

## The Realities of Violence

### Case Study Analysis on Violent Victimization in the United States

Shanghai Luo Guang Yu Seven Star Mantis Kung Fu @ 2004 - 2020 Copyright

## 1. Introduction

The origins of Praying Mantis Kung Fu are founded in the tradition of Shaolin integrating Ming dynasty martial practices with the Chan Buddhist meditation and Neo-Confucian philosophy. It is premised on the notions of self preservation, individual autonomy and the natural right to self defense in the pursuit of peace. Peace is commonly understood to mean a lack of violent conflict, but it is more importantly predicated on the presence of human rights, equality and justice. Peace is achieved through an adherence to fundamental human rights, the preservation of human security, and a commitment to resolving conflict non-violently. As a practical matter of living Praying Mantis kung fu recognizes the plurality of peace and acknowledges the existence of violence and injustice in society. It is in this context that Praying Mantis kung fu prescribes a martial practice to deal with violence if it is committed against you.

For most people there is an unwillingness to confront the realities of violence. It is an uncomfortable topic because of its dark nature and the potentially devastating physical and psychological impact it can inflict. This is only natural, but ultimately if you want to be able to mitigate violence or defend yourself against it then you must first understand what violence really is, what it means in the mind of the perpetrator, how it is committed, and the risks involved. Secondly, you must be of willing mind and prepared to engage in the use violence in order to defend yourself against it. This is a profound truth and not an easy mindset to bridge. A good first step is to make the conscious, self definitive, and self affirming decision that you will not be a target or a victim of violence and start by educating yourself on the topic.

This six-part series will help you to start building awareness and knowledge on the realities of violence and self defense. It will cover the following topics including: 1) what is violence, 2) what are the conceptual foundations and legal principles of self defense, 3) who you are and what is your defensive persona, 4) who is the violent offender and how is a target selected, 5) what are the characteristics of a violent interaction in time and place, and 6) what are prevention and mitigation strategies? In part-one of this essay today I will introduce the typology of violence, as well as provide as detailed case study on the current state of violent victimizations in the United States.

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**“The legitimate use of violence can only be used in self defense. Any other use verges into the moral abyss of no return.”**



Read our series on [morality and martial values in Praying Mantis Kung Fu](#)



Master Luo Guang Yu  
罗光玉 1888-1944

*“We speak here of the challenge of the dichotomies of war and peace, violence and non-violence, racism and human dignity, oppression and repression and liberty and human rights, poverty and freedom from want.”*  
– Nelson Mandela



## 2. WHAT IS VIOLENCE?

Conflict is inherent in all societies and it is a part of the human experience. As social animals with strong cognitive capabilities we have highly developed mechanisms for cooperation that enable us to verbally deal with conflict, as well as make healthy choices to channel frustrations and de-escalate aggression. But what about violence? Is it also an intrinsic part of human nature? We are seemingly surrounded by it on a daily basis. You read about it in the news or perhaps hear about it from friends. You might also witness it first-hand at school, on the street, or even at home. Worse yet, you or a loved one might be a victim of it.

In the United States alone over 52mn violent victimizations were committed cumulatively over the past ten years. This includes 46.1mn violent assaults (including 9.8mn aggravated assaults), 5.5mn robberies, 4.3mn rape and/or sexual assaults, and 151,246 homicides. It has resulted in unspeakable psychological trauma, severe physical/mental debilitation, and an immense loss of life that has inflicted unimaginable pain, suffering, and grief on its victims (1. Criminal Victimization Report 2019, DOJ).

### 2.1 Definition of Violence

The World Health Organization defines violence as the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, and/or maldevelopment (2). The act of violence is not normal and it is seemingly impossible to comprehend, but the risks and potential consequences it presents are intrinsically understood by most (2).

