions of extreme situations of aggressive attack. Conditions are created for mastering, surviving and managing extreme situations in the event of an aggressive attack. With ***inadequate personal readiness,*** actions are ineffective, the attacked becomes a victim - injuries, even loss of life, are very possible.

2 . Specialized methods of self-defense in the event of an aggressive attack

The formation of adequate personal readiness for self-defense in the event of an aggressive attack is a purposeful process. A person who has set himself the goal of preparing himself to react in the extreme situations of an aggressive attack must systematically and willingly practice the various methods of self-defense. The effectiveness of the preparation depends on the conscious and regular implementation of the methods of influence, self-assessment of the degree of learning the practices and their application in situations of aggressive attack. The methods can be enriched with additional exercises depending on the specifically set goals.

2.1. Verbal impacts

Aggressive attack as an extreme situation is realized in the social environment in the process of communication between people. Communication is seen as maintaining a relationship, communication between people. **The word** is considered as the main means of communication . This communication is known as verbal (verbal communication). Transmitted and received information in verbal communication takes place on a conscious level. The auditory analyst is involved in verbal communication. Perceived information on the way of verbal communication proceeds on an analytical-synthetic way. She is aware. In verbal communication, a person perceives less than half (20-40%) of the information provided . ***The word has a strong impact*** on personal readiness for self-defense in the event of an aggressive attack. **The verbal effects** can be simple and complex. The simple words can be with names of unconditioned and conditioned irritants. Complex verbal effects include phrases containing information about unconditioned irritants and conditions for their application. Complex verbal irrtants are considered to be more effective means of influencing . Verbal influences can also be accelerating and decelerating actions . The word affects not only the conscious, but also the subconscious, known as **verbal suggestion (verbal suggestion).**

In the process of applying the verbal suggestion, it is first necessary to reduce the tension, then to apply verbal formulas with a positive impact. At first, when learning the method, take a comfortable position of the body in favorable conditions without the presence of people, be quiet, without distracting noise. After mastering the method, it can be carried out under different

conditions. Attention is focused on words and sentences (verbal formulas), which are **slowly** said mentally **with pauses** between individual words and formulas. Two groups of formulas for verbal impact are applied: 1. To reduce tension; 2. To form an adequate psychophysical readiness for self-defense.

The first group of verbal impact formulas is related to lowering tension. The following verbal formulas apply:

1. I'm starting to calm down, I'm starting to calm down;
2. I calm down, I calm down, calm down;
3. I am calmer, calmer, calmer;
4. I am already calm, calm, calm.

At higher tension, the formulas are repeated in the mind, slowly. The second formula is repeated the most. The effectiveness of the impact of verbal formulas is high when their repetition corresponds to the Fibonacci series - 1, 2, 3, 5, 8, 13, 21. The numbers reflect the number of repetitions of the specific word, and the commas - the pauses between the formulas. The formulas can be changed for the individual numbers.

The second group of verbal impact formulas for the formation of adequate personal readiness for self-defense is applied after lowering the tension. For this purpose, the following verbal formulas are applied:

1. I am calm, calm, calm;
2. I am charged with vital forces, charged with vital forces, charged with vital forces;
3. I'm confident, I'm confident, I'm confident, I'm confident, I'm completely confident;
4. I am calm, I feel strong and confident in myself. I am calm, strong and confident.
5. I am ready for precise and rapid action, precise and rapid action.

The effectiveness of mastering verbal formulas is determined by focusing attention on the exact and slow mental pronunciation of individual words, observing pauses, and being convinced of the positive impact of the method.

