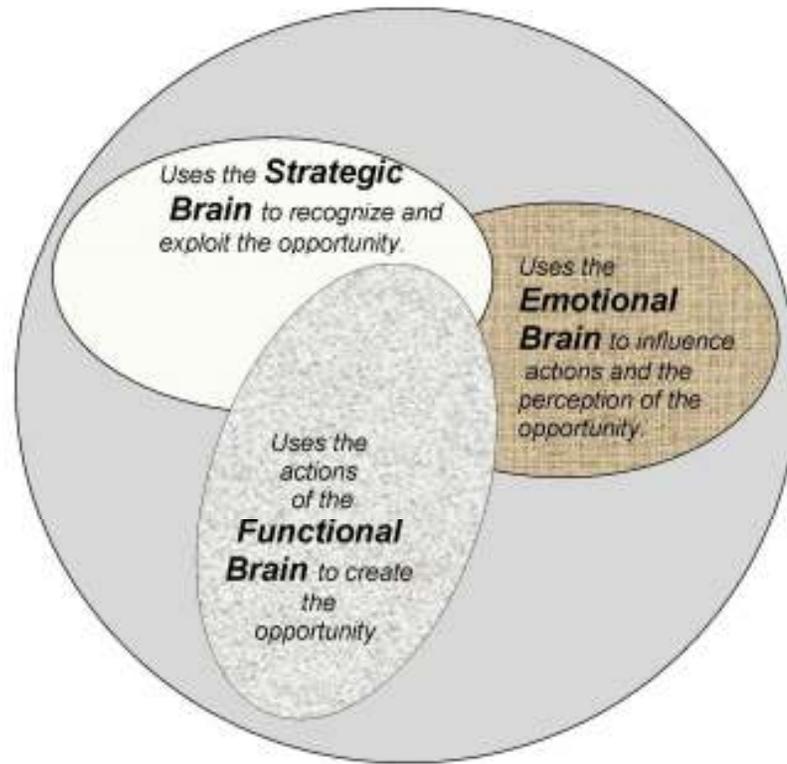
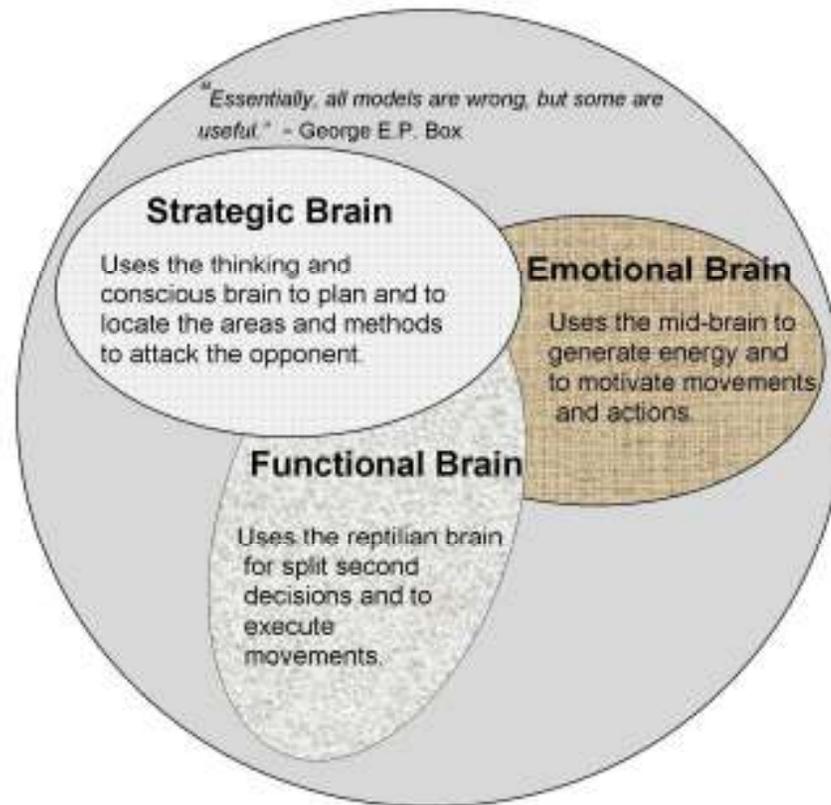


The 3 Brain Model for Combat



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The *3 Brain Model for Combat* is a model based upon the *Triune Brain* theory created by Paul D. Maclean. The triune brain consists of the reptilian complex, the paleomammalian complex (limbic system), and the neomammalian complex (neocortex), viewed as structures sequentially added to the forebrain in the course of evolution.

The 3BMC consists of the *Strategic Brain*, the *Emotional Brain*, and the *Functional Brain*. These brains are roughly analogous to the neocortex, the limbic system, and the reptilian complex. But there are differences.

The 3BMC is a model to explain and maximize human combat potential. Unlike the Triune Brain theory, it is not designed to explain the over all functioning of the human brain.

The 3BMC is a model to explain and maximize human combat potential. Unlike the Triune Brain theory, it is not designed to explain the over all functioning of the human brain. For the purposes of 3BMC , the *Strategic Brain* is responsible for creating strategy through conscious decision making. The *Emotional Brain* provides the energy that motivates a person into action, or inhibits the person into a frozen state. The *Functional Brain* provides lightning fast decision making and automatic accomplishment of instinctive and learned tasks.

Each brain has unique strengths and weaknesses. 3BMC postulates these characteristics to maximize potential and minimize weakness in both training and actual combat.

For example, the *Functional Brain* has the unique ability to truly multi-task and manage multiple complex physical tasks at the same time. The *Functional Brain* allows a person to ride a unicycle, while balancing a plate on his head, while juggling three balls.

The *Functional Brain* is similar to an internet connection. It's power can be split multiple times and it is still be able to perform tasks. But the individual performance degrades each time another task is added. While the *Functional Brain* can perform complex tasks and decision making rapidly, there are many tasks it simply cannot perform regardless how simple. In some respects, the *Functional Brain* may be thought of as an Idiot Servant.