Family Violence, often referred to as domestic abuse can include child abuse, child maltreatment, spousal abuse, and wife battering. Peer group violence might include workplace violence, school violence, gang violence, and bullying. Sexual violence can include rape, date rape, marital rape, intimate partner abuse, and child sexual abuse. Abuse of power, can include mistreatment of children, students, elders, people with disabilities, and others who are smaller or less powerful than the abuser. Community violence can include assaults, fights, shootings, homicides, and most forms of peer violence. Hate crimes and hate speech can target victims based on gender, age, race, ethnicity, religious belief, or sexual orientation.

### 2.2 Categories of Violence

The World Health Organization conceptualized a “typology of violence” that neatly characterizes different categories and types of violence, as well as the links between them. Even though it was first presented in 2002, today it still serves as a relevant and clear working model. Violence can be broadly group into three general categories according to who the perpetrators and victims are of violent acts: 1) Self Directed, 2) Interpersonal Violence, and 3) Collective Violence (2).

**Self-Directed Violence** refers to violent acts a person inflicts upon their own person and includes self-abuse (such as self-mutilation) and suicidal behavior (including suicidal thoughts, as well as attempted and completed suicide).”

**Interpersonal Violence** refers to violence inflicted by another individual or by a small group of individuals. It can be further divided into two subcategories: 1) Family / Intimate Partner Violence (IPV), and 2) Community Violence. Family and IPV violence is largely between family members and intimate partners, usually, though not exclusively, taking place in the home. This includes forms of violence such as child abuse, intimate partner violence and abuse of the elderly. Community violence is violence between individuals who are unrelated, and who may or may not know each other, generally taking place outside the home. This includes youth violence, random acts of violence, rape or sexual assault by strangers, and violence in institutional settings such as schools, workplaces, prisons and nursing homes.

**Collective Violence** can be defined as the instrumental use of violence by people who identify themselves as members of a group – whether this group is transitory or has a more permanent identity – against another group or set of individuals, in order to achieve political, economic or social objectives. This can manifest in a number of forms, such as genocide, repression, terrorism and organized crime.

### 2.3 Types of Violence

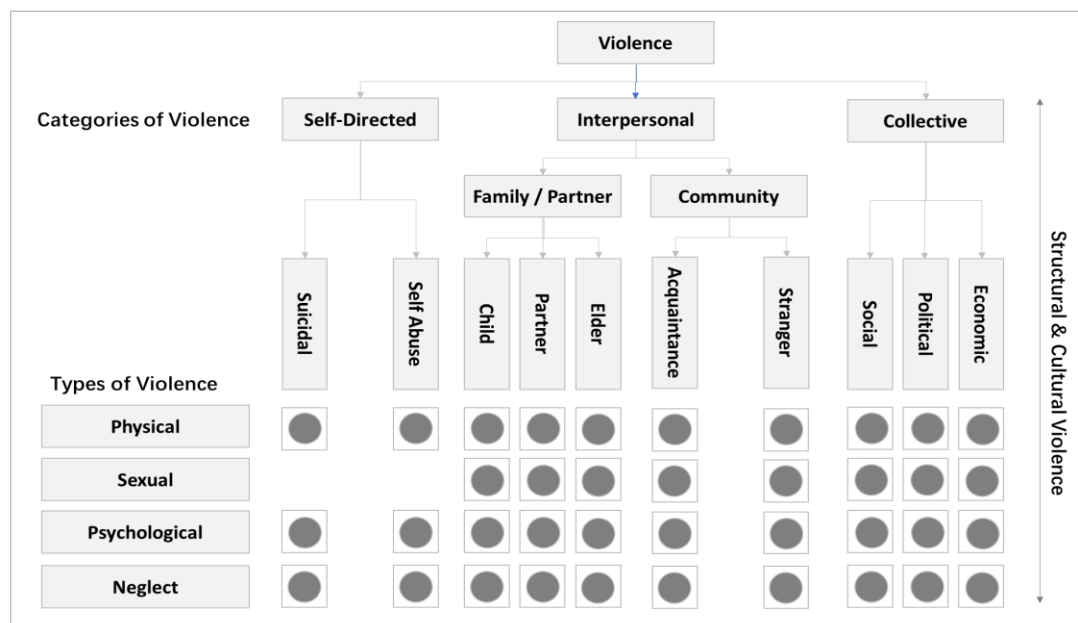
In addition, WHO also looked closely at the nature of acts of violence and divided them into four more specific types of violence: Physical Violence, Sexual Violence, Psychological Violence, and Neglect.