Depending on the requirements of the extreme situation, other words with a positive meaning may be included in the verbal impact formulas. The number of repetitions of words and verbal formulas can also be changed. Sometimes with a few repetitions of the verbal formulas of influence the effect occurs, and other times with more repetitions it occurs more difficult. A very important condition for the effectiveness of their impact is the use of words and short sentences that have a positive content. They should soothe and stimulate positive experiences, optimism. It is necessary to avoid words and sentences with negative content such as violence, death, misfortune, trouble, tragedy, fear, horror, pain, lie, etc. The word has the strongest impact on human life and human societies. The children's tale about the meetings of the bear and the woodcutter is well known:

"A man took the ax and went to the forest for wood. Before he started chopping wood, he heard some noise nearby, the roar of animals. He found that two bears had fallen into a deep hole and could not get out. The man took them out and just at that moment the mother bear arrived. The bears told her that this good man had pulled them out of the deep hole. The bear was happy and suggested to the man that they be twinned. The two hugged, but the man said: "Ugh, your breath

smells really bad"! This greatly offended the bear. She turned to him and ordered him to take the ax and hit her on the back. The man did not want to do this, but she threatened to eat him. And he hit her, then they went on their way. Years passed and once in the forest they met again. The bear turned to the man, pointed to his wound and said: "You see, the wound from your blow has healed, but the wound from your words still hurts me a lot." Although naive, the tale is instructive because it shows the power of the word, which is very important for the quality of life. The Word is a powerful life force. It is necessary to recall the biblical truth about the word. The word is the basis of human existence. In the parable of John in the Bible it is said:

"In the beginning was the Word, and the Word was with God, and God was the Word.

2. It was in the beginning with God.

3. All things were made through Him, and without Him was not one thing made that was made.

4. In him was life, and the life was the light of men.

5. And the light shines in the darkness, and the darkness did not overtake it."

The word expresses the thinking without which a person is unable to live. When a person finds himself in an extreme situation where he cannot talk to other people, regression psychophysical processes occur and the probability of losing his life is very high. Many cases are known when individuals with a developed intellect, left alone in very difficult and dangerous conditions, do not survive, or if they survive, their psyche is degraded.

A French entomologist (scientist studying insects) was part of an expedition that conducted scientific research in the South American jungle. After completing its research work, the expedition was preparing to leave for France, but one of its members got lost. After a long search, all the members of the expedition came to the conviction that the missing person had died, because in the extreme conditions of the jungle, a person alone without a weapon cannot survive. And they left. Despite the very harsh conditions, the hourly fight for his life, the missing person survived. After about 30 years, it was discovered by another expedition. During these years he fought hard for his survival, getting his food without weapons. He lost his memory, forgot to speak, lived primitively, instinctively. After its discovery, it was returned to the civilized world. He regained his memory, began to speak again, and continued to engage in his scientific research, but could not remember anything about this period. Later he recalled only isolated moments when he was on the border between life and death. The lack of communication with other people, the struggle for life are the factors that brought man to his instinctive level of existence.

By means of the "Verbal Impact" method, a person can prepare himself for actions in various extreme situations of an aggressive attack. When mastered, one can apply it when dangerous violent situations arise. Moreover, it is expedient for him to apply verbal influences on the attacker, thus avoiding the conflict, which is the best solution.

2.2. Nonverbal impact[1]

One of the most powerful effects in communication is the nonverbal effect. In the case of verbal impact, the transmitted information is realized and a person reacts in a certain way. With the

[1] The method is related to revealing the aggressive state and intent of the attacker. The attacked will decide what expression to form to affect the attacker.

nonverbal impact, the transmitted information is not realized, it takes place on a subconscious level. Hundreds of materials have been published on ***the non-verbal (non-verbal) communication*** known as body language.

Verbal impact is always accompanied by the non-verbal. Hearing is involved in the verbal impact, and vision is involved in the non-verbal. The information that a person perceives on the basis of vision is much greater than that through hearing . As is known, 83% of all information during communication is perceived through the visual analyzer , 11% - with the auditory, 3% - with the sense of smell, 2% - with the tactile and 1% - with the taste . It is indicated that in 1 second the auditory analyzer misses 50 bits of information, and 100 times more information is obtained through the visual analyzer. In addition, 15% of the information that the person remembers is only through listening, 25% is remembered through watching, and 65% with the simultaneous participation of the auditory and visual analyst . Therefore, in the process of impact in communication , non-verbal impact is of great importance . Scientists have proven that between 60% and 80 % of face-to-face interpersonal communication is carried out through the non- verbal exchange of information, while the verbal exchange contributes to a more precise balancing of the information thus obtained . Nonverbal information is much less subject to conscious analysis and evaluation , as a result it is difficult to reveal the true experiences of people.

