

## 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
2. this session will try to simulate the situations that have occurred and ~~then~~ 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

+ THE MINORITY COMMUNITY

### 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)
  - a. keeps violence in general down
    1. breaks pattern of violence thus forcing participants to deal ~~with~~ 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 Convit
5. feel good (superior, sometimes) ( VdK Glendale)

## II Points to remember

- Keep Cool*
- A. No retaliation verbal or physical (with the possible exception of songs)
  - B. Picket capt in ca charge except.....
  - C. No one goes alone
  - D. No one takes all of the punishment
  - E. Press
  - F. what to wear
    - 1. looks versus comfort
    - 2. earrings etc.
    - 3. shorts under skirts for sit-in
    - 4. high heeled shoes for pickets & marches.
  - G. Singing
    - 1. ease tension
    - 2. moral attituded
    - 3. creates unity

### 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 ( Gaston'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 arrest 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 wepons

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