**Physical Violence** is the intentional use of physical force, used with the potential for causing harm, injury, disability or death. This includes, but is not limited to: scratching, pushing, shoving, grabbing, biting, choking, shaking,

*“Justice is rooted in truth, fact, equality, fairness and action. It is about your obligation to be as fair as you can be, to be honest with yourself and with others, and to speak up to injustices when you see them.”*



## Typology of Violence – Categories & Types



Source: Report on Violence 2002, World Health Organization

slapping, punching, hitting, burning, use of a weapon, and use of restraint or one’s body against another person. This type of violence not only can lead to physical harm if not death, but can also have severe negative psychological effects. For example, if a child is frequently a victim of physical violence at home, he or she can suffer from mental health problems and be traumatized as a consequence of this victimization.

**Sexual Violence** involves a sexual act being committed or attempted against a victim who has not freely given consent, or who is unable to consent or refuse. This includes, but is not limited to: forced, alcohol/drug-facilitated or unwanted penetration, sexual touching, or non-contact acts of a sexual nature. A perpetrator forcing or coercing a victim to engage in sexual acts with a third party also qualifies as sexual violence. This type of violence can also lead to physical harm, and in all cases has extreme negative psychological effects too.

**Psychological Violence** (also referred to as emotional or mental abuse) includes verbal and non-verbal communication used with the intent to harm another person mentally or emotionally, or to exert control over another person. The impact of psychological violence is commonly overlooked but can be just as significant as others, as the perpetrator subjects the victim to behavior which may result in forms of psychological trauma, such as anxiety,

depression or post-traumatic stress disorder (PTSD). This includes, but is not limited to: expressive aggression (e.g., humiliating and degrading), coercive control (e.g., limiting access to things or people, and excessive monitoring of a person’s whereabouts or communications), threats of physical or sexual violence, control of reproductive or sexual health, and exploitation of a person’s vulnerability (e.g. immigration status or disability).

**Neglect**, or deprivation, is a type of abuse which occurs when someone has the responsibility to provide care for an individual who is unable to care for him- or herself, but fails to do so, therefore depriving them of adequate care. Neglect may include the failure to provide sufficient supervision, nourishment, or medical care, or the failure to fulfil other needs for which the victim cannot provide themselves. Neglect can lead to many long-term side effects such as: physical injuries, low self-esteem, attention disorders, violent behavior, physical and psychological illness, and can even result death.

### 2.4 Additional Classifications of Violence

Although not a part of the 2002 WHO report and definitions on violence, I want to additionally highlight a number of important classifications on violence relevant to how it is committed and its deep seeded prevalence in society including reactive violence, proactive violence, and indirect violence which includes structural and cultural.

*“Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”*  
*Martin Luther King*



**Reactive Violence** is defined as an immediate behavioral response to frustration, threats, or physical aggression and is typically accompanied by high, uncontrolled autonomic arousal (increased heart rate, blood pressure, respiration rate, electrodermal activity, micro muscle contractions, and pupil dilation, physical symptoms of anger such as heart rate). This response can serve in self-defense, or, retribution, notably by harming the source of the negative stimuli. A number of synonyms for reactive aggression appear in the research literature, such as affective, defensive, impulsive, retaliatory, and hot-blooded (Raine et al., 1998).

**Proactive Violence** is defined as goal-oriented behavior motivated by the anticipation of reward – which may be external/material or internal/psychological in nature. Individuals using proactive aggression are classically described as likely to plan ahead, and as methodical, logical, calculating, and regulated in character (Meloy, 2006; Raine, 2013). Synonyms typically used include predatory, premeditated, instrumental, and cold-blooded are often used as synonyms for proactive.

