

Endorsements for “Can I See Your Hands!”

A rarity in the security field, Gav Schneider blends comprehensive operational experience with a strategic, forward-looking approach towards ensuring that safety... in all forms... is at the forefront of individual and group decision making. The duality of his experiences, in the field and the halls of academia, enable Gav to provide credible, succinct, and actionable guidance to anyone interested in protecting themselves and creating safer environments.

- Claire S. Willette (former US Department of Defense Official; Senior Expert Advisor to the International Standards Risk and Security Committees; and Principal at Windrose International Pty Ltd, Strategic Policy and Risk Consultants.

“Can I see your hands” is the title and underpinning philosophy of this fascinating and very personal book by Dr Gavriel Schneider, focused on the issues of personal risk management, personal safety and personal resilience. As an emergency services leader, I understand how personal resilience is a key part of effective performance under pressure, and in my experience resilient individuals tend to be more adaptive and able to cope even in difficult times. Resilient individuals are also more likely to ‘bounce back’ in difficult times and this description also applies to martial arts training for example in learning to fall correctly (an essential skill in martial arts that is covered in the book) – and repeatedly picking yourself up and start all

over again. At one level this is a practical skill that simply improves personal safety, but is also a metaphor for bouncing back from situations that sometimes happen in life. This is just one of many examples of how the author uses his many, many years of martial arts training to give everyone some simple tools to improve their personal resilience safety and security.

The personal reflections and insight of the author give the reader a strong sense of the work and dedication the author has put in to perfecting his ability, and his very personal style allows the reader to establish a better attitude of awareness to protect your personal safety and improve your personal resilience to the risks we all face in our everyday lives.

- Tony McGuirk was former Chief Executive and Chief Fire Officer of Merseyside Fire and Rescue Service, one of the most complex emergency management organisations in the UK. He has been a National Adviser on Emergency Management in the UK, and has extensive experience of dealing with crises, emergencies and disasters. He was awarded the Queens Fire Service medal in 2006, and made a Commander of the British Empire in 2011. He has worked in North America, Canada, Europe and the UAE and in 2015 he moved to Australia having been awarded a Distinguished Talent visa for his work in disaster and emergency response and management. He is a Fellow of the International Institute of Risk and Safety Management, and a Fellow of the International Institution of Fire Engineers.

Gavriel Schneider has been a source of invaluable information and inspiration to me personally since my arrival in Johannesburg almost 10 years ago and during my transition into the private security sector. 'Can I see your hands!' builds on my learning and teaching as a police officer and a security consultant, as it emphasises the fundamental principles of crime prevention and personal safety – where prevention is the primary aim.

Gavriel's writing style is clear, and to the point, and gives a detailed understanding of the knowledge, skills and experience required for a proactive approach to personal risk management.

I recommend that everyone should read this book – as doing so will undoubtedly save lives!

- Dave Dodge – Dave was a London police officer for over 30 years and has been a safety and security consultant in Southern Africa for 10 years, much of this time involved in the provision of education and training to law enforcement officers and corporate clients. In addition to being an assessor and verifier for international security qualifications, he is an acknowledged expert on security risk assessments and the development and implementation of international standards. Dave is the Chairman of the South African Institute of Security and ASIS International, Chapter 155, Johannesburg.

Gav's personal insights and academic knowledge make this book a must for anyone who wants to think about their security and that of those they love. This book is useful for lots of different people!

- Jason L Brown – FSyI, CSyP, RSecP. National Security Director, Thales Australia & New Zealand. Chair of ISO/TC 262 Risk Management Technical Committee and Chairman of the Board of Security Professionals Australasia.

In today's fast paced world of change and constant connection, we are regularly reminded of the real and digital threats that surround us. In response, we cannot survive without the natural mental shortcuts we take; yet these seemingly beneficial shortcuts open the door to being taken advantage of, and can lead to potentially dangerous situations. Gav's book teaches us the importance of understanding these natural processes and reinforces the need to take personal responsibility in such situations. He provides a framework and practical

steps each of us can take to improve our personal safety and that of our loved ones.