There are many signs of body expression that determine specific experiences and relationships among communicators. In the first impression, 80% of the received overall information about the inner state of a person falls on non-verbal communication. The person who will ***influence*** through non-verbal means must be well aware of the signs of ***expression (look)*** of the body. This will enable him to more fully and realistically assess the violent intentions of aggressive people and from there build a strategy for operational impact.

The most important signs that determine ***the aggressive state and intent*** of violence of the attackers are based on the assessment of their specific negative experiences. By revealing the main signs that make up ***the expression (look),*** the character of the specific experience and the intention of the attacker in the given extreme situation are determined. Non-verbal (wordless) communication is considered by the science of **semiotics,** which also includes the non-verbal impact of an aggressive attack. Only ***the most important signs of aggressive communication will be analyzed in three groups*** : 1. Facial expressions; 2. Vocal mimicry; 3. The positions of the head, body, arms and legs:

The first group signs ***"Facial expression*** " carries the most information about a person's inner state. Mimicry is seen as "Movement of the facial muscles as an expression of mental states" and as "The art of expressing thoughts and feelings by movement of the facial muscles and corresponding gestures". During the movement (contraction or relaxation) of certain muscles of the face, an expression is formed, reflecting a corresponding psychological state that a person experiences in specific situations. From here follows the statement that the state of aggression and the intent to attack can be determined by the expression of the face.

The eyes carry the most information about the aggressive state. A person's eyes are a mirror of the soul. Since ancient times, people have determined the inner experiences of a person

by the eyes. The eyes don't lie. L. Tolstoy distinguished more than 40 shades of eye expression. Experts point out that "the truth is in the eye".

The eyes express the vital energies of a person. Negative energy is associated with negative experiences, hatred, anger, which is visible in the expression of the eyes. In the Gospel of Matthew in parables 22 and 23 it is said:

"22. The light of the body is the eye. Therefore, if thine eye be pure, thy whole body shall also be bright;

23. But if thine eye be wicked, thy whole body shall be dark. Therefore, if the light that is in you is darkness, how great will be the darkness".

Aggressive people experience negative emotions of hatred, where "...how great will be the darkness" in their souls, which can be seen in the expression of their eyes?

The look is one of the significant indicators of expressive facial movements. It is directly related to attention, perception and thinking. When the gaze of the aggressor from under the eyebrows meets your gaze and the pupils of his eyes are narrowed, the eyelids of his eyes are closed, his forehead is wrinkled, then the attitude towards you is hostile. When his mouth is closed as well, the probability of an attack is high.

The second group of signs ***"Vocal mimicry"*** carries information about the aggressive state of the attacker. When the voice is loud and associated with a certain threat and is often fast, a clenched jaw is a sign of an aggressive state with intent to attack.

The third group of signs ***" Position of the head, body, arms and legs"*** gives additional information confirming the aggressive state and intention of the attacker. When the attacker's body is facing the person to be attacked, his head is slightly bent forward, his arms are slightly extended forward and the fingers are curled into a fist, and one (most often the left) leg is slightly extended forward, the sign is an aggressive state with intent to attack.

These three groups of signs are sufficient to determine the aggressive state and the intention to attack. Many other signs are known for determining the condition and character of man and human communities.

As stated, the face carries the most information about an aggressive state and intent to attack.

Revealing a person's experiences, character, health, and future through facial expressions has been taking place since ***ancient times*** . The ancient Chinese believed that a person's face is a reflection of his inner spirit and his destiny. In the Chinese chronicles, many cases of skill of individual masters who read the face very accurately are described. Master Lu, looking village policeman Liu Wan in the face, "read" and predicted a bright future for him. After a few years, Liu Wan proclaimed himself the first emperor of the Han Dynasty (206-219 BC). Master Chen Bo's prediction also came true. He predicted through the person of General Zhao Guang-nia that within ten years he would become the first emperor of the Song Dynasty (960-1276). The study of reading experiences, character, health and future in the face is known as "physiognomy".