**Structural Violence** refers to social and institutionalized structures that unequally restrict people from the meeting of basic needs and preventable harm. It emerges from the unequal distribution of power and resources through the systematic deprivation of basic resources and access to rights, and oppressive systems that enslave, intimidate, abuse, and deny equity to the poor, powerless and marginalized people. It can be manifested in societies through structural poverty and malnutrition, unequal access to housing, healthcare and education, and unequal treatment in judicial systems. **Cultural Violence** is the devaluing of particular human identities and ways of life, the violence of sexism, ethnocentrism, racism and colonial ideologies, and other forms of moral exclusion that rationalize aggression, domination, inequality, inequity, and oppression (6. Manual for Human Rights Education with Young People, Council of Europe).

This concludes my discussion introducing the different categories and types of violence according to WHO definitions. It should provide you with clear context on how to identify the different types of violence when you read about it in the news, witness it directly, or experience it firsthand. In the next section I will provide you with a stand-alone case study on the current state of violent victimizations in the United States.

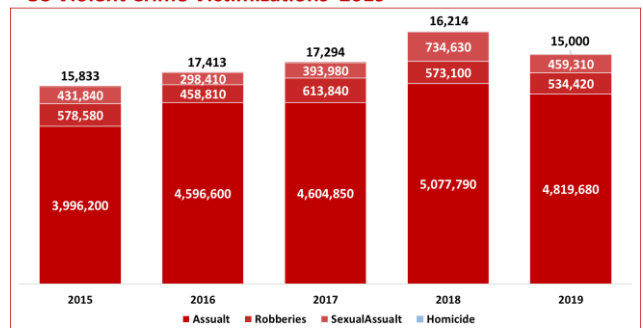
### 3. CASE STUDY ANALYSIS

#### Prevalence of Victimization in the United States

##### 3.1 Violence is on the Rise in the US

The state of violent victimizations over the last five years has been on an upward trajectory growing at a compound annual growth rate of 3.1%. Violent victimizations according to NVCS reached 28 million cases over the last five years cumulatively, of which 81,000 were homicides (3), 2.3mn were rape and/or sexual assaults, 2.7mn were robberies, and 23mn were assault cases (1). Violent crime categories include rape or sexual assault, robbery, aggravated assault, and simple assault, and can be threatened, attempted, and/or completed occurrences. It results in deep psychological trauma, severe physical/mental debilitation, and even loss of life, inflicting unimaginable pain, suffering, and grief on both the victims, families, and friends.

US Violent Crime Victimization 2019



Source: US Department of Justice, NVCS Survey 2019

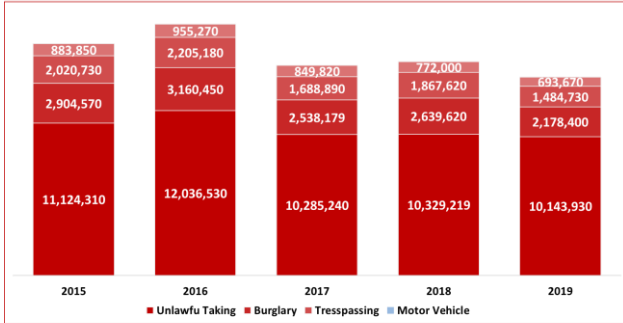
##### 3.2 Violent Crimes in 2019

The majority of violence in the US is interpersonal and includes both family and community violence. According to the DOJ Criminal Victimization Report for 2019, violent victimizations reached 5.8 million cases, or a ratio of 7.3 cases per 1,000 people. This is down 8% YoY from 2018, and down even more significantly over the last three decades (28 cases per 1,000 in 1993). In 2019 there were 16,214 homicides (3), 459,000 rape/sexual assaults, 534,000 robberies, and 4.82 million assault crimes which included 1.01 million cases of aggravated assault and 3.8 million cases of simple assault. Approximately 65% of all violent crimes (excluding simple assault) reported involved the use of a weapon, and 24% involved the use of a firearm (primarily community violence). Separately, the survey found that 12.8 million households experienced property victimization which includes burglaries, residential trespassing, car theft and other (1).

