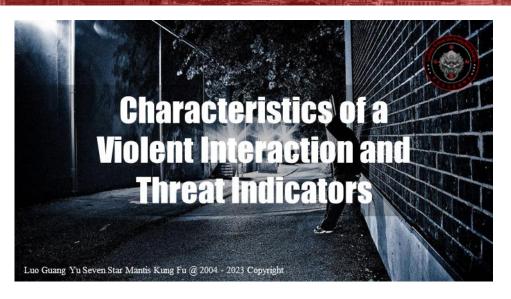


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The world is not perfectly normal and you are exposed to a general level of risk just by being out and about in your daily life. Like it or not, interpersonal violence has always been a part of the human experience and it has always been perpetrated by a minority subset of violent actors. In modern societies with densely populated urban centers, the dangers of interpersonal violence can be nuanced and even at times counterintuitive. Dangerous people can be coming to you, advantaging for position, using ploys to lower your guard, and attacking with virulency to get a payday. In this context it is important move beyond simple paradigms and explore the tactical characteristics used by Violent Offenders (VO's) and the informational cues emitted by them.

In part one I will review the mindset of a VO. In part two I will review the ecology of a violent interaction. In part three I will introduce the tactical characteristics used by VOs in the perpetration of proactive and reactive violence. And lastly, in part four I will introduce the various threat indicators including macro, micro, and pre-attack. The purpose of today's article is to educate and build awareness around the realities of violence while helping you to develop better predictive capabilities that keep you safe.

## **1. Mindset of the Violent Offender**

#### Mindset of the Violent Offender

The worldview of a VO is drastically different from that of the everyday law-abiding citizens. Rather than being guided by normative pro-social values based in peace, trust, compassion, cooperation, and harmony, theirs can be characterized on a sliding scale of anti-social values based in conflict, deceit, resentment, callousness, zero-sum gain



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#### Theory of Mind in Self Defense Series













Master Luo Guang Yu 罗光孟 1888-1944



As a reflection of their individual experiences, values and attitudes, the VO has made the self-definitive self-affirming decision that they will not be a victim of violence, and instead, become a producer of it.

Predatory offenders tend to commit more severe acts of physical violence including aggravated assault, aggravated sexual assault, robbery and homicide displaying more antisocial-narcissistic-aggressive personality traits, likely related to psychopathic traits.

and violence. More often than not, set against the backdrop of biological dispositions, impoverished economic conditions, tragic family backgrounds, community instability, and a history of exposure to violence, VO's have chosen an altogether different pathway in life.

As a reflection of their individual experiences, values and attitudes, the VO has made the self-definitive self-affirming decision that they will not be a victim of violence, and instead, become a producer of it. It is a hyperpolarized view where violence becomes fully operationalized as a rational and justified means to an end. The VO will not hesitate to perpetrate violence with the utmost virulency and finality in efforts to intimidate, control, dominate, hurt, maim or even kill in the name of perceived gain. The VO risk assessment process is rudimentary and their decision tree is primarily a binary one - go or no go - based on the perceived risk-reward mix. At the most fundamental level VO's are looking for a payday from an unwitting target in which they can gain positional and relational dominance.

Depending on the type of violence perpetrated, different VO's will have different motivations that in turn infer different meanings to the act. In proactive violence (instrumental, predatory, premeditated, cold-blooded) offenders are purposeful with clear goals in mind including material gain (money, property, other assets) or subjective gain (power, sense of control, sexual gratification, symbolic) (4, 6, 7). Reactive violence (affective, impulsive, reactive, hot-blooded) on the other hand typically involves hostility and retaliation, often occurring without forethought in response to a perceived threat, provocation, or insult. It is highly emotional with enhanced physiological arousal that can be completely uncontrolled (5, 7).

Predatory offenders tend to commit more severe acts of physical violence including aggravated assault, aggravated sexual assault, robbery and homicide displaying more antisocial-narcissistic-aggressive personality traits, which is likely related to increased rates of psychopathic traits. Affective offenders, the more common type, can include random assault and theft, and tends to have a wider range of psychopathologies in addition to passive-aggressive, borderline, and narcissistic personality traits. Described as suffering from emotional dysregulation they usually have higher chronic anger, more fearful attachment, and are more likely to have had a close connection to their victims as in IPV and sexual violence (4, 6).

