I. Non-Violence

A. Why a non-violent training session

1. Violence is the fabric of the U.S. and the movement brings it out. This is a list of some of the things that have happened to demonstrators in L.A. County—water hoses, manure, kicked, slugged, stepped on, dragged by hair, things thrown (firecrackers, bottles, rocks, eggs, tomatoes, bricks, etc.), choked, stabbed, rolled down stairs, run down by cars, fire attacks, hot tar, white mobs, shot at etc.

2. This session will try to simulate some of these situations and discuss ways of dealing with them. And then practice these methods.

3. What we hope to accomplish:
   a. remove some of the unknown that is let you know what might happen
   b. accustom people to dealing with these situations.
   c. attain greater understanding of violence through experiencing it.
   d. develop certain general response patterns.
   e. learn techniques of non-violent protection

B. What is NV

1. Definitions run from love everybody to self-defense, also discuss the tactical versus philosophical split.

2. Our operational definition—active passive resistance, and minimize entering into maximum situations in non-violence producing ways.

C. Why non-violence

1. Generally safer for participants (caroline-watts, bus depot sit-in lvverne)
   a. keeps violence in general down
      1. by breaking the pattern of violence thus forcing the attacker to respond in a different way
      2. forces attacker to violate rules of the "game of violence"
      3. is less threatening (sometimes)
      4. keeps down the numbers involved (usually)
      5. violence mitigates violence (escalation)
   b. in some situations provides better physical protection, and often causes others to assist you who otherwise would not

2. You don't get detoured from the main object (whichstand)

3. Don't get arrested or convicted as often (WAK sit-in)

4. Win converts and support (Selma, CORE story "the convert")

5. Feel good (superior, sometimes) (WAK Glendale)