*“Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man.” – Mahatma Ghandi*



### US Property Crime Victimization 2019



### 3.3 Domestic Violence, Sexual Assault, and Rape

Domestic violence falls into the category of interpersonal violence and is primarily family based. It covers physical, sexual, mental, and neglect types of violence. Over 20% of violent crimes in the US are categorized as domestic violence and represented nearly 1.2 million victimizations in 2019 including threatened, attempted and completed. Over 60% of total domestic violence victimizations, or 700,000 were committed by intimate partners including current or former spouses, boyfriends or girlfriends. Rape and sexual assault victimizations including threats and non-force contacts reached 561,000 cases, with completed cases reaching an astonishing 163,000. Over the last five and ten years cumulatively, rape and sexual assault cases reached a staggering 2.3mn and 4.7mn cases respectively (1).

The 2015 National Intimate Partner Sexual Violence Survey estimated that over 43.6 million women (1 in 3) had experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime, and that one in four men had also experienced such. Specific subtypes of intimate partner violence included 18.3% suffering contact sexual violence, 30.6% suffering physical violence, 21.4% suffering severe physical violence, and 10.4% suffering stalking during their lifetime.

Over 35% of women (43.5 million) experienced psychological aggression by an intimate partner during their lifetime, one in five women had been raped, one in seven had been injured, and one in seven have been stalked in their lifetime (5. NIPSV Survey 2015, CDC)

### Health Consequences of IPV

#### Physical

- Abdominal/thoracic injuries
- Bruises and welts
- Chronic pain syndromes
- Disability
- Fibromyalgia
- Fractures
- Gastrointestinal disorders
- Irritable bowel syndrome
- Lacerations and abrasions
- Ocular damage
- Reduced physical functioning

#### Sexual and Reproductive

- Gynecological disorders
- Infertility
- Pelvic inflammatory disease
- Pregnancy complications/miscarriage
- Sexual dysfunction
- Sexually transmitted diseases, including HIV/AIDS
- Unsafe abortion
- Unwanted pregnancy

#### Psychological and Behavioral

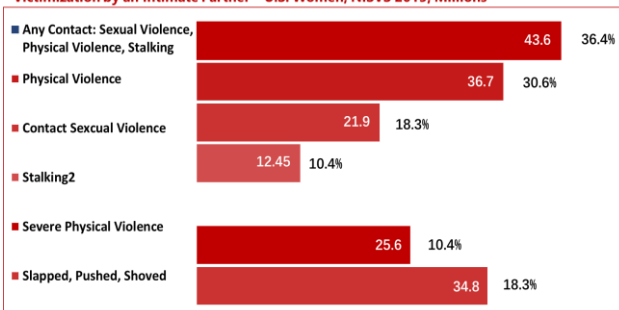
- Alcohol and drug abuse
- Depression and anxiety
- Eating and sleep disorders
- Feelings of shame and guilt
- Phobias and panic disorder
- Physical inactivity
- Poor self-esteem
- Post-traumatic stress disorder
- Psychosomatic disorders
- Smoking
- Suicidal behavior and self-harm
- Unsafe sexual behavior

#### Fatal health consequences

- AIDS-related mortality
- Maternal mortality
- Homicide
- Suicide

Source: WHO Report on Violence 2002

### Lifetime Prevalence of Contact Sexual Violence, Physical Violence, and/or Stalking Victimization by an Intimate Partner—U.S. Women, NISVS 2015, Millions



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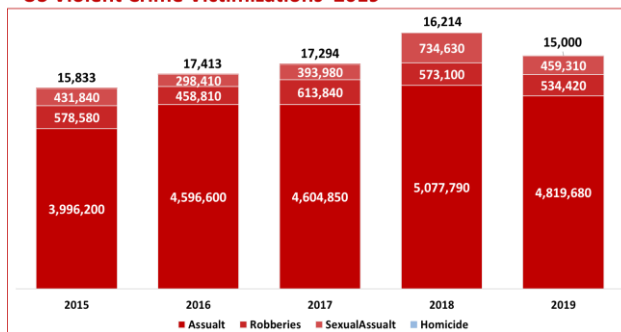
### 3.4 Child Abuse and Neglect