## 2. Ecology of the Violent Interaction

In order to better contextually understand the ecology of a Violent Interaction (VI), I want to conceptually review the Stages of a Crime Model which outlines the sequential stages of how a violent crime unfolds from the perspective of the VO. Law enforcement professionals, criminologists, and criminal judiciary systems commonly apply this standard model (Chart 1), which breaks down criminal activity into four basic stages: 1) Intention to Commit, 2) Preparation to Commit, 3) Attempt to Commit, and 4) Accomplishment.

The first stage is **Intent to Commit** an offence otherwise known as the mental stage. It is the direction of conduct chosen by the VO upon considering their motives which indicates choice. It may occur well in advance as in a premeditated act, or it may be opportunistic occurring only moments before physical aggression.



#### **Chart 2: Stages of Crime Model**

Stage One	Stage Two	Stage Three	Stage Four
Intent to Commit	Preparation to Commit	Attempt to Commit	Completion
Mental state     Cognitive and emotional dysregulation     APD, Factor I Psychopathy, BPD	Planning and preparation Risk-reward assessment Resource and capabilities planning (means) Advance scanning (opportunity) Target Selection	Approach and positioning     Communication (verbal and nonverbal)     Escalation	Completion of act     If arrested and     detained will be     charged granted a     hearing in court of law     to determine level of     innocence and/or     guilt
ACE's, toxic chronic stress, dire socioeconomic conditions     Driven by motive		Completion and possibly exit or not	

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Second, is **Preparation to Commit** the commission of a crime or violence. It is typically related to the arrangement of any necessary measures before the commencement of the intended act. At this point, intention alone, or intention followed by preparation is not enough to constitute the crime. In the mind of the VO, planning and preparation may include **assessment** of the **risk reward tradeoff**, **means** and **opportunity**. This includes assessment of **resource requirements**, assessment of their own **capabilities** (means), **advance scanning** of external environment and even possibly **target selection**.

Stage three is **Attempt to Commit**, and is the physical commission of the offense itself by the Violent Offender. "**Actus Reu**" means some overt act or illegal omission as defined by the local regional jurisdictional criminal code that must take place in pursuance of the guilty intention (mens rea). This will include pre-tactical elements of **environmental scanning**, **target selection**, **approach**, **positioning**, **communication** and the act of physical violence itself. This stage may transpire quickly occurring over just a matter of a few seconds, or, over a longer time span of perhaps a few minutes. Part of this process can also include progressive **escalation** depending on the complexity of the act and evolving situation possibly resulting in momentary burst/s of violence.

From the perspective of the law-abiding citizen, stage three from the above model (Attempt to Commit), is when a **Violent Interaction** (VI, the Interaction) takes place. It is a highly volatile and dynamic situation that plays out rapidly in real time with potentially devastating results. If the target is able to detect the threat of the VO in advance there may be adequate time to react and avoid the altercation altogether. If however, detection is to late, or does not happen at all then the target is in immanent danger left only to rely on the competencies of their own wit and self defense training.

The remainder of this article is dedicated to educating and building awareness on a number of important aspects within the ecology of a VI. One, the tactical methods used by VOs in proactive and reactive violence, and two, the informational cues and pre-attack indicators emitted by a VO. If learned properly these can help you to more effectively detect and predict violent behaviors.

Stage three from the above model (Attempt to Commit), is when a **Violent Interaction** (VI, the Interaction) takes place. It is a highly volatile and dynamic situation that plays out rapidly in real time with potentially devastating results.



In the worst case scenario VOs will directly employ extreme physical violence to incapacitate you. In this type of scenario you will be caught completely off guard, most likely left in shock and unable to cognitively react.

Dimensions of Target Selection			
Attractiveness	Criteria		
Resource Benefits	Exposure		
Power Dominance	Proximity		
Subjective	Vulnerability		
Removal of stimulus	Antagonism		
Guardianship	Vulnerability		
No Law	Physical – small,		
Enforcement	weak, old		
Limited or No Bystanders	Mental – distracted		

No Weapon

No Friends

### 3. Characteristics of the Violent Interaction

#### **Indirect Tactics in Proactive Violence**

Depending on the type of violence perpetrated, different VO's will have different motivations that in turn infers different meaning. In proactive violence (instrumental, predatory, premeditated, cold-blooded) VO's are purposeful with clear goals in mind including material gain (money, property, other assets) or subjective gain (power, sense of control, sexual gratification, symbolic) (4, 6, 7). They tend to commit more severe physical acts of violence including acts of aggravated assault, robbery and homicide, displaying more antisocial-narcissistic-aggressive personality traits, which are likely related to increased rates of psychopathic traits.