The *Emotional Brain* manages the output of emotional energy. While it is possible to have multiple emotions at one time. The emotions are similar to waves. They can add up to create a tsunami or energy or cancel each other out to create a flat line of low energy. In addition, certain emotions are mutually exclusive. It is not possible to both be happy and sad from the exact same stimulus. The *Emotional Brain* has the ability to generate a tremendous amount of motivational energy or suck up a huge amount of the entire brain's resources.

The *Strategic Brain* is the planner. It creates the strategies and is constantly looking for opportunities to defeat the opponent. The

Strategic Brain is the reason a person is able to defeat an opponent that is stronger and faster. The *Strategic Brain* out-smarts him and decides to use a weapon. But the *Strategic Brain* is slow to react and make decisions. It also can only concentrate at one task at a time. That is why it is impossible *Strategic Brain* actions need to follow one after the other. They cannot happen at the same time.

Depending upon the circumstances, the three brains may all work together, against each other, independently, or some variation of the previous states. Which brain is dominant at any given time changes from stimulus to stimulus and from person to person. A stimulus that may invoke minutes long *Emotional Brain* dominance resulting from extreme terror in a teenage girl may invoke a momentary *Functional Brain* trained response from a professional soldier. Meanwhile the *Strategic Brain* of a bystander may be slowly pondering what exactly is going on.

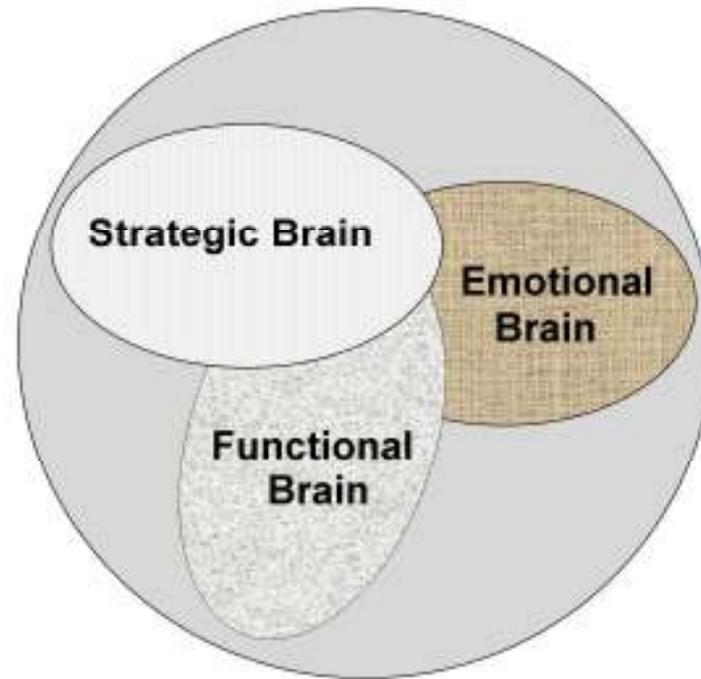
The generally accepted theory is that the Reptilian complex is responsible for self-preservation, aggression, and the Fight or Flight response. As a result, fine motor skills will diminish and only gross motor skills will be useful in a combat situation. Most martial artists and combatives practitioners seem to acknowledge this fact. But, then they tend to go right back to training and fighting in whatever style and using the techniques they like the best. They also tend to instruct their students on their personal favorite techniques without taking into consideration the students differing physical and psychological makeup.

The 3BMC states that the brain system is constantly transitioning from one state to the other. Each state has a different order of dominance of the three brains for varying lengths of times from split seconds to minutes. And even when subordinate, each of the 3 Brains is busy working on accomplishing some task. Therefore, when the 3 Brains are working together at maximum capacity the entire brain system is capable of multi-tasking and rapidly handling complex tasks. When the 3 Brains are completely out of sync, the entire brain system can become stuck in a catatonic state.

In terms of combat, it is not enough to simply say that the Reptilian brain automatically takes over and handles the situation. The 3BMC goes further and states that the *Functional Brain* becomes momentarily dominate subject to the interruptions

of the *Strategic Brain*. The actions performed by the *Functional Brain* are heavily influenced by the emotional energy generated by the *Emotional Brain* and the effects of the prior training that permanently altered the skills of the *Functional Brain*.

What all of the above means is that the exact same stimulus can have a widely varying effect on different people. This same stimulus can produce a varying effect on the same person over different time periods. It depends upon how the person's experiences and learning have changed the responses of the 3 Brains.



The 3 Brains Ride a Bike

Before looking at the 3 Brains in terms of interpersonal human combat it is useful to examine them in terms of something almost everyone can related to - riding a bike.

You are happily gliding down a steep hill on your bike in the city. Suddenly you realize that your brakes have failed. You are accelerating down the street towards a busy intersection and you are unable to slow yourself down.

While your *Functional Brain* is controlling the operation of the bike, your *Strategic Brain* frantically tries to determine a solution to the problem. When the brakes first failed your *Emotional Brain* transitioned from joy to apprehension and it is now moving towards fear.

You hit a pot hole in the roadway and almost fall. But the lightning fast reactions of the *Functional Brain* keeps the bike upright. The *Functional Brain* is focused on riding the bike. Left in control it will drive the bike straight through the intersection. But your *Strategic Brain* knows better. It identifies the impending danger and has determined that you need to dump the bike on it's side to stop. The pot hole was the perfect opportunity to let the bike fall. But your *Emotional Brain* was too fearful to commit to the fall and your *Strategic Brain* was too slow to take advantage of the opportunity.

Your 3 *Brains* are in a state of disharmony. Your *Strategic Brain* and *Emotional Brain* are in direct conflict. Your *Functional Brain* continues to keep the bike upright and headed down the hill towards the dangerous intersection despite the impending danger. At some point, your *Emotional Brain's* fear of falling will be overcome by it's greater fear of the fast moving cars in the intersection. At that point your *Strategic Brain* and *Emotional Brain* will agree on a course of action. Your *Strategic Brain* will take over operation of the bicycle and you will either consciously

dump it on the street, or you will ride it into an obstacle to stop the bike. towards you.