This book is a poignant reminder that as the world knocks on our front door, we need to be appropriately vigilant about who we let in.

- Tom Ristoski – Executive Director Strategic Partnerships & Executive Education at Australian Catholic University.

I have known Gavriel for more than 20 years. Since he was a young man, he worked to be one of the best students in Martial Arts. I taught and trained Gav, for a while and saw his values and persistence to achieve his goals. His dedication for pursuing his goals are noteworthy. Over the years, he continued his studies and developed to be a master in Martial Arts and achieved his Doctorate, I am very proud of him, Gav grew and became a leading force in self-defense and Security Risk Management. I can proudly call him my Friend and a professional partner in self– defense and counter-terrorism.

- Yaron Hanover is a Grand Master black belt, he is a 10th Dan Professional martial artist, Krav Maga, MMA and international counter- terrorism Expert. He is the CEO of the Hanover tool box company which Manufactures innovative self-defense tools. He has dedicated his life in pursuing excellence in these fields, putting an emphasis on weapons training and knife fighting. Yaron has served and trained Israel's top military and government counter-terrorism units, as well as facilitated training for similar units around the world. Yaron has headed the personal security of such persons as Michael Jackson while on tour. Yaron holds many Israeli national champion titles and as a Senior instructor has a legacy of personally training well over 35,000 students. He holds certification as a 10th Dan Grand Master DSSJ, is featured on the Krav Maga Wall of Fame and has Master titles from the International Budo Association, as well as the European (EJJU), American, British and South African Jiu-Jitsu Association.

Dr Gav Schneider has written a must-read guide for anyone considering that it might be a good idea to know about protecting what counts in the many complex moments we must deal with in everyday life. Read this book and learn from one of the best – Can I See Your Hands is a rare insight into the mind of a true Master.

– Kate Down, Behavioural Scientist.

In a time when Global, Regional, Local, and personal safety appears to be on an ever-increasing cycle of decline, this book by Gav offers a congruence of his own personal journey, that has been a lifelong dedication to understanding the increasing threat environment and his commitment to sharing his extensive knowledge and experiences for the greater good of all. I commend Gav for his commitment and delivery of this personal and excellent read, that really demonstrates not only his commitment to “real life” experiences, and demonstrates an academic commitment that delivers a comprehensive and credible guideline that allows the reader to implement solutions to safety, with the confidence of his wealth of knowledge and legitimacy.

On a personal level, I commend Gav’s commitment to personal integrity, resilience and the endless pursuit for growth and excellence, the traits I see he carries and delivers in all facets of his private and professional life.

– Mark Carrick: Former Commander of New South Wales Police Terrorism Intelligence as well as the former National Capability Advisor on Counterterrorism Intelligence to the Australian Government’s National Counterterrorism Committee. Mark is one of Australia’s most experienced Counter Terrorism practitioners, with over 20 years’ experience in Law Enforcement spanning many disciplines including, Witness Protection, Close Personal Protection, Crime Management, Change Management and Counter Terrorism Intelligence. In 2010 Mark became the first Police Officer in

Australia to receive the rare ANZAC of the year award from the Australian Governor.

Gavriel Schneider has written a quintessential manuscript on self protective strategies. In today's society of ever increasing violence, it is no longer rational to solely rely on others for your wellbeing. This book provides a systematic approach to our daily routines to reduce the risk of becoming a victim, it enables us to effectively contribute to our own safety and that of our family

- Steve Furmedge: Director Security – Public Transport Western Australia and 8th Degree Black Belt.

“Risk” is a term that gets used often, but is seldom understood; we all think that we know what it means, however when we are asked to provide a definition we find ourselves unable to give one. Gavriel Schneider, is an expert at identifying, defining and determining risk, and providing means for reducing, mitigating and dealing with it. This book is a manual/textbook in risk management. If you have an interest in learning how to predict, identify, and avoid violence, this should be a book that is in your library.