VOs will typically advantage for situational, spatial, psychological, and physical advantage in order to take you by surprise, overwhelm you and complete the act. This can include blending into the environment to leverage the element of surprise; using ploys and trickery to make you lower your guard, and the use of extreme fear tactics to intimidate (including making the use of a weapon). These tactics can be characterized as Indirect Tactics because they are difficult for the target to detect, and predict danger.

In the worst case scenario VOs will directly employ extreme physical violence to incapacitate you. In this type of scenario you will be caught completely off guard, most likely left in shock and unable to cognitively react. Often making use of weapons to deliver blunt force trauma or a stab wound, you will be at such an immense physical deficit that you will be unable to physically match the intensity of the VO.

**Target Attractiveness.** VO's are seeking places with large resources pools for predation and looking to identify high yield targets who demonstrate high vulnerability and a lack of perceived guardianship. Remember that this is not a process that happens within you, but rather, is an internal process that occurs inside the mind of the offender. The target could be anyone as dictated by the VO and it is a process that occurs unknowingly to you, with or without anything actually happening.

**Target Selection** is a dynamic process that occurs across two dimensions of criminal achievement: productivity (reward) and cost avoidance (risk) (Chart 3, 4). Productivity is a measure of yield, or what can be achieved (gained) in terms of resource benefits (money, property, sex), and power dominance control (school bullying, gangs jockeying for territory, bar fight, rape). Cost avoidance (risk) is a measure of the chances of the VO being caught and incarcerated by law enforcement, or alternatively incurring physical injury during a potential interaction. The VO will seek to maximize yield and minimize risk.

**Transitionary Spaces.** VO's are seeking Transitionary Spaces near resource pools creating advantages of relative positioning including context, accessibility, areas of cover, avenues of attack, and avenues of escape. VO's will take advantage of proximity and the physical surroundings in the form of structures (buildings, cars, fences, bushes) to take cover and scan for targets. They may also purposefully blend in with groups of people for cover and scanning.



**Approach**. VO's can employ different tactics that include: 1) Blitz, 2) Snatch and Theft, 3) Confrontation, 4) Con / Ploy. They will seek tactical advantages in space and terrain that maximize advantage in their own avenues of attack, and that disadvantage the target by limiting awareness, mobility and optionality in the form of blind spots, choke points, limited avenues of escape, and limited ability to call on guardianship.

**Escalation.** VO's may or may not Escalate prior to a VI. In the form of a Blitz or Snatch and Theft, there is typically no escalation. In the form of a Confrontation or Con-Ploy there will an observable closing of proximity and there will likely be a series of short verbal cues communicating the VO's message and/or demands. For example, "be quiet and give me your wallet," or, "shut up and get in the car." On the Con-Ploy there will be a more complex verbal interaction that enables them to get into proximity of the target without putting the target on alert, before escalating and making demands. If there are no verbal cues, or the target is not cooperative, the VO may immediately attack with the purpose of controlling and/or incapacitating the target.

**Con and Ploy Tactics** 

- Used to distract, gain trust and reduce guard
- Used to gain compliance and gain access
- · Work in teams unbeknownst to you
- Approach Places of Residence, Transitionary Spaces
- May invite target to secondary location
- Beware of free gifts (you've been selected, free pizza)
- Feigning vulnerability (asking for help, need money)
- Impersonating authority (police, CRA, utilities)
- Leverage reciprocity
- Use charm

**Violent Interaction**. VO's will seek to ambush their target with extreme efficiency and finality. They may use psychological scare tactics to intimidate and freeze the target in their tracks; and they will not hesitate to make use of extreme physical violence to incapacitate their target. There will often be more than one perpetrator providing advantage in numbers to overpower, and they will more often than not be carrying a weapon for intimidation purposes and/or direct use.

**Duration.** In most cases a violent interaction that takes place in public locations are short in duration taking no more than perhaps a few seconds up to a maximum of 30 seconds give or take. In cases of attempted sexual assault, rape, kidnapping, or torture, duration increases. Remember that as duration increases so to does the risk of the VO being spotted or getting caught, so timing and efficiency are important.

In summary, VO's will make use of indirect tactics to attack when you least expect it; they will stack the odds to overpower you (bigger than you, outnumber you, carry weapon); they will expose your vulnerabilities (physical inability, lack of mental awareness); they will have more experience than you; they will control the situation to their advantage (control distance, position, timing); they will use fear to intimidate you; they will use violence to overpower you (physically or with weapon); they will carry a weapon; they will not exercise restraint and they will not hesitate to hurt you evening acting with finality.