Childhood abuse falls into the category of interpersonal violence, and can specifically be family or community based violence. It covers all four subtypes of including physical, psychological, sexual and neglect. The impact of child abuse is affects more than one’s childhood, as the psychological and physical injuries often extend well into adulthood to include low self-esteem, attention disorders, violent behavior, physical and psychological illness, and even resulting in death. The statistics in this section were taken from “The State of America’s Children 2020” report and the “Child Poverty in American 2018” both produced by the Children’s Defense Fund.

Gun violence is primarily community based violence and remains the second leading cause of death for youth ages 1-19. In 2017, 3,410 children and teens were killed with guns in America, and since 1963, 186,239 youth have been killed with guns. For every child or teen fatally shot in 2017, another five suffered non-fatal gunshot wounds, with an estimated 18,227 youth injured with guns. Youth in the U.S. are 15 times more likely to die from gunfire than their peers in 31 other high-income countries combined. (7. The State of America’s Children 2020, CDF).

Family abuse and neglect affects hundreds of thousands of children everyday, with young children and minority groups disproportionately affected the most. In 2018, more than 673,000 children and teens were victims of abuse and/or neglect, including 1,770 deaths, 410,000 (61%) suffering from neglect, 74,000 (11%) suffering from physical abuse, almost 50,000 (7%) suffering sexual abuse, and more than 100,000 suffering from multiple types of abuses. More than half of all child mal-treatment cases involved children who were six years old or younger, and infants were disproportionally victimized with 15.3% of cases involving children under one year old. In 2017, almost 2 in 5 children had suffered from at least one Adverse Childhood Experience, and 1 in 5 had suffered at least two (7. The State of America’s Children 2020, CDF).

### US Violent Crime Victimization 2019



Source: US Department of Justice, NCVS Survey 2019

### Health Consequences of Child Abuse

#### Physical

- Abdominal/thoracic injuries
- Brain injuries
- Bruises and welts
- Burns and scalds
- Central nervous system injuries
- Disability
- Fractures
- Lacerations and abrasions
- Ocular damage

#### Sexual and Reproductive

- Reproductive health problems
- Sexual dysfunction
- Sexually transmitted diseases, including HIV/AIDS
- Unwanted pregnancy

#### Psychological and Behavioral

- Alcohol and drug abuse
- Cognitive impairment
- Delinquent, violent and other risk-taking behaviors
- Depression and anxiety
- Developmental delays
- Eating and sleep disorders
- Hyperactivity
- Poor relationships
- Poor school performance
- Poor self-esteem
- Post-traumatic stress disorder
- Psychosomatic disorders
- Suicidal behavior and self-harm

#### Fatal health consequences

- Cancer
- Chronic lung disease
- Fibromyalgia
- Irritable bowel syndrome
- Ischaemic heart disease
- Liver disease
- Reproductive health problems such as infertility

Source: WHO Report on Violence 2002

*“Justice is about having the courage and conviction to speak up and speak loudly when you witness inequalities, inequities, injustices, and abuses of power happening to others, or incurring upon your own person.”*