- Gershon Ben Keren, 5th Degree Black Belt, Professional Security Consultant & Amazon Best Selling Author.

In today's often violent-ridden world, be it in public spaces or even the supposed safety of one's own home, this book is a timely reminder that people with intent can hurt and seriously injure or kill other people who are not prepared to defend themselves and/or protect loved ones. In a logical progression of practical steps Dr. Gavriel Schneider has outlined how to prepare oneself not only physically and mentally to either implement avoidance or deflecting mental strategies but also to be prepared to physically defend oneself (becoming a 'hard target'), particularly when there might be no-one else readily

available or nearby to do the 'protecting' on your behalf. This book admirably accomplishes the initial aim as being "to create a base level of proactive awareness and preparedness that will empower" the individual in accomplishing self-protection as such situations might suddenly arise when one is in a vulnerable and unprotected position. In other words, it provides the individual with some skills to manage any threat with the objective of surviving such an incident with the minimum amount of injury or loss. By the nature of the book it deals with 'worst-case scenarios' as a way of mentally preparing (denial avoidance) and acceptance that the risks (probability) of 'bad things happening to good people' are a constant threat to ordinary people in today's unpredictable world. A recommended read for all interested in preparing for those violence risk possibilities and to be able to 'look after yourself' in any potentially violent and/or dangerous situation. The overall message of the book is clearly stated that, as individuals, we need to accept that we must take responsibility, to some degree, for our own safety and security.

Professor Anthony Minnaar
Research Professor of Criminal Justice Studies
University of South Africa

CAN I SEE YOUR HANDS!

CAN I SEE YOUR HANDS!

A GUIDE TO SITUATIONAL AWARENESS, PERSONAL
RISK MANAGEMENT, RESILIENCE AND SECURITY

Dr. Gavriel (Gav) Schneider
CPP, FGIA, FAIM, FIS (SA), 7th Dan

Foreword by:

Dave Grossman

Lt. Colonel, US Army (ret.)

Author of: On Killing, On Combat, and Assassination Generation



Universal Publishers
Irvine • Boca Raton

Can I See Your Hands!
A Guide to Situational Awareness, Personal Risk Management,
Resilience and Security

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Universal Publishers
Irvine • Boca Raton
USA • 2017
www.universal-publishers.com

978-1-62734-184-4 (pbk.)
978-1-62734-185-1 (ebk.)

Typeset by Medlar Publishing Solutions Pvt Ltd, India

Publisher's Cataloging-in-Publication Data

Names: Schneider, Gavriel.

Title: Can I see your hands : a guide to situational awareness, personal risk management, resilience and security / Dr. Gav Schneider.

Description: Irvine, CA : Universal Publishers, 2017.

Identifiers: LCCN 2017945503 | ISBN 978-1-62734-184-4 (pbk.) | ISBN 978-1-62734-185-1 (ebook)

Subjects: LCSH: Self-defense. | Risk perception. | Threats--Prevention. | Crime prevention. | Security (Psychology) | BISAC: REFERENCE / Personal & Practical Guides.

Classification: LCC HV7431 .S345 2017 (print) | LCC HV7431 (ebook) | DDC 613.6--dc23.

Dedication

To all the brave men and women that take the initiative to protect those who cannot protect themselves... and to those who will make the hard decisions to do the right thing at the right time in the future!

This book is dedicated to my mentor and friend, the late Major David Sharp, your life experience, and knowledge is well remembered – as you used to say:

“Moving On Now”

Major (Ret) D.M. Sharp –
BEM. HM (P.F. ROK), Comm. M (USA)

*“The Only Thing Necessary for the Triumph of Evil is that
Good Men (or Women) Do Nothing”*

Edmund Burke

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Foreword

**by Dave Grossman
– Lt. Colonel, US Army (ret.)**

You hold in your hands an amazing book, unlike any other on the subject. Many good books have been written about the critically important topic of protecting yourself and your loved ones from violence. And the best of these, such as Gavin de Becker’s *The Gift of Fear*, have been integrated and applied in this book.

