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.
   a. Partial list of the violence to demonstrators in S. Cal.
      Verbal
      hoses
      manure
      Stepped on
      kicked
      slugged
      dragged by hair
      things thrown (eggs, rocks, crackers, bricks, tomatoes)
      choked
      stabbed
      billy clubbed
      rolled down stairs
      run down by cars
      fire
      shot tar
      white rob
      shot at

2. This session will try to simulate the situations that have occurred and
   discuss ways to deal with them. And practice those methods

3. What is hoped to be accomplished
   a. remove some of the unknown
   b. accustom people to these situations
   c. greater understanding of violence thru experiencing it
   d. develop general response patterns
   e. learn techniques of non violent protection

B. What is NV

1. Definitions range from love everybody to self defense
2. Our operational defensive passive resistance. Not retaliating to violence
   or entering into violent situations in a violence producing way

C. Why

1. Safer for participants (Caroline in Watts, Bus depot in Luverne)
   a. keeps violence in general down
      1. breaks pattern of violence thus forcing participants to deal
      2. forces attacker to violate rules of the "Game of violence"
      3. is less threatening
      4. keeps down numbers involved
      5. violence begets violence (escalation)
   b. In some situations provides better physical protection

2. Don't get detoured from main object (which stand)
3. Don't get arrested as often (VdK Glendale Saturday)
4. wins converts and support (Selma march over bridge) (CORE story the Conv
5. Feel good (superior, sometimes) (VdK Glendale)
III the Picket line
A. purpose
   1. to inform
   2. to intimidate (sometimes)

B. organization
   1. eval - straight (restrooms and phone)
   2. picket captain (sign in)
   3. spacing
   4. turning
   5. leafleting (legal aspects, aim for hand,)
   6. creeping N-Vac itis
   7. Krinsky syndrome
   8. people passing through
   9. drive ways nad doors
   10. singing

C. signs (string vs. stick)

D. Verbal harassment

E. Threats (Verbal and implicit, like bottle)

F. things being thrown

G. Physical harassment not necessitating N.V. position
   1. shoving
   2. poking
   3. slapping
   4. pulling off sign
   5. spitting

H. PRACTICE!!

IV N.V. position
A. what it is (protect - get out of it- lynn and bruce)

B. why you use it (why it is effective
   1. least threatening
   2. best protection
   3. scares people
   4. clarifies situation

C. when you use it (Gaston's drop)

D. helping others in trouble ( lunn and josh

E. being dragged away ( lynn)

F. choking (josh)

G. PRACTICE

V. the sit-in
A. purpose (put pressure 3 ways)
   1. to inform (publicity)
   2. direct pressure
   3. put pressure on arresting agency

B. harassment and protection
   1. kicking and stepping over (lynn & josh xx
   2. stabbing in back mention
   3. being pulled out of line
   4. being hit

C. arm locking

D. PRACTICE

VI. Arrests (they are not your friends)
A. caps
B. usual arrest procedure
C. going limp
D. police mal-practice
   1. badge #1's

E. Prep for arrest
   1. sign release
   2. car keys and glasses
   3. bring in $ if you can 10¢'s.
   4. cigarettes
F. types of arrests
1. late terrance (buhdda) lynn
2. lincoln apt. (flabby limp) josh
3. south park (walking limp) bruce
4. early terrance (rough sit-in limp) bruce
5. early N* vac (arm lock) lynn XX
6. late N-Vac (rough arm lock) bruce XX
7. B.O.E. handcuff

G. paddy wagen, jail, bail?
1. don't talk
2. don't answer questions except identifying
3. make friends with other prisoners
4. telephone calls
5. harrassments and sticking together
6. bail bonds
7. going limp ??

H. court and lawyers
I. PRACTICE

VII special weapons
A. tear gas (types)
- don't rub your eyes
- the cloud and the skin
- blindness
- wet handkerchief and too little water

B. cattle pred
C. fire hoses
D. dogs

VIII special actions
A. fasting
B. coin-in
C. cash-in
D. sip-in
E. do it anyway-in
f. sing-in
g. testing (3 teams)
h. stepping vehciles-in
i. chain-in
j. shep-in (1. lucky, 2. cart wheeling, 3. single product)
k. hit and run
l. phone tap game
m. phone-in