Alternatively, your *Emotional Brain* will be so terrified that your *Strategic Brain* becomes dormant. In this situation, your *Functional Brain* will attempt to ride the bike directly through the intersection. The *Functional Brain* knows how to ride a bike, but it doesn't know how to just let it fall.

As you come to the intersection, you see a car coming directly towards you. Your *Functional Brain* and *Emotional Brain* react as one. The overriding instinctive reaction is to protect the head. As your hands fly up to your head, you lose control of the bike. You fall and slide through the intersection barely missing the car which passed in front of you a split second earlier.

As you come to a stop, your *Emotional Brain* is filled with joy. You survived. Your *Strategic Brain* wakes up and assesses the situation. Your *Functional Brain* focuses on the mundane tasks of getting up and walking away.

The end result of the experience is different for each brain. The *Functional Brain* didn't learn anything. The *Functional Brain* needs lots of repetitions to learn. The fall was just a fall. The *Strategic Brain* now has knowledge related to the experience for future decisions. But for the most part, the *Strategic Brain* already knew how to handle the situation. It was just unable to put it's knowledge into a plan and then execute the plan quickly.

The *Emotional Brain* is the one that has been effected the most. It has learned what the experience of having no brakes on a steep hill feels like. It has learned either what a controlled fall feels like, or what an out of control fall feels like. In either case, the *Emotional Brain* now has a concrete experience to draw upon for future situations. Some people consider this learning to be "conditioning".

The Paired Opposite Emotions of the Emotional Brain

Rage	vs.	Terror
Anger	vs.	Fear
Annoyance	vs.	Apprehension
Desire	vs.	Ambivalent
Conviction	vs.	Hopeless
Confidence	vs.	Confusion
Certainty	vs.	Surprise
Joy	vs.	Disgust

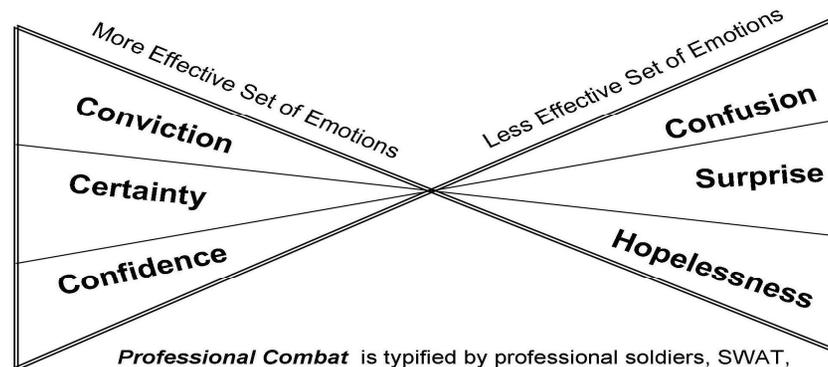
The above emotions are paired opposites because they are mutually exclusive in most instances. For example one stimulus can not invoke the emotions of both confidence and confusion at the same time.

While there are other emotions, these emotions are the ones most invoked in situations of interpersonal human conflict.

The emotions are centered in the *Emotional Brain* which is roughly equivalent to the Limbic system, mid-brain, or mammalian brain. The emotions can also be thought of as emotional energy. The emotions both produce energy in the form of motivating physical action and use energy in the form of taxing the resources of the entire *Three Brain Model for Combat*.

Each emotion emits and uses a different amount of energy. *Rage* and *Terror* both emit and use a large amount of energy, while *Certainty* and *Ambivalent* emit and use less. When the *Emotional Brain* uses less resources there are more resources available to be used by the *Strategic Brain* and the *Functional Brain*.

Professional Combat



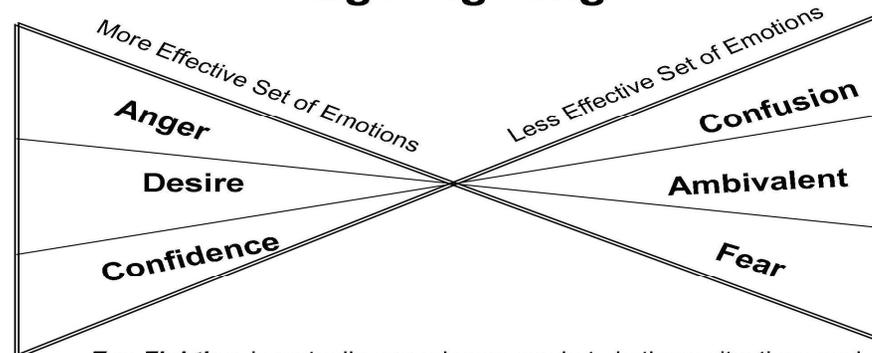
Professional Combat is typified by professional soldiers, SWAT, police, and security personnel. It may involve killing the opponent, it may involve controlling the opponent, and various other states in between.

The Professional Fight

The scenario of the perfect fight provides an idealistic model for how the 3BMC applies to a combat situation. In this scenario, the “Defender” is approached by the bad intentioned “Offender”. The Defender’s *Strategic Brain* makes a threat assessment. Due to his prior experience and training, the Defender determines that he can handle the situation. As a result, the Defender’s *Emotional Brain* feels certainty, confidence, and conviction and emits positive motivational energy. The defender’s *Functional Brain* is put on standby and is ready to take over.