VO's will seek tactical advantages in space and terrain that maximize advantage in their own avenues of attack, and that disadvantage the target by limiting awareness, mobility and optionality in the form of blind spots, choke points, limited avenues of escape, and limited ability to call on guardianship

There will often be more than one perpetrator providing advantage in numbers to overpower, and they will more often than not be carrying a weapon for intimidation purposes and/or direct use.



In Reactive Violence, VO's are not necessarily seeking specific places of location denoted by large resources pools, nor are they looking to identify high yield targets that demonstrate high vulnerability or a lack of guardianship.

VO's will exercise dominance and posturing behaviors to intimidate and evoke fear and obedience. This can include direct eye contact, verbal abuse and threats, getting 'in your face', and squaring off with shoulders pulled back and chest puffed out to appear larger.

#### **Characteristics of Direct Tactics**

Reactive violence (affective, impulsive, reactive, hot-blooded) typically involves hostility and retaliation, often occurring without forethought in response to a perceived threat, provocation, or insult. It is highly emotional with enhanced physiological arousal that can be completely uncontrolled (5, 7). Affective offenders, the more common type, can include seemingly random assault and tend to have a wider range of psychopathologies covering anti-social disorders in addition to passive-aggressive, borderline, and narcissistic personality traits.

Described as suffering from emotional dysregulation, VOs usually have higher chronic anger, more fearful attachment, and as such tend to employ Direct tactics. This means there is no attempt to use decoys or make the use of deception in efforts to leverage the element of surprise. In this context, Direct Tactics are much more easily observed, inferred and predicted ahead of time.

In reactive violence there is typically little or no consideration for risk reward, target selection, vulnerability, guardianship, or success / failure calculation in the mind of the VO. It is more often than not a purely visceral and emotional response driven by agitation, anger or rage with a motive to remove the stimulus. There is little or no consideration for Target Attractiveness and/or specific Selection Criteria as common in instrumental violence. In this sense it is seemingly much more random.

VO's are not necessarily seeking specific places of location denoted by large resources pools, nor are they looking to identify high yield targets that demonstrate high vulnerability or a lack of guardianship. They do not engage in any premeditated thought or consideration for optimal conditions of predation. Rather, patterns of place emerge only coincidentally as a result of higher population densities and increased coincidental contact. The consumption of alcohol or other chemical substances may induce physical and mental dysregulation, further creating highly volatile and unpredictable circumstances.

Categories of places can include Places of Entertainment (restaurants, bars, concert halls, sports stadiums, and movie theatres) which is also closely linked with temporal patterns such as Special Events (sporting events, music events, festivals) and Seasonal Holidays (Christmas, Thanksgiving, New Year's Eve, St. Patrick's Day, Spring Break, etc). Patterns in Transitionary Spaces (both indoor and outdoor) also emerge real-time not because of premeditated planning, but because of the mere fact that the VO is looking for a clear open path to directly engage the target without obstruction. This may take the form of an open hallway, an open bathroom, outside entrance of an establishment, or in the middle of the road.

**Escalation.** In reactive violence VO's will often Escalate prior to a VI. This means that the intensity of the conflict will scale up resulting in increasing hostilities and increasing chances of physical violence. VO's will exercise dominance and posturing behaviors to intimidate and evoke fear and obedience. This can include direct eye contact, verbal abuse and threats, getting 'in your face', and squaring off with shoulders pulled back and chest puffed out to appear larger. VOs may also resort to verbal tactics of provocation in order to elicit a verbal or physical response from you earning them a justified excuse to attack.



**Violent Interaction.** VO's will directly approach and attack the target with extreme emotional anger and often rage. They will use psychological scare tactics to intimidate and freeze the target in their tracks; and they will not hesitate to make use of extreme physical violence to incapacitate their target. There may be more than one perpetrator providing advantage in numbers to overpower, and they will most likely be carrying a weapon for intimidation purposes and/or direct use. A VO who is intoxicated may be even more dangerous because of their unpredictable nature.

**Duration**. In most cases a violent interaction that takes place in public places are short in duration taking no more than perhaps a few seconds up to a maximum of 60 seconds.

In a moment of rage the VO will not hesitate to hurt you and even act with finality; they will carry a weapon; they will stack the odds to overpower you (bigger than you, outnumber you, carry weapon); they will expose your vulnerabilities (physical inability, lack of mental awareness); they will have more experience than you; they will control the situation to their advantage (control distance, position, timing); they will use fear to intimidate you; they will use violence to overpower you (physically or with weapon); and they will not exercise restraint.