Consider, just this one aspect of what Dr. Gav Schneider has done to make this the best possible book on this subject. You will find many books on many topics that seem to operate in a vacuum. But the best books on any subject are those that “stand on the shoulders of giants” and build on that which has already been written, skillfully weaving these together with new information and new insight, to create a book that is greater than the sum of its parts. And that is what Gav has done in this book, incorporating, applying, and recommending some of the great works that have been previously written on this vital subject.

The next factor that makes this book truly unique and important, is the incredibly thorough and comprehensive scope of (as Gav puts it) the “level of awareness, prevention and capability that the average, everyday person needs” to deal with the threats that face the average citizen today.

I have read many books on this subject, and I can honestly say that no one has come even close to matching Gav in addressing the full span of diverse challenges that face the average citizen today.

Finally, the author, Dr. Gav Schneider, is truly and uniquely qualified to write this book. Drawing upon his experiences in 17 nations, a leading academic and speaker, a Doctorate in Criminology and a 7th Degree Black Belt, just to cover a few of his qualifications.

He has “been there” and “done that.” Most of all, Gav has had a lifetime of real-world experiences, which he applies in a powerful and masterful manner, in order to give you, the reader, a truly valuable and unique resource to face the dangers of an increasingly violent world.

And we have never needed this book more than we do now.

Wherever you are, right now, as you read these words, you can probably look up and see some of the things our society has done to prepare for the threat of fire. Some form of “fire code” has influenced the building you are in, right now. You can probably see smoke alarms and possibly fire-exit signs. A fire extinguisher or a fire hydrant may be directly in sight.

By some estimates, half the construction cost of a modern building will go into meeting the requirements of the “fire code”. Fireproof or fire-retardant material for the structure of the building, and for internal furnishings, versus the cheapest alternative. Electrical system brought up to fire code. Double the electrical system in some buildings, to run wiring to all fire-exit signs and smoke alarms. Fire sprinkler system under pressure for the lifetime of the building.

The “fire alarm” in many buildings is an amazing expense all by itself, with a separate network of wiring, running through our civilization, from every building to the local fire station. And from our youngest days we did “fire drills” and perhaps you were taught “stop, drop and roll” in case you ever caught on fire.

Vast amounts of money, time and effort go into preparing for fire. In the United States, every year around 300 people are killed by fire, by approximately 15,000 are killed by violence. If we can spend all this money and time to prepare for fire (and we should) how much more so should we prepare for violence?

And yet, the comparison between fire and violence completely breaks down, when we consider the psychological effects of “natural factors” versus violence.

During the 9–11 attacks in the United States, terrorists murdered over 3,000 citizens. The stock market crashed, the US invaded two nations, and our world changed dramatically.

That same year, over 30,000 Americans were killed in traffic accidents, and it didn’t change anything. Because they were accidents.

The Diagnostic and Statistical Manual of the American Psychiatric Association (the “Bible” of psychiatry and psychology) tells us that whenever the “cause” of a traumatic event is “human in nature” the degree of psychological trauma is “usually more severe and long lasting.”

Ask yourself how you would respond to these two scenarios:

1. A tornado (or earthquake or fire or tsunami) hits your house while you are gone, and puts your whole family in the hospital. How do you feel about that?

Most people would say that they are glad their family had survived.

2. A gang hits your house while you are gone, and beats your whole family into the hospital. How do you feel about that one?

Most people do have to admit that there is a vast difference between the way these two scenarios make us feel. We have to admit to ourselves that preparation for violence is usually minimal if addressed at all...

Consider:

- The attack on the World Trade Center on September 11, 2001, with 2,996 dead. Generally considered the most horrendous terrorist attack in history.
- 69 murdered and 120 wounded on Utoya, Norway, in 2011, in the most horrendous massacre by a single individual with a firearm.
- 15 murdered by a student in Winnenden, Germany, 2009, in the worst massacre by a juvenile in history.