The Defender’s *Strategic Brain* tries to defuse the situation and to deter an attack verbally. Despite this effort, the Offender attempts an assault. The Defender’s *Functional Brain* responds to the *trigger* of the pre-assault cue and launches a split-second counter attack. The lightning fast decision making and response of the *Functional Brain* takes the Offender by surprise. He is disoriented, off-balanced, and vulnerable. The Defender’s *Strategic Brain* now has a moment to evaluate the situation and determine the next best course of action. The decision of whether to execute a take-down, control technique, or lethal blow can be made by the *Strategic Brain* due to the advantage of positioning and time created by the *Functional Brain*. The motivation to perform all of the above was due to the positive and highly efficient energy created by the *Emotional Brain*. The total time involved from pre-assault cue to finish is a few seconds.

Ego Fighting



Ego Fighting is mutually agreed upon combat. In these situations each participant willingly fights the other. Each expects to receive minimal injury and is willing to inflict limited harm to his or her opponent. A bar fight or a fight between friends/acquaintances are typical examples.

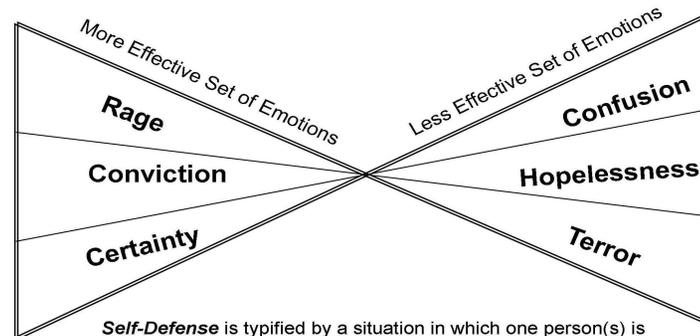
The Ego Fight

This scenario demonstrates how the 3BMC works when events do not go as well as planned. Once again the Defender is approached by a bad intentioned Offender. But this time, the Defender's *Strategic Brain* threat assessment causes the *Emotional Brain* to feel apprehension and uncertainty. This energy causes the *Strategic Brain* to engage more fully in order to determine *what to do*. As a result, the Defender's *Functional Brain* is deeply subordinated.

When the Offender begins his physical assault, the *Strategic Brain* is too slow to respond to the pre-assault cue. The Defender's subordinated *Functional Brain* activates but has barely enough time to "flinch" and get his hands up. As the Defender feels the impact and pain of the Offender's attack, his *Emotional Brain* switches from apprehension to anger. The energy created by anger drives the Defender into action. His *Functional Brain* executes instinctive anger related actions such as punching and grabbing. The Defender's prior training and experience now come into play.

As his *Functional Brain* successfully executes actions, his *Emotional Brain* becomes more confident emitting positive energy. Eventually, the Defender is able to get the upper hand on the Offender. As in the previous scenario, his *Strategic Brain* now has the positioning and time to evaluate his next move, a take-down, control technique, or lethal blow. This scenario took considerably longer and involved much greater risk of the Defender receiving an injury than the previous *Professional Fight*.

Physical Self-Defense



Self-Defense is typified by a situation in which one person(s) is assaulted by one or more assailants. The victim of the assault is usually at a physical, tactical, and psychological disadvantage relative to the attacker(s). The victim feels that he or she is in danger of receiving a serious or deadly injury.

The Self-Defense Fight

This third scenario shows what happens when the fight is not a fight, but actually self-defense. The Defender is approached by the bad-intentioned Offender. The Defender's *Strategic Brain's* threat assessment causes the *Emotional Brain* to jump to Fear. The *Functional Brain* responds to the Fear and waits for either Flight or Freeze decision from the *Strategic Brain* or the *Emotional Brain*.

If the Defender's *Strategic Brain* recognizes that the best course of action is to flee and makes the decision, then the *Functional Brain* will engage and flee. If the *Strategic Brain* is overwhelmed with Fear, it will become deeply subordinated and do nothing. Therefore, the decision to freeze or flee is made by the *Emotional Brain*. If her *Emotional Brain* associates Fear with flight, she will run. But if her *Emotional Brain* associates terror with being still, she will be frozen in place.

When the Offender launches his attack, the Defender's *Emotion Brain* goes from Fear to Terror. The *Strategic Brain* goes dormant. The *Function Brain* "ducks and covers".

Reptilian theory postulates Flight or Fight. So where is the Fight? The Defender will not fight if his primary emotion is Terror. Once the *Emotional Brain* feels and emits Terror energy, his *Emotional Brain* must switch to Rage in order to Fight. Terror and Rage are mutually exclusive. Therefore, regardless of any previous training or experience, if the

Emotional Brain is emitting Terror energy, the Defender will either Freeze or Flee, not Fight. The deciding factor is whether or not his *Emotional Brain* has learned to associate Terror with Freezing or Fleeing.

Given the previously described situation, the Defender's only chance to save himself is if his *Emotional Brain* switches from Terror to Rage. The ability to make this switch is a function of the *Emotional Brain's* desire and will to survive. What causes this desire varies from person to person, but it is an emotional attachment to living. Unless motivated to do something else by the *Emotional Brain*, the *Functional Brain* will continue to duck and cover, and the *Strategic Brain* will remain dormant.

Assuming the Defender is able to make the switch to Rage. He will be filled with tremendous energy. The *Functional Brain* will attack the Offender with instinctive actions such as ripping, clawing, biting, and hitting. If his actions are able to induce Fear into the Offender, he will have created a momentary opportunity to escape. This opportunity of position and time should allow his Emotional Brain to switch back to Fear and Flee, or allow his Strategic Brain to wake up and issue a command to Flee. The prior emotion of Rage has broken the Fear and Freeze response.

The previous scenarios are designed to show how the 3 Brains interact and function in different circumstances. The intent of 3BMC is to create training and combat methods that capitalize on the strength and minimize the weaknesses of the 3 Brains. From the scenarios described, each of the 3 Brains had a different degree of dominance and effect on the outcome. In the first situation, the *Emotional Brain* had the minor role, while the trained *Functional Brain* provided the bulk of the opportunity for the *Strategic Brain* to finish the job. In the second case, the *Emotional Brain* had a both hindering and helping effect on the *Strategic Brain* and *Functional Brain* to inefficiently complete the task. In the final case, the state of the *Emotional Brain* determined the outcome. Both the *Strategic Brain* and the *Functional Brain* were overly overwhelming influenced by the energy of the *Emotional Brain*.