**4. Threat Indicators** 

VOs on the verge of attempting to commit a criminal act through violence will emit abnormal signals that are inconsistent with the environment. These can include patterns in physical movement (proxemics), body language (kinesics), verbal cues, and increasingly more nuanced autonomic indicators. Depending on the level of sophistication, some VOs may be able to hide these better than others, but invariably there will be some forms of information emitted. Therefore, your attention should be drawn to those people who's behavior is abnormal or inconsistent with their environment. This does not mean that people exhibiting inconsistent behavior are automatically a threat, but they should be worthy of your attention.

#### **Macro Indicators**

- Loitering. VO's will strategically select public spaces or transitionary spaces
  where they can view passers by and gather information as part of the target
  selection process. A single person in a transitionary space such as a parking lot or
  alley is suspicious. Similarly, a single person in a public space with a lot of foot
  traffic may be an outlook or a distraction. A group of people loitering may possibly
  indicate gang related activity or territory, where violent crime and drug trafficking
  often manifests.
- Intermittent Scanning. Intermittent scanning in the form of surveying the landscape is something a VO will do to gather information on potential targets. If you see someone loitering and scanning you should view this as increasingly suspicious. Should they make eye contact with you and turn away nervously this is increasingly abnormal. Alternatively, the duration of the gaze may be longer or more intense as they assess your value as an easy payday.

VO's will use psychological scare tactics to intimidate and freeze the target in their tracks; and they will not hesitate to make use of extreme physical violence to incapacitate their target.





#### Macro Indicators

- Loitering
- Scanning
- Following
- Signaling
- Closing Proximity
- Focused Attention
- · Verbal Cues

Pre-Attack Indicators are of the highest order rank in threat assessment and come in three flavors including proxemics, kinesics, and linguistics.

- Correlative Movement. The VO may track your movement from across the street or at a distance indicating they have locked in on you. Directional or pacing changes on your part that are matched by the VO is increasingly suspicious.
- Signaling. They VO may appear to be looking in seemingly random directions intermittently but in fact may be an indication that they are signaling and communicating with other members.
- Closing Proximity and Flanking. If the VO is closing distance on you then you could be in danger. They may even attempt to flank from the rear. If you have already identified multiple indicators and they appear up close in your personal space then this is potentially a high level threat.
- Focused Attention. If they VO's attention and line of sight is locked in on you then this is an indicator. You may have been selected as a target and they are tracking your movement intently.
- Dysregulation. Does the VO exhibit physical or mental dysregulation. Are they walking stiffly or sporadically? Do they seem to have difficulty controlling their body? This may indicate intoxication making them dangerously unpredictable.
- Verbal communication. In proactive violence VO's rarely verbalize their bad intentions beforehand. However in Con and Ploy tactics, a VO will approach you and engage you in conversation in efforts to gain your trust and lower your guard.

#### **Pre-Attack Indicators**

Pre-Attack Indicators are of the highest order rank in threat assessment and come in three flavors: proxemics (us of spatial distance), kinesics (use of body language) and linguistics (use of verbal cues). When these are identified in clusters of three's perhaps also together with other macro and autonomic indicators, they provide powerful contextual information from which you can evaluate, plan and make best fit actionable decisions. At all times in close proximal distances you must remember to keep your eyes on the VO while paying close particular attention to their hands.

- Bladed Body. This is almost always a precursor to an attack, or at least an
  indicator that one is being considered. They will be slightly off your center line,
  and their body will be slightly angled with one leg back. This gives them balance
  to load on a punch or rush forward to grab you.
- Thousand Yard Stare. This can feel like the VO is looking through you or beyond
  you as if you are not there. In these situations the person may be thinking about or
  visualizing a planned attack in their mind.
- Darting Eyes. When the eyes of the VO dart from side to side this can be a sign that reveal they are quickly reconfirming escape routes, making sure there are no witnesses, or signaling with other accomplishes before they attack.
- Fist Clenching. In preparation to strike you they may clench their fists.