The teaching of face reading was studied in special schools in Ancient Egypt. In a parable, it is told how a young man consciously studied the teaching of facial expression in Egypt for six years. After successfully passing the exams, he returned to his homeland happy and proud. As a result of the knowledge he gained, he could see the hidden features of the people he met. A man's

face made a strong impression on him, which expressed malice, greed, envy and jealousy. This man with a good-natured smile insisted on inviting him to his home as an honored guest. The young man accepted the invitation. For three days, the host with a kind smile provided various pleasures to his honored guest. The young man began to doubt the knowledge received in the school of Egypt. When they said goodbye at the end of the visit, ***the host's face regained his evil expression*** , and he presented the "guest of honor" with a very high bill. The young man gave all his money, his horse, even the clothes he was wearing. When analyzing the hidden meaning of this parable, two main points emerge. The facial expression reflects the mental state in the particular situation. Under normal conditions, the condition reflects a person's enduring traits. The expression (expression) on the host's face in a standard situation reflects his malice, greed, envy and jealousy that he saw the young man. At the invitation to visit and during the visit, the host satisfied the guest with a kind smile. A kind smile is a sign of respect, a positive attitude. The young man did not notice that behind the positive expression of the host's face lies malice, greed. The young man's lack of practice and kindness prevented him from looking more deeply into the expression on the host's face. It should be noted that people who have formed persistent negative traits such as aggressiveness, arrogance, envy, greed, jealousy, hatred have a built-up facial expression that reflects these traits. In certain situations, regardless of the courtesy, kindness, love they show, in essence these people remain negative. No matter how hard they try to hide their negative traits in their facial expressions, one can always read their essence.

Physiognomy occupied a certain place in the ideas of ancient thinkers. Around the 5th century BC. in Ancient Greece, the medical field of physiognomy was created. Hippocrates is cited as the creator of physiognomy. He is supposed to have said "those who engage in the practice of medicine without a knowledge of scientific physiognomy, reason goes to the seed sprouting in darkness." Plato considered physiognomy composed of humoral and ethnographic, zoological and iconographic, ethical and psychological sides.

The first work in which knowledge about physiognomy was systematized was published as the treatise "Physiognomy" by Aristotle.

2.3. Redirecting attention

One of the main mental processes that organizes human activity is attention. Attention is seen as "the ability to direct and hold the mind on a particular object". The other meaning of consideration is "Respect, politeness". Main qualities of attention are focus, intensity, sustainability, productivity, volume. The development of the properties of attention determines the effectiveness of a person's activity in various situations. The effectiveness of the actions that a person performs in a certain situation depends on the level of development of certain properties of attention. For acts of self-defense in an aggressive attack, concentration and intensity of attention occupy a central place. The very fast and accurate execution of defensive techniques in the attack is the main factor for victory and is directly related to great concentration and intensity of attention. With prolonged aggressive impact, it is necessary to develop the resistance of attention, and when there are two or more attackers, it is necessary to develop the volume of attention.

Attention is directly related to the cognitive mental processes of perception, memory, idea, imagination, thinking and anticipation (prediction). Attention is often directed to emotional experiences that are meaningful to the person. In perception, attention is directed to certain objects and phenomena that are perceived at the given moment. When memorizing and recalling individual subjects, objects, phenomena, experiences, concentration of attention plays a major role. It is known that when a person has difficulty concentrating, memorization and recall are very limited. The course of the processes of representation and imagination are very dependent on the focus of attention. The recall and representation of past events and experiences is accomplished through focusing attention. One often imagines through mindfulness events and actions that are likely to happen in the future. He dreams.

The relationship between ***attention and thinking*** is very good. Attention directs thinking, and the content of thinking is determined by the direction and focus of attention. It is known that when attention is directed to objects and phenomena that have a positive meaning for a person, his ***thinking*** is ***positive*** . Conversely, when attention is directed to subjects and objects that have a negative meaning for the person, his thinking is ***negative*** . The directing of attention can be spontaneous or purposeful. Spontaneous orienting of attention depends on the dominant stimuli to which one responds. By means of attention, a person orients himself in different situations that occur. Purposeful directing of attention is conscious and volitional. This attention is of the greatest importance for the regulation of thought and action in the aggressive attack.

