

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

* THE MINORITY COMMUNITY

white mob

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 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 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. wins converts and support (Selma march over bridge) (CORE story the Convict 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 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 attitude
 - 3. creates unity

III the Picket line

A purpose

1. to inform
2. to intimidate (sometimes)

B. organiztion

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 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. checking (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: ceps (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) jesh
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. harassments and sticking together
6. bail bonds
7. going limp ??

H. court and lawyers

I. PRACTICE

VII special weapons

- A. tear gas (types)
 - 1.. don't rub your eyes
 2. the cloud and the skin
 3. blindness
 4. wet handkerchief 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 vehicles-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