- Target Glancing. This refers to brief, repeated shifting of the individuals eyes to an area of your face or part of the body where they wish to strike. Repeated target glances to your chin or nose could mean the VO is gauging the distance for a punch.
- Shifting. The VO may shift their weight and slightly turn their body in preparation to load up on a punch.
- Concealing Hand. A VO may conceal their hands in their pockets or under their clothes if they are carrying weapon. Hands may also be put into hoody pocket or deceptively behind their back to make you drop your guard before they sucker punch you.
- Covert Weapon Check. The VO may lower their lead hand and covertly check to ensure they their weapon is in place before they use it.
- Verbal Cues. The VO may directly warn you that they will attack if you do not
  meet their demands. Sudden silence after a verbal engagement may indicate they
  are about to attack.

#### **Autonomic Indicators**

Sometimes also described as Biometric Indicators, these are physiological responses that are either involuntary or unconscious, typically but not always relating to the HPA stress response (flight or fight). Because a VO may be in heightened state of arousal, either emotional or stress induced, they may exhibit a number of autonomic traits that can tell you something about their physiological state. It is worth noting that autonomic indicators, either in the form of a single observable cue or in clusters, does not provide suffice context and reasonable justification for the use of aggression in self defense. These are intended to be combined with other macro indicators or preattack indicators for greater contextual information.

- Dilated Pupils. Signifies heightened state of arousal either in the form of anger or the fight or flight stress response.
- Flushing Face. May indicate anger or rage as the blood pressure increases. The
  high concentration of capillaries and vessels together with thin skin in the face
  permits redness of the blood to show through in the characteristic flushing.
- Rapid Breathing. During heightened state of anger, rage or even anxiety in the VO, the breathing rate may increase providing more oxygen to the blood.
- Muscles Twitching / Trembling. During stress states adrenaline flows and blood is pumped from the extremities into the large muscle groups which are on high alert and ready to fire. As the body prepares the muscles fibers may begin to twitch/tremble.

#### Pre-Attack Indicators

- Blading
- · Thousand yard stare
- Darting eyes
- Fist clenching
- Target glancing
- Shifting
- · Concealing hand
- · Weapon check
- · Verbal cues

#### Autonomic Indicators

- Dilated pupils
- Flushing face
- Rapid breathing
- Muscle twitching\



## **5. Concluding Remarks**

As you go about your life and daily routines, dangerous people can be coming to you, advantaging for position, using ploys to lower your guard, and attacking with virulency to get a payday. In this context it is important move beyond simple paradigms and explore the tactical characteristics and threat indicators emitted by VOs perpetrators.

In today's article I reviewed the mindset of a VO and the ecology of a violent interaction, introduced the tactical characteristics commonly associated with proactive and reactive violence, and explored the range of macro and micro threat indicators emitted by VOs. In keeping with the theme of this series on Theory of Mind in Self Defense, the purpose of today's article was to further build awareness around the realities of violence and to more specifically provide you with a framework for analyzing violent behavior that can help you to better derive predictive value and ultimately keep you safe.

If you have not had the chance to read any of my previous articles form this series then I would highly encourage you to do so. The articles are both relevant, informative and well researched based on academic literature, empirical studies and professional application across the fields of biology, psychology, sociology and criminology. In my next article I will introduce the practice of Situational Awareness, Threat Assessment and the Eight Point Path to Self Defense.

In the meantime be kind, be safe, and train hard!

Nathan Wright Chief Instructor, Canada Luo Guang Yu Seven Star Praying Mantis Kung Fu

#### About the Author

Originally from Calgary, Canada, Nathan previously resided in Shanghai, China, for 25 years working in the finance, technology and government sector. He speaks fluent Mandarin, reads/writes Chinese, and is a graduate from the University of Calgary, Haskayne School of Business. Nathan was always active in athletics from a young age playing ice hockey up to the age of 17 and collegiate football in university. He is deeply passionate about martial arts and has studied Seven Star Praying Mantis Kung Fu under the tutelage of Master Kai Uwe Pel since 2003. Nathan currently resides in Calgary with his family where he actively teaches and promotes traditional Chinese marital arts. He is the Chief Instructor for the Luo Guang Yu Seven Star Praying Mantis Kung Fu Club in Canada. Should you have any questions feel free to reach out to him at <a href="mailto:nwright@luoguangyu.com">nwright@luoguangyu.com</a>.



### **2023 Publications**



### **Past Publications**



#### Who We Are

We are a diverse group of people dedicated to the transmission and promotion of traditional Seven Star Praying Mantis Kung Fu (Qi Xing Tang Lang Quan). We represent the proud family lineage of Master Luo Guang Yu, who made the style famous in the Shanghai Jingwu Association in 1919. In 2019 we celebrated the 100-year centennial anniversary of Seven Star Mantis in Shanghai.

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