The Implications of the 3 Brains for Combat Training

1. The *Emotional Brain* must be trained to associate Fear with the Flee as opposed to the Freeze response. Ex. A deer freezes, but a rabbit runs.
2. In the event it is not possible or practical to Flee, the *Emotional Brain* must be trained to switch from Fear to Angry. Ex. Attack the attacker.
3. The *Emotional Brain* must be trained to switch from Terror to Rage. Ex. Enraged mother defending her child.
4. When the *Emotional Brain* is confident, certain, and has conviction, then it will create the most efficient outcome. Ex. The flawless performance of a professional athlete.
5. The *Strategic Brain* must be trained through experience to make accurate threat assessments. Ex. Long time bouncer at a bar.
6. The *Strategic Brain* must be trained to recognize the opportunities created by the *Functional Brain*. Ex. Skilled competition fighter.
7. The *Strategic Brain* must be trained to never go dormant. It must be ready to
8. assume dominance whenever needed. Ex. Awareness training.
9. Training and experience have the effect of reducing fear, surprise, and hopelessness, while increasing confidence, certainty, and conviction of the *Emotional Brain*.
Ex. Stress inoculation training.
7. Training and experience have the effect of increasing the ability of the *Functional Brain* to perform certain limited tasks. Ex. Skill and isolation training.

What can be learned from the above is two important principles.

#1. If your *Functional Brain* is trained to accomplish a task with the cooperation of the *Emotional Brain*, it will not necessarily be able to accomplish the task when hindered by the *Emotional Brain*. For example, being able to walk a balance beam two feet in the air does not mean you can do it thirty feet in the air.

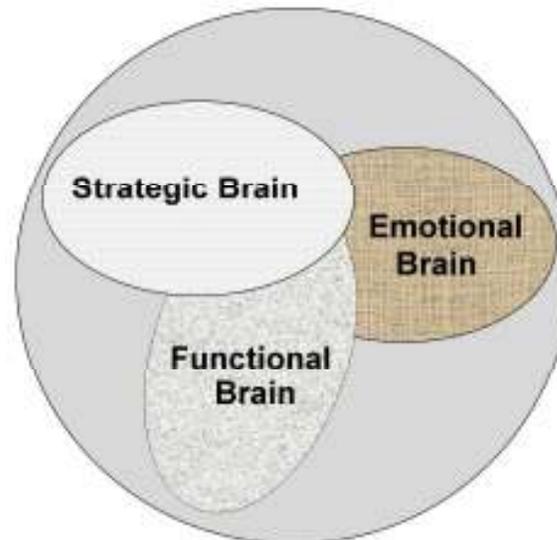
If your *Emotional Brain* is fearful, the ability of the *Functional Brain* to perform the task will be negated. Therefore, having the ability to perform a fighting technique while confident does not mean you have the ability to perform the same technique while scared. The *Emotional Brain* must be controlled to feel confidence in order to accomplish the task. Training and experience combined with stress

inoculation allow you to feel less fearful and more confident, thereby making it possible to perform the task.

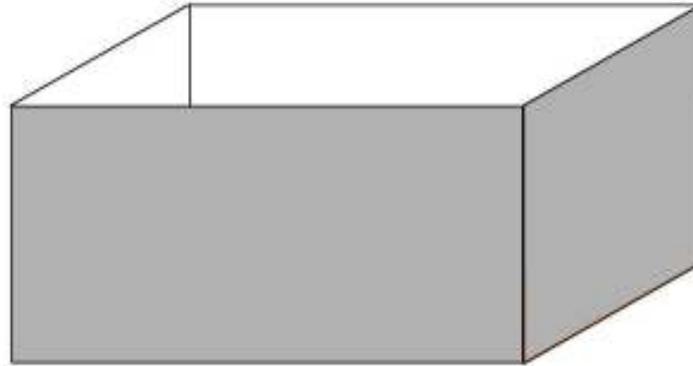
Another means to creating confidence is simply by denying the risk. This is the reason that beginning rock climbers are advised to *not look down*. Pretending that you are only up two feet high instead of thirty feet is a method to manipulate the *Emotional Brain* by the *Strategic Brain*.

#2. The reason that a competent skilled person is able to make a seemingly difficult technique look easy is because it is easy for him. His *Functional Brain* is performing at optimum efficiency without the drag caused by an uncooperative *Emotional Brain*. Therefore, the validity of the technique is not his ability to perform the technique in a “threatening circumstance”, but his ability to perform the technique when actually feeling threatened. Taking candy from a baby is easy, but what about taking a armed hand grenade from a baby?

At a women’s self-defense class, the athletic and muscular male self-defense instructor demonstrates the ease of a technique on a man of similar size. The primary question should be whether or not he would confidently employ this very same technique on a much larger, stronger, and faster man. And if he would, how much would the ease of his technique be effected if failure of the technique would mean that he would be raped and killed.



The Can Do Box



The *Can Do Box* is a representation of all the actions a person has the ability to do. These actions can be both instinctive and learned. They consist of both simple actions and complex routines. Actions that a person has the capacity to do, but cannot actually perform do not go into the *Can Do Box*. For example, most people have the capacity to ride a bike, but they do not necessarily have the ability to ride a bike. Conversely, most people have never trained to or actually performed an eye gouge. But also everyone has the instinctive ability to do it under the proper circumstances.

The *Can Do Box* starts at birth filled with only instinctive actions. As the person ages, develops, and acquires abilities and trained skills, the *Can Do Box* grows in size.

Recall Tags

Every action in the *Can Do Box* has one or more associated *recall tags*. The recall tags are created by each of the 3 Brains. There are strategic, emotional, and functional recall tags. The most used actions in the *Can Do Box* have a high number of recall tags, the least used action have few.

