

## 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 SO. 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

hot tar

white mob

shot at

+ THE MINORITY COMMUNITY

2. this session will try to simulate the situations that have occurred and ~~xxx~~ discuss way 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 def- 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)

~~2~~ a. keeps violence in general down

1. breaks pattern of violence thus forcing participants to deal ~~xxx~~ think

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 (whichstand)

3. don't get arrested as often (VdK Glendale Saturday)

4. win 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. oval - 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 harrassment

#### E. Threats (Verbal and implicit, like bottle)

#### F. things being thrown

#### G. Physical harrassment 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  
scares people
4. clarifies situation

#### C. when you use it ( Gasten's drop)

#### D. helping others in trouble ( lynn 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

#### A. cops ( they are not your friends)

#### B. usual arreat procedure

#### C. going limp

#### D. police mal-practice

1. badge #'s

#### E. Prep for arrest

1. sign release
2. car keys and glasses
3. bring in \$ if you can 10¢.
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 wagon, 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 wepens

A. tear gas (types)

1. don't rub your eyes
2. the cloud and the skin
3. blindness
4. wet handkercheif and too little water

B. cattle prods

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. stopping vechiles-in

i. chain -in

j. shop-in (1. lucky, 2. cart wheeling, 3. single product)

k. hit and run

l. phone tap game

m. phone-in