The properties of attention can be consciously developed. There are various practices for training attention. The correct assessment of the extreme situation of an aggressive attack, assessment of the degree of danger of violence, the level of training of the attacker, one's own readiness for self-defense is determined by the volitional focus of attention. In this mental activity, various motives (prompts) are born, between which a struggle begins. After the victory of one of the motivites, a decision is made for adequate actions in self-defense in the conditions of an aggressive attack. In making the decision about adequate actions, a model of the sequence of actions in the aggressive attack is developed. Attention is directed and focused on the attacker's intentions and on the mobilization of personal readiness for quick and effective movement and action.

In order to develop the main properties of attention, concentration, intensity, resistance and volume, it is necessary to carry out purposeful training.

Exercise 1. In a comfortable position of the body, the gaze is directed at a point at a distance of one outstretched hand. Attention is focused on the point. Breathing is even. The body is relaxed. Thinking is focused on the point. It is necessary to stay in this position of concentration of attention on the point for several minutes. The duration of the exercise should be gradually increased. The duration of the focus of attention is a sign of the level of development of the focus of attention.

Exercise 2. In a comfortable position of the body, attention is directed and focused on a small object at a distance of 5-7 meters. Breathing is deep and even. The muscles of the face and fingers relax. Thinking is focused on the origin, volume, meaning, utility of the object. After a few minutes, the eyes are closed and the person tries to imagine the object. The time to perform the exercise is gradually extended.

Exercise 3. In a straight body position, attention is directed and focused on an object at a distance of 20-30 meters. Breathing is rhythmic. The muscles of the face, fingers and toes are relaxed. Thinking is focused on the volume, size, origin, meaning, color, utility of the object. The eyes are closed and the attention is redirected to the sounds, the noise, the conversations that are heard. The eyes are opened after 2-4 inhalations and exhalations, they are closed again and one imagines the object. It remains in this state for 1-2 minutes, after which the eyes open.

Exercise 4. In a sitting position of the body, the eyes are closed, attention is focused on the phases of inhalation, holding the breath after inhalation, exhaling, holding the breath after exhaling. The duration for each phase initially starts at 3 seconds and gradually increases to 4, 5, 6 seconds. The exercise is performed for 3-4 minutes.

Exercise 5. In a straight position of the body, attention is directed to breathing, which is rhythmic. The person then begins to move and count steps from one to eight. Attention turns to counting. In the first four steps, inhale and focus on the hands, which from a relaxed position next to the body begin to move upwards above the head, with the fingers curled into a fist. Then, in the next four steps from five to eight, exhale and the hands take their original position. The fingers of the hands relax. The exercise is performed consecutively 8-10 times.

Exercise 6. In a comfortable position of the body, attention is directed to the base of a medium-sized leafy tree. The gaze begins to move clockwise along the periphery of the tree. The muscles of the body are relaxed. Breathing is even. After five laps are completed, the gaze begins to move counter-clockwise. Five laps are also performed in this direction. The exercise can be repeated, with the eye movements speeding up.

Exercise 7. In a comfortable position of the body, attention is directed to the phases of breathing. The muscles of the hands and face are relaxed. The attention is successively redirected with each exhalation to: 1. Top of the head; 2. The point between the eyebrows; 3. Tip of the beard; 4. The pit of the throat; 5. Tip of the index finger of the left hand; 6. Tip of the thumb of the right hand; 7. The solar node; 8. The big toe of the right foot; 9. The heel of the left foot; 10. Tongue . The exercise is repeated 2-3 times, then it is performed 2-3 times in reverse order.