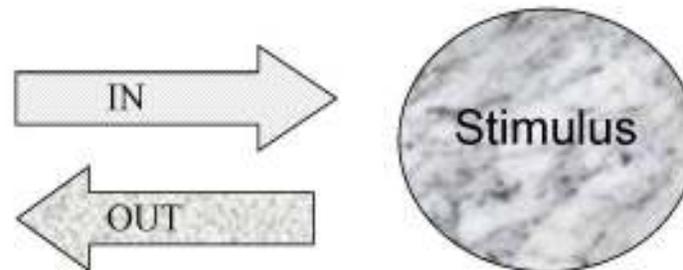
For example, the action of making a fist may have an emotional recall tag associated with anger, a strategic recall tag associated with consciously making an anatomical weapon, and a functional recall tag associated with execut-

ing a trained technique. There could also be an emotional recall tag in response to pain, a functional recall tag in response to surprise, and a strategic recall tag associated with consciously flexing the bicep. Use of the recall tags is the method that the 3 Brains index and retrieve actions out of the *Can Do Box*.

Lightning fast actions and responses are recalled and executed by the *Functional Brain*. Deliberate, but relatively slow actions are recalled and executed by the Strategic Brain. The actions recalled by the *Emotional Brain* are more about intensity of energy response than speed of response. A task associated with Rage will have more energy output than an action recalled by Ambivalence.

IN and OUT Actions

The primary paired emotions have mutually exclusive IN



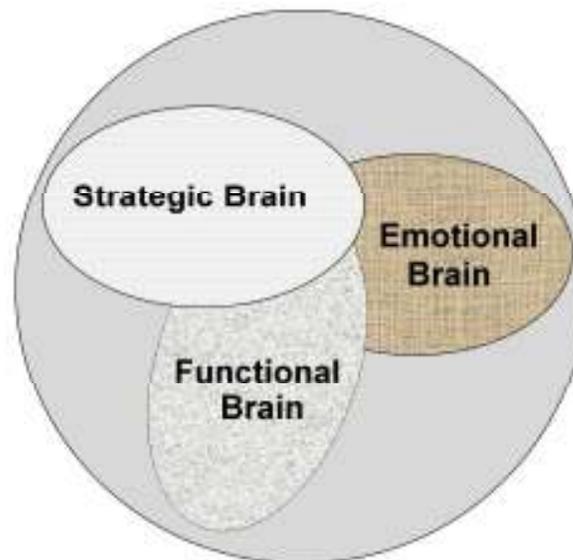
(attraction) or OUT (repulsion) characteristics. IN emotions cause the *Emotion Brain* to want move closer to the stimulus. OUT emotions cause the Emotional Brain to want to move away. For example, Rage, Anger, Joy, Confidence are IN emotions, while Terror, Fear, Sadness, and Disgust are OUT emotions.

The recall tags created by the *Emotional Brain* effectively create IN and OUT actions. IN actions are associated with Rage, Anger, Joy, Confidence, etc, and OUT actions are associated with Terror, Fear, Sadness, Disgust, etc. Therefore, the primary emotional state of the *Emotional Brain* will determine whether IN or OUT actions are recalled.

IN actions such as punching, grappling, stepping in, takedowns, locking, etc are most likely to be recalled when the *Emotional Brain* is emitting Anger. OUT actions such as open hand striking, pushing, blocks, side kicks, front kicks, etc are most likely to be recalled when the primary emotion is Fear.

The implication for combat and combat training is that every action, technique, or trained sequence has some degree of IN or OUT emotional recall tag associated with it. Therefore, it is necessary to take into consideration the circumstances and state of the *Emotional Brain* when determining the validity of a particular action, technique, or sequence. For example, a women's self-defense class that is filled with easily frightened teenagers should focus on escape based OUT techniques. Conversely, a combatives class for aggressive men should focus on the IN techniques of *in-fighting*.

In terms of the 3BMC, the goal is to create a *Can Do Box* filled with effective combat actions that can be quickly recalled by the *Functional Brain*. These actions should have complementary recall tags created by the *Emotional Brain*. For example, striking should be associated with Rage, Anger, Certainty, Conviction, and Confidence, not Sadness, Ambivalence, or Disgust. There should also be actions created by training and experience that can be recalled by the *Strategic Brain* when it recognizes opportunity and has the time to respond.



The Emotional Brain Proximity Principle



In a hand-to-hand combat situation, the proximity and distancing of one combatant relative to the other is determined foremost by the combatant's *Emotional Brain* despite causing a detriment to his tactical application of technique.

For example, as one combatant's *Emotional Brain* desires to cause injury to the other increases, he will close the distance between himself and his opponent until he reaches a position of emotional equilibrium. Conversely, as his desire to cause injury decreases or is replaced by fear he will seek to place more distance between himself and his opponent.

The result is that the combatants will rarely position themselves optimally for the application of the most effective tactic or technique. They will place themselves *where their Emotional Brain wants them to be as opposed to where they tactically should be*. This situation has the potential of causing the *Strategic Brain*, *Functional Brain*, and the *Emotional Brain* to be at odds with each other.

For example, the *Strategic Brain* may realize that when an attacker has a club it is best to be very close or very far away. But the *Emotional Brain* may not have the Conviction to close the gap, and also may have too much Anger to move back sufficiently. Therefore, the *Emotional Brain* may place the person in a position that is too close for the *Strategic Brain* to respond to an attack, and too far for the *Functional Brain* to "sense the attack".