### Ten Leading Causes of Death by Age Group, 2017, US

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,580	Unintentional Injury 1,267	Unintentional Injury 718	Unintentional Injury 860	Unintentional Injury 13,441	Unintentional Injury 25,669	Unintentional Injury 22,828	Malignant Neoplasms 39,266	Malignant Neoplasms 114,810	Heart Disease 519,052	Heart Disease 647,457
2	Short Gestation 3,749	Congenital Anomalies 424	Malignant Neoplasms 418	Suicide 517	Suicide 6,252	Suicide 7,948	Malignant Neoplasms 10,900	Heart Disease 32,658	Heart Disease 80,102	Malignant Neoplasms 427,896	Malignant Neoplasms 599,108
3	Maternal Pregnancy Comp. 1,432	Malignant Neoplasms 325	Congenital Anomalies 188	Malignant Neoplasms 437	Homicide 4,905	Homicide 5,488	Heart Disease 10,401	Unintentional Injury 24,461	Unintentional Injury 23,408	Chronic Low. Respiratory Disease 136,139	Unintentional Injury 169,936
4	SIDS 1,363	Homicide 303	Homicide 154	Congenital Anomalies 191	Malignant Neoplasms 1,374	Heart Disease 3,681	Suicide 7,335	Suicide 8,561	Chronic Low. Respiratory Disease 18,667	Cerebro-vascular 125,653	Chronic Low. Respiratory Disease 160,201
5	Unintentional Injury 1,317	Heart Disease 127	Heart Disease 75	Homicide 178	Heart Disease 913	Malignant Neoplasms 3,916	Homicide 3,351	Liver Disease 8,312	Diabetes Mellitus 14,904	Alzheimer's Disease 120,107	Cerebro-vascular 146,383
6	Placenta Cord. Membranes 843	Influenza & Pneumonia 104	Influenza & Pneumonia 62	Heart Disease 104	Congenital Anomalies 355	Liver Disease 918	Liver Disease 3,000	Diabetes Mellitus 6,409	Liver Disease 13,737	Diabetes Mellitus 59,020	Alzheimer's Disease 121,404
7	Bacterial Sepsis 592	Cerebro-vascular 66	Chronic Low. Respiratory Disease 59	Chronic Low. Respiratory Disease 75	Diabetes Mellitus 248	Diabetes Mellitus 823	Diabetes Mellitus 2,118	Cerebro-vascular 5,198	Cerebro-vascular 12,708	Unintentional Injury 55,951	Diabetes Mellitus 83,564
8	Circulatory System Disease 449	Septicemia 48	Cerebro-vascular 41	Cerebro-vascular 56	Influenza & Pneumonia 190	Cerebro-vascular 593	Cerebro-vascular 1,811	Chronic Low. Respiratory Disease 3,975	Suicide 7,982	Influenza & Pneumonia 46,862	Influenza & Pneumonia 55,672
9	Respiratory Distress 440	Benign Neoplasms 44	Septicemia 33	Influenza & Pneumonia 51	Chronic Low. Respiratory Disease 188	HIV 513	Septicemia 854	Septicemia 2,441	Septicemia 5,838	Nephritis 41,670	Nephritis 50,633
10	Neonatal Hemorrhage 379	Perinatal Period 42	Benign Neoplasms 31	Benign Neoplasms 31	Complicated Pregnancy 168	Complicated Pregnancy 512	HIV 831	Homicide 2,275	Nephritis 5,671	Parkinson's Disease 31,177	Suicide 47,173

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



### 3.5 Structural Violence Affecting Youth

Children remain the poorest age group in America, with children of color and young children suffering the highest poverty rates. The statistics in this section were taken from “The State of America’s Children 2020” report and the “Child Poverty in American 2018” both produced by the Children’s Defense Fund.

Income and wealth inequality not only exists between the rich and poor but also between different racial and ethnic groups. Children are considered poor if they live in a family with an annual income below the Federal Poverty Line of \$25,701 for a family of four, which amounts to less than \$2,142 a month. In 2017, the median family income of White households with children (\$88,200) was more than double that of Black (\$40,100) and Hispanic households with children (\$46,400). In 2018 there were 11.9 million children living in poverty, of which 1 in 3 were Black or Aboriginal, 1 in 4 were Hispanic, and 1 in 11 were White.

High poverty levels and a lack of affordable housing and federal rental assistance leaves millions of children homeless or at risk of homelessness everyday. Nearly six million children live in low-income families that spend more than half their income on rent with no rental assistance

From the government. Children comprised 1 in 5 of the nearly 553,000 homeless people living in shelters, transitional housing and on the streets on a single night in January 2018, and nearly 1.4 million homeless children were enrolled in public schools during the 2016-2017 school year (1.3 million under 6 homeless in 2016).