2.4. Visualization

Visualization is a very common effect. In his practical activity, a person, even without realizing it, applies different visualizations, imagining different situations, specific events, people, objects, etc. He reflects on them, analyzes and draws lessons, makes predictions about the future, dreams and strives to realize his dreams. Visualization is based on vision, which is seen as looking, seeing. Looking, seeing is a cognitive process related to vision. The content of the term *"vision"* also includes a meaning, an idea, a meaning. The main mental processes of visualization are representations and imagination. Ideas are related to remembered images, situations, movements, experiences, and imagination is an idea of created new images and, movements, situations, experiences.

There are several methods of visualization related to the formation of personal readiness for self-defense. In order to have a positive effect, it is necessary to perform the methods with conviction and desire.

2.4.1 Visualization "Calm"

This method serves to lower the tension, improve the mood, increase in work capacity. The method is applied in a calm environment in four steps that are performed slowly, sequentially:

1. A person sits in a comfortable position of the body in the direction of the south, slightly dissolves legs, hands placed on knees. The head relaxes, breathe deeply evenly, without tension. Eyes close;

2. He pretends that before it has a green meadow with different flowers. He smells their scent, breathes evenly;

3. He looks forward and up and sees the sun caressing his face. He feels a pleasant warmth. He feels calm;

4. Again he directs his gaze to the meadow with the flowers. He breathes calmly. He opens his eyes.

Each person has certain preferences for natural pictures that create peace and joy for him. In performing this visualization, he can modify step 2 and step 4 with images of his choosing that bring him peace and joy.

It should be come in mind that for individual people, the ideas will be " seen" differently - more clearly or more vaguely, and sometimes not at all. The effectiveness of the impact is largely determined by the clarity of the images of the image. And with little clarity of images, the impact is positive.

2.4.2. Mobilization Visualization

Applying this method increases activity, improves mood, self-confidence, and reduces anxiety. The method is performed in a calm environment sequentially in four steps: 1. A person stands in a comfortable position of the body, which faces south and maximally relaxes the muscles of the limbs and face. Breathe evenly; 2. He closes his eyes. He imagines that in front of him is a wide, full-flowing river, the waters of which flow rapidly in a direction from west to east. He hears the sound of running water. Breathe deeply; 3. He imagines that he is being charged with vital energy, repeating in his mind: "I am charged with vital energy and security." He repeats the verbal formula several times. Breathe deeply; 4. He exhales deeply and opens his eyes. He inhales deeply, tenses the muscles of the whole body and relaxes them as much as possible, then exhales deeply. Repeat the fourth step several times.

2.4.3. Observation view

The purpose of this method is to evaluate the experience of the opponent in the process of communication by the expressive movements of the face, hands and body. The method includes 5 steps: 1. A person sits in a comfortable body position. He relaxes and breathes rhythmically. He closes his eyes. 2. He imagines that a middle-aged man is sitting across from him, talking

about a current issue that is important to both of them. 3. The man carefully observes the man across from him. Follows his thought and observes the change in facial expression, body positions, hand movements. 4. Evaluates the content of individual expressive movements that provide information about his experience. 5. Breathe evenly. He opens his eyes. He is smiling.

2.4.4. "Adaptation" preview

The method serves to build personal readiness for self-defense in the event of a possible aggressive attack. On the basis of the visualization of self-defense actions, readiness for effective actions is formed in the conditions of a specific imagined future situation in the event of an attack. A person stands in a straight position, breathes evenly. He closes his eyes. The method was performed in four consecutive steps steps; 1. He chooses a situation in which the person will be attacked by one person. The main movements and actions of the attacker are determined. 2. The attacked person imagines the execution of the specific self-defense movements and actions (techniques), blocking and neutralizing the aggressive attack of the opponent. Self-defensive movements and actions are repeated slowly at first, then performed very quickly; 3. The attacked person imagines the execution of the self-defense movements and actions in exact accordance with the offensive movements and actions of the opponent. At first, task 3 is performed very slowly, then the speed gradually increases and reaches "lightning" performance. 4. The attacked person opens his eyes. Several times, he performs the self-defense movements and actions in real, very quick succession. He breathes evenly. He smiles.
A person who is convinced that the probability of being attacked is high must play out various possible variants of the aggressor's attack. This method is analogous to the method known as "Ideomotor Training".