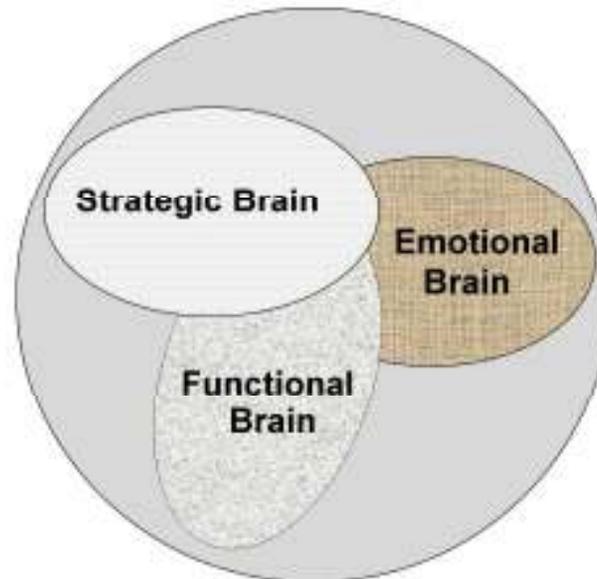
Another example is when an emotionally angry man armed with a firearm is approached by a man with a knife. The presence of his loaded fire arm gives the gun wielder confidence. His aggravated *Emotional Brain* wants to move forward toward the man with the knife. Without the emotional pull of anger, his *Strategic Brain* would tell him that he is getting too close. But his

emotions of confidence and anger bring him beyond what would be considered a tactically safe distance.

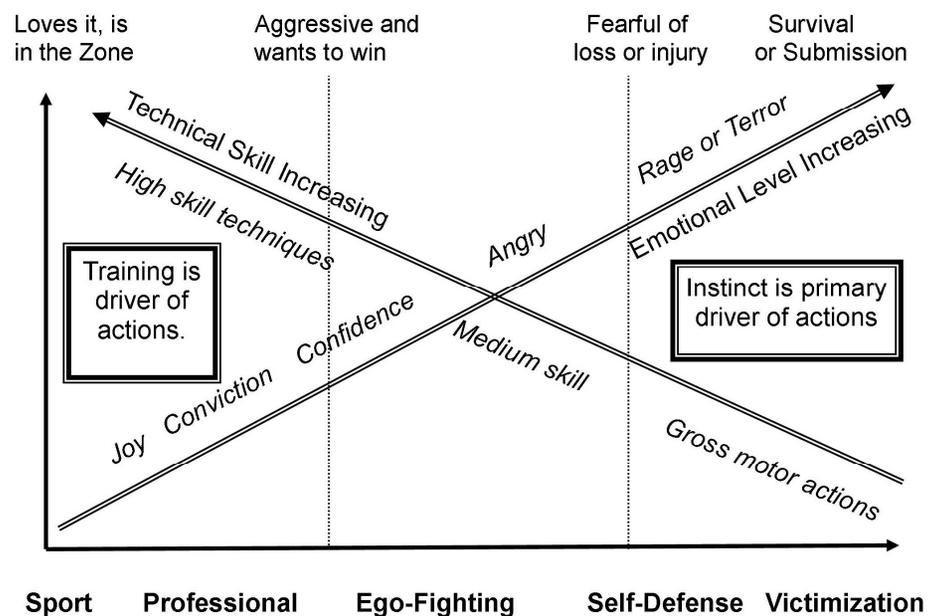
A third example is application of control techniques that require close contact and sticking pressure with the other combatant. If one combatant is fearful of the other, despite his *Strategic Brain's* and *Functional Brain's* knowledge of where to properly position his body, he will place himself outside of the most effective radius to perform the recalled technique.

In an in-fighting situation, an angry attacker will continue to move closer to his opponent until his Emotional Brain reaches the desired positioning. If the opponent then attempts to bring the attacker even closer, the attacker's Emotional Brain response will be to pull back from the opponent. It is at this exact moment of pulling back that the attacker's Emotional Brain has switched from IN to OUT, from Anger to Fear, from attacking to defending.

This is the moment for the opponent to unleash a furious counter attack in order to exploit the attacker's momentary weakness. If the opponent is able to take advantage of this moment, he should be able to create an increasing spiral of fear that will cause the attacker to retreat further and thus create more opportunity for his opponent.



The Combatant's Primary Psychological State



The Combatants' 3 Brain Characteristics

Strategic Brain and Functional Brain cooperate and share domination.

Emotional Brain is more dominant. There is friction between all 3 Brains.

Emotional Brain is in charge. Functional Brain is driven by instinctive actions. Strategic Brain is dormant.

The Combatant's Continuum

The Combatant's Continuum is a model designed to explain the effect of a fighter's psychology during both a single fight and an entire spectrum of fights. It is based upon the following premises:

1. The ability of a combatant to execute trained skills and techniques decreases as his *Emotional Brain* becomes more dominant - either more fearful or more angry.
2. The technical/skill level of exhibited in sport fighting in general is higher than ego fighting. The technical/skill level exhibited in ego fighting is higher than exhibited in self-defense.
3. The sport fighter's *Emotional Brain* becomes more dominant as the sport fighter becomes fearful of losing the match.
4. The emotional level of sport fighting in general is less than ego fighting which is less than self-defense.
5. At the highest skill level of fighting, the fighter's *Functional Brain* and *Strategic Brain* transition smoothly back and forth in dominance. The *Emotional Brain* emits Confidence, Conviction, and Certainty. The actions directed by the *Functional Brain* and the *Strategic Brain* are the result of long term practice and experience.
6. This state differs drastically from an extreme level of active self-defense where the combatant's *Emotional Brain* has switched from Fear/Terror to Anger/Rage. This switch has been initiated by his *Emotional Brain's* desire to survive. The *Functional Brain* is dominant and executing instinctive survival actions.

Related concepts:

7. The ego is associated with fear of loss and progressively lower skill levels.
8. The so called "killer instinct" is not associated with the absolute highest skill level.
9. It is the "love for the process" that brings about the absolute highest skill level.
10. Relaxation during a sport competition is a product of both having confidence, conviction, and joy combined with having a higher skill level than one's opponent.
11. The fearful emotions will prevent the combatant from obtaining the highest skill level.

By using this model, a combatant can make sense of all varied and sometimes conflicting advice on how to be a fighter. He can also use it to analyze what went right and what went wrong during any particular fight or time period in the fight.