...This is not some ancient history. Not some distant land. This is us. Now.

In the US, the FBI tells us that the number of mass murders are doubling every decade, and the average body count is going up. And you do not have to go any further than the front page of your newspaper to find similar examples in your own part of the world.

There is a new twist to terrorism: It's called body count. Whether the perpetrators are school killers, workplace killers, or international terrorists, they are not interested in negotiating; their only goal is to kill as many people as humanly possible.

The defining challenge of the years to come is to protect our loved ones, our students, our customers, and our employees from violence, in the same way that we protect them from fire.

But wait. The sky is not falling. It is completely within our ability to meet this challenge. There are simple, straightforward measures we can take, to protect ourselves and our loved ones from violence.

And you hold in your hands the finest available guideline, by the most eminently qualified individual, uniquely designed to help you to meet this need. With all my heart, I encourage you to read, study and apply this book into your own life, to protect what is most dear and precious to us, to protect what counts.

Dave Grossman
Lt. Colonel, US Army (ret.)
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and Assassination Generation
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About Dave Grossman

Lt. Col. Dave Grossman is a former West Point psychology professor, Professor of Military Science, and an Army Ranger who is the author of *On Killing*, *On Combat*, and *Assassination Generation*. Col. Grossman's work has been translated into many languages, and his books are required or recommended reading in colleges, military academies, and police academies around the world, these include the US Marine Corps Commandant's reading list and the FBI Academy reading list. His research, was cited by the President of the United States in a national address after the Littleton, Colorado school massacre, and he has testified before the US Senate, the US Congress, and numerous state legislatures. He has served as an expert witness and consultant in state and Federal courts, including the well-known UNITED STATES vs. TIMOTHY MCVEIGH.

He helped train mental health professionals after the Jonesboro school massacre, and he was also involved in counselling or court cases in the aftermath of the Paducah, Springfield, and Littleton school shootings. He has been called upon to write the entry on "Aggression and Violence" in the Oxford Companion to American Military History, three entries in the Academic Press Encyclopedia of Violence, Peace and Conflict and has presented papers before the national conventions of the American Medical Association, the American Psychiatric Association, the American Psychological Association, and the American Academy of Pediatrics. He also has published several novels, and he has five US patents to his name. He has a black belt in Hojutsu, the martial art of the firearm, and has been inducted into the USA Martial Arts Hall of Fame.

Today he is the director of the Killology Research Group (www.killology.com), and in the wake of the 9/11 terrorist attacks he has been on the road 250 days a year, training elite military and law enforcement organizations worldwide about the reality of combat, and he has written extensively on the terrorist threat with articles published in the Harvard Journal of Law and Public Policy and many leading law enforcement journals.

Preface

It is hard to provide credit where credit is due to all who have influenced this work. This work is based on three decades of cumulative experience and consolidated, based on my own interpretation and experiences. I apologise in advance for missing out anyone or not giving respect or kudos where due. For where I have re-interpreted and adjusted other people's work based on my own experience of explaining and teaching, I have attempted not to overshadow or diminish the values of previous contributions and attempted to purposefully not revisit respective experts work in too much detail, whilst seeking to explain it in my own words.

I have tried to accurately recall past events when given as examples and have attempted to ensure, to the best of my ability, correctness. However, time and memory may have influenced my recall as it does for everyone.

Every attempt has been made to remain gender sensitive but in certain cases where terms are described in the male context, it has been done so based on simplicity and unless specifically specified, should be read as being gender inclusive or reciprocal i.e. he/she, his/her, etc. should be viewed as interchangeable.

In terms of political correctness and the tiny nuances that might cause people to take offence, please note that I have made every effort to be sensitive to issues that may cause concern. These days, however, it seems almost impossible to not offend someone. If you read this book and take offence to any aspects, please disregard them and move on to the next piece of information, as this may be something that could