

Controlling harassers by ancient martial arts in Japan

Yoshiyasu Takefuji, Keita Taniguchi

Tobias Frenzel et al. (1) and Lydia Zepeda (2) showed the seriousness of harassment in science. It is important to practically train concrete-skills for managing harassers. In ancient martial arts before the Meiji era in Japan, one of the basic philosophies is for defending ourselves against enemies. It was used not only for the samurai who guards the monarch but also for women. Through understanding the human structure of the body and cognition, it will teach you the physical and psychological defense methods where you will never lose to opponents who are physically bigger and stronger than you (3,4). These essences had been studied and adopted by the military and special forces of the world (5).

Muju-Shinken-Jutsu, one of the swordsmanship, was abstracted to the world of how to manage our unconsciousness by Sekiun (3). He emphasized being unpredictable or showing unpredictable behaviors to opponents. In order to be being unpredictable, you need maneuver yourself or your opponent's mind beyond swordsmanship. In order to show unpredictable behaviors toward the opponents, it is important for you to grasp the opponent's information channels and not to give any information to the opponent. If you would be showing unpredictable behaviors to your opponents, you can instantaneously make the opponent cataleptic and invite them to the altered states of consciousness (4,6). From that moment, you do not physically and mentally oppose your opponent with "power" anymore, but you can push your opponent far away (3,4).

The references (4,6) give some concrete tips that may be useful in harassment scenes:

- Acquiring the way of Reverse Abdominal Breathing (4)
- As much as possible, you should not stand (or sit down) in the front of harasser.(4)
- When someone touches your body, you kindly talk to the person that they do not predict (6). "Hi, how is your mother?" Then, the person gets uncomfortable and goes away.
- Even if anyone touches you from behind, do not turn around instantaneously (6). You should turn slowly and the person gets uncomfortable.

In addition to the above examples, many of concrete techniques can be thought according to the actual cases. It is important for you to grasp your situation for discovering your own way of doing it yourself, and to train and acquire yourself to be being unpredictable to the harassers. The defense method of martial arts understanding the mind and body structure can reduce harassment and disputes,

References:

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