Nearly 12mn children live in food-insecure households and over 5mn are living in extreme poverty with nearly 4mn of those under the age of six years old. Children’s physical health and brain development depend on them being well-fed, particularly in the earliest years of life. Hunger and malnutrition jeopardize children’s health, development, education and career readiness.

Children who have been abused and neglected, removed from their families and placed in foster care are among the most vulnerable. There were 435,051 children in care in 2018, and while most exit foster care after 20 months on average, there were over 18,000 who “aged out” of foster care in 2018, meaning they were in and out of foster care for their entire childhood life. Over 175,000 (40%) children in foster care are under 6, and over 113,000 are under one year old (26%) (7).

*“The legitimate use of violence can only be used in self defense. Any other use verges into the moral abyss of no return.”*



Continuous healthcare coverage is essential for children to survive and thrive, miss fewer days of school and have better educational outcomes, and grow up to be economically secure and contribute to their communities. In 2018 an estimated 4.3 million children under 19 were uninsured in 2018, an increase of 425,000 more than the previous year.

The US education system and schools suffer from patterns of deep racial and socioeconomic segregation that perpetuate achievement gaps. Nearly 12 million students attend schools where the majority of their peers are poor. Over 81% of poor Black children attended high-poverty schools, compared with 54% of poor White children in 2018.

School segregation is highly correlated with racial disparities in student outcomes, where more than 74% of lower-income fourth grade and 80% of lower-income eighth grade public school students were not proficient in reading or math in 2019, compared with less than 50% of higher-income fourth grade and 55% of higher-income eighth grade students

Disparities in education funding exacerbate these inequities in segregated schools, leaving children in low income neighborhoods - often children of color and poor children - in under-funded schools with fewer resources. Hostile school climates and exclusionary discipline practices also continue to disproportionately deny children of color and children with disabilities the opportunity for success and contribute to the school-to-prison pipeline. (7. The State of America's Children 2020, CDF, 8. Child Poverty in America 2018, CDF).

## **4. Concluding Remarks**

The origins of Praying Mantis Kung Fu are founded in the tradition of Shaolin kung fu integrating martial practices with the Chan Buddhist philosophy and qigong health practices introduced by Da Mo. It is premised on the notion of peace and the right to the pursuit of a peaceful and harmonious life.

Violence is the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment. Violence comes in many types in forms and types. It can be self-directed, interpersonal, and

collective; and can manifest in many forms including physical, sexual, psychological and even neglect.

In the United States alone over 52mn violent victimizations were committed cumulatively over the last ten years. This includes 46.1mn violent assaults (including 9.8mn aggravated assaults), 5.5mn robberies, 4.3mn rape and/or sexual assaults, and 151,246 homicides. It has resulted in unspeakable psychological trauma, severe physical/mental debilitation, and immense loss of life, that has inflicted unimaginable pain, suffering, and grief on the victims, families, and friends.

As a practical manner of living, it is important that you recognize the world you are living in is not perfectly normal, and that you are continually exposed to a general level of violence just by being out and about in your daily life. It is within your power to make a conscious, self-definitive and self-affirming decision not be a target or a victim of violence. It requires building awareness and educating yourself on the topics of violence, legal principles of self defense and prevention strategies. This will better enable you to both mitigate, minimize and defend against the risk of violence happening to you, and ultimately enable you to pursue a more peaceful and harmonious life.

In the next installment of this educational series, I will provide an overview of the root causes of violence and factors that go into shaping the mindset of violent criminal actors. It will give you insight into the irrational, volatile, and extreme nature with which VCA's perpetrate violence.

Be Kind, Be Safe, and Train Smart!

Nathan A. Wright  
Chief Instructor, China  
Luo Guang Yu Seven Star Praying Mantis Kung Fu Club



# Mantis Publications & Research



## Sources

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## Past Publications



[Foundational Concepts and Legal Principles in Self-Defense](#)

[The Secret to Better Performance is Control – Lessons in Mindfulness in Praying Mantis Kung Fu](#)

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# Mantis Publications & Research



## 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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