The two emotions of fear and anger create weakness. Experienced fighters will create these emotions in opponents. Anger is the Ego which is also about "fear of loss" in this case it is known

as pride. Anger is incompatible with “relaxed poise”. Fighter’s will talk in terms of both the importance of “the killer instinct”, “wanting to destroy the opponent” and also being “calm and relaxed”.

It appears that this advice is contradictory unless you consider that it all depends upon who the opponent is, what type of fight it is, and where the fighter is along the combatant’s Continuum.

In other words: depending upon your skill level, the skill level of your opponent, the outcome (do you lose or do you die?), your physical attributes, your opponents physical attributes, etc:

sometimes you need to be calm and relaxed,
sometimes you need to want to destroy your
opponent,
sometimes you need to have no emotion,
sometimes you need to draw upon emotion created
by the *Emotional Brain*
sometimes you need to be consciously thinking with
the *Strategic Brain*,
sometimes you need to subconsciously use the
Functional Brain,
sometime you are “in the zone”,
sometimes you can’t get “into the zone”.

It depends upon the circumstances. The Combatant’s Continuum is a model to help explain the circumstances.

Putting it All Together

The entire purpose of the *3 Brain Model for Combat* is to use it as a tool to provide a greater understanding of how a person can maximize his or her fighting potential.

The *3 Brain Model for Combat* is intended to encourage a person to develop each of his 3 Brains to it’s full potential. The 3 Brains need to be developed individually. They also need to be trained to work together in harmony. The *Functional Brain* has the greatest ability for executing physical tasks. But despite it’s incredibly fast speed and decision making, the *Functional Brain* can only do either what instinct has hard wired or what it has been trained to do over a extended period of time. For example, you may intellectually know how to ride a bike, juggle,

or swim. But no amount of book knowledge will enable you to ride a bike. The *Functional Brain* learns only by doing.

When it comes to combat, the *Functional Brain* will be doing the initial work. It is the job of the *Functional Brain* to weaken, off-balance, and momentarily slow the opponent. Thereby providing the time for the *Strategic Brain* to recognize opportunity and decide on the next best course of action. That action could be a devastating blow to a targeted area, a take-down, control move, a disengagement, or other action.

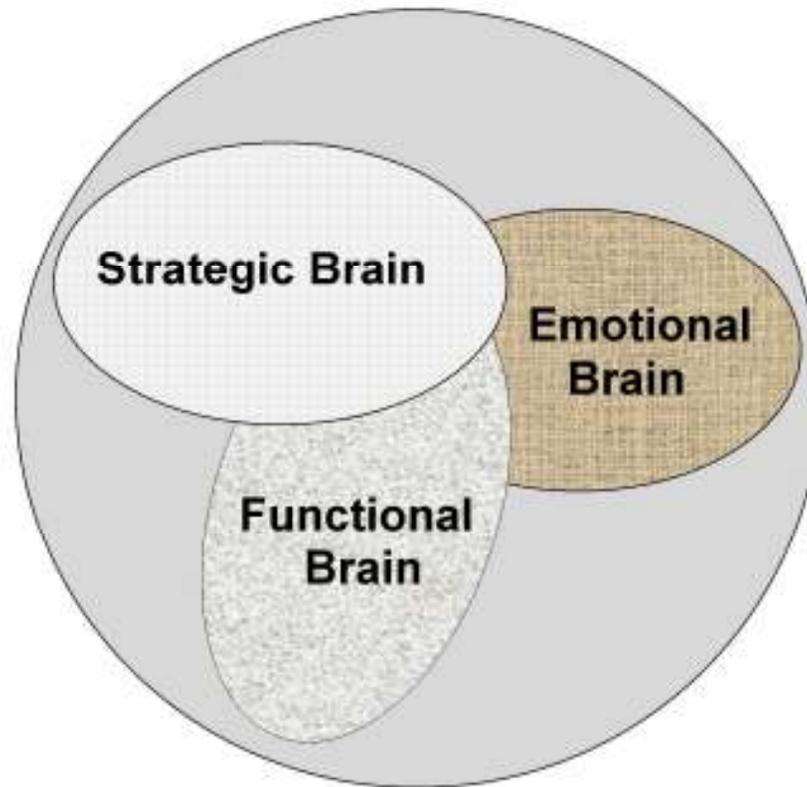
The *Strategic Brain* is too slow and deliberate to create opportunity at the outset of a physical conflict. To try to do so, would mean forcing the action, a recipe for failure.

That being said, the *Strategic Brain* is needed to end the fight. The typical *Functional Brain* doesn't know how to end the fight because it hasn't enough actual or training experience doing it. Actual devastating strikes and attacks to vital areas cannot be trained by repetition. It is too dangerous and impractical. Therefore, these actions are trained by the *Strategic Brain* via simulation.

The *Emotional Brain* provides the energy and motivation for actions to happen. A person's *Functional Brain* may know how to walk along a six inch wide beam. But if the beam is located hundreds of feet in the air, it is unlikely that the person will attempt

it. The *Emotional Brain* will stop the person from trying. Even if the person is a highly trained gymnast, if he or she has a fear of heights, it is doubtful that any amount of convincing from the *Strategic Brain* will be enough.

The *Emotional Brain* also decides whether the actions recalled and executed will be trained or instinctive. A joyful or calm *Emotional Brain* leads to smoothly functioning trained actions. A terrified or engaged *Emotional Brain* leads to spontaneous instinctive actions. These actions could be entirely appropriate for the circumstances, or they could be the worst possible. There is no way to determine. Therefore, the *Emotional Brain* must be trained and optimized along with the other brains.



About the Author

Erik Kondo is the founder of the non-profit NOT-ME! Inc. (www.not-me.org) He has been involved in the martial arts and the study of self-defense for over fifteen years. He currently holds a 3rd black belt in jujitsu. His focus is on creating strategies to help people deal with confrontations and physical assaults.

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