2.4.5. Visualization - relaxation[2]

The method serves to quickly restore spent vital energies. In the process of performing various activities, a certain amount of energy is consumed. Work capacity deteriorates, personal readiness for self-defense in the event of aggressive attacks decreases. Normally, vital energies are restored naturally, when sleeping, walking, resting. There are situations in a person's life where, despite being tired and having spent a lot of vital energy, in order to achieve certain goals and sometimes to survive, it is necessary to have enough vital energy. Forming an adequate personal readiness for action in the event of an aggressive attack is related to a quick recovery of vital energies. There are possibilities for rapid restoration of vital energies. The method is performed in a quiet room with normal temperature, successively in four steps ***:***

First step. A person takes a comfortable position of the body, at first in a lying position, and after learning the method in a sitting or standing position. It breathes rhythmically and smoothly. He closes his eyes. I imagine a green meadow. He calms down by slowly saying to himself, "I'm calming down, calming down," "I'm calmer, calm down." Focuses on the fingers

[2] relaxation (lat. relaxtio) – relaxing

and toes, curling them. Then he inhales deeply, holds in this position for 3-4 seconds, slowly relaxes them, exhales and says to himself: "The fingers and toes are loosening. He repeats the contraction and relaxation of the fingers and toes three or four times. He focuses his attention on his face and says to himself, "The muscles in my face are loosening, loosening." He breathes calmly and rhythmically. He repeats, "They're loose, loose, loose," then says to himself, "My forehead feels nice cool, nice cool," "My body relaxes, relaxes. It is relaxed and heavy, very heavy", "I like it, I am charged with vital energies". One gradually drifts off, falls asleep. In this state of relaxation, vital energies are restored. The duration of relaxation can be from several to 30 minutes or more.

In ***the second step,*** a person is brought out (awakened) from the state of relaxation. Most often, removal occurs spontaneously. After a person wakes up, he exhales and inhales deeply several times, smiles. He gets up and performs some physical exercises. Strongly stretches the arms in front of the body, slowly raises them above the head and inhales deeply. He then slowly moves them in front of his body and leans forward trying to touch his toes. He exhales deeply. This exercise is done 4-5 times slowly, effortlessly. After performing the exercise, he stands straight again with his arms spread out to the sides at shoulder height. He takes a deep breath. Makes a forward bend, with the fingers of the right hand touching the toes of the left foot. He exhales deeply. He stands up, hands take the starting position and inhales deeply. Then he does the same movement with the left hand. The exercise is performed 3-6 times without tension. After performing the exercises, a person should walk about a hundred steps, wash his face if he feels thirsty to drink water. The effect of the impact occurs after about 15 minutes.

Third step. A person sits down and makes a self-assessment of the performance of individual exercises. Determines the change in self-esteem and mood that has occurred. An important moment of the feeling of the effect of the impact is the feeling of a surge of strength. If the method is incorrectly performed, no significant changes are expected to occur. That is why the "Visualization-relaxation" method must be performed precisely, with desire and conviction in its effectiveness, which has been proven in many experimental studies and in life.

The "Visualization-Relaxation" method is similar to the "Autogenic Training" and "Psychophysical Relaxation" methods.

3. Complex methods of self-defense in the event of an aggressive attack

3.1. Building behavioral models for self-defense in the event of an aggressive attack

There is no guaranteed protection against violence and aggression. Because of this, we must learn to recognize possible risky situations and acquire conscious and self-confident behavior for self-defense.

1. Don't panic, regardless of the situation you're in. Keep calm and cool.
2. Decide on swift and vigorous action.
3. Replace the role of victim with angry and determined behavior.
3.1. Fear is a bad counselor. It leads to passive behavior that puts you in the role of the victim. And vice versa - if you replace fear with self-confidence, then you become active and your chances of getting out of the extreme situation increase.
3.2. Only a calm and confident behavior can respect the attacker. The attacker "feels out" the situation if the victim resists. Unexpected self-defense respects, frightens and confuses him.
3.3. The sooner you resist, the faster you will get out of the situation.
4. If you intuition says , that there is tension and danger in the environment around you, do your best to withdraw from the situation as quickly as possible.
5. When attacked, shout loudly. This cry is a signal that you will fight for your life. It is a warning to the attacker, but it can also attract the attention of other people who can help you.
6. In an armed attack, try to escape first. If you fail, immediately start resisting by all means.
7. Remove from your behavior any element that speaks of insecurity.
8. Observe and aware of any change in the people and environment around you.
9. Look people straight in the eyes - this way you will get more information about their intentions.
10. Do more sports, use every time to maintain your physical condition. It makes you more balanced and more confident.
11. Train your gait. Walk with steady, steady steps, head up and shoulders straight.
12. Practice breathing techniques - rapid and shallow breathing prevents you from thinking rationally. Even and calm breathing will help you think clearly and react intelligently even in the most difficult situation.
13. Watch the body language – your own and others. This will allow you to change your behavior to reflect your strength and confidence.
14. Speak in an even, calm and strong voice.
15. Formulate your demands clearly and specifically, without any requests or questions. The direct way of speaking will help you. To be taken seriously and to sound convincing, your tone needs to be loud and firm.
Remember: How you speak is just as important as what you say!
All means and methods are justified in view of your ability to survive as a strategy for dealing with the challenges of an aggressive attack.

3.2. Complex techniques for self-defense in the event of an aggressive attack

The described self-defense techniques are intended for people who may find themselves in an extreme situation in their everyday life and are targets to an aggressive assault.

SITUATION I

The attacker has grabbed your neck with both hands. You have no room to move. Reaction: Even before he has caught you, try to bring your chin to the body /to prevent him from choking you/. Then give a sharp blow with both hands at the same time to the kidney area. Immediately deliver a second blow with the palms of both hands to the temples. Grab him by the neck and knee him in the stomach or groin. Finish him off with an elbow to the back.

SITUATION II

The attacker has grabbed you from behind by both of your arms. He holds you tight.
Reaction: Step on the opponent with the heel of the shoe on the bottom of the leg or kick them with the heel in the knee. You immediately take a deep breath, quickly let it out while at the same time squatting and stretching both arms forward. Bring the kicking leg out to the side and deliver an elbow to the stomach. Finish him off with a saber strike with a hand to the groin.

SITUATION III

You carry a bag on your shoulder. The attacker is in front of you, has grabbed the bag by the handle and is trying to pull it out.
Reaction: Don't pull away. Step forward and deliver a side elbow to the opponent's jaw. Grab him by the neck with both hands and deliver a knee strike to the stomach. Deliver a second elbow strike to the spine. If he's down, kick him in the groin.

SITUATION IV

Situation: The attacker tries to choke you from behind with the forearm of his hand.
Reaction: Even before he has caught you, try to bring your chin to the body /to prevent him from choking you/. Step on the opponent with the heel of the shoe on the bottom of the leg or kick him in the knee with the heel. Elbow to the stomach and finish it off with a saber strike to the groin.

Conclusion

With the accelerated development of modern civilization, the content of human activity has also changed significantly. New technologies were created, which increased its efficiency many times over. New technologies were also created to conduct aggressive actions. It is known that more than 100 million people died in the last century alone, of which 94% were victims of violent death from aggressive actions. Aggressive actions are manifested as aggressive attacks,

which are defined as a special type of extreme situation. Global factors of the situation are danger and difficulty, and their integral functions are risk and effort. Aggressive assault is a consequence of aggressiveness, which is seen as a personality trait (persistent aggression). The main reasons for its formation are the family, the social environment, the Internet, television, etc. In order to respond adequately to an aggressive attack, it is necessary to form a personal readiness for self-defense, which is made up of mental, physical, technical and tactical readiness. Specialized and complex self-defense methods are applied. The specialized methods include four methods with 12 special exercises. Complex methods are related to building behavioral models and combined techniques in self-defense. The methods can be applied in different combinations. Their effectiveness has been proven by means of scientific experimental studies and they have been verified in everyday practice.