

Hi, I'm Jeremy Pollack. I'm an anthropologist, studying human conflict and cooperation. I've also been studying martial arts for about 25 years, and teaching self-defense for more than a decade. In this video series we're going to talk about what I think is the absolute most important part of self-defense, which ought to be taught and emphasized a whole lot more than it seems to be out there. And that is: How to stop a fight before the fight even occurs. This is called Conflict Resolution for Violent Interactions. In this introduction video, I'm going to define conflict and cooperation, and then I'm going to go over the concept of basic human needs and how understanding those needs relates to conflict resolution. <https://coachjeremypollack.com/> <http://pollackpeacebuilding.com/>

Conflict Resolution for Self-Defense (Part 1 of 5) - Introduction

<https://www.youtube.com/watch?v=hsBynFJT-9I&t=1s>

Conflict Resolution for Self-Defense (Part 2 of 5) - Awareness, Assessment, & Interaction

<https://www.youtube.com/watch?v=T-ts86ryXIg>

Conflict Resolution for Self-Defense (Part 3 of 5) - Reactive Information Gathering

<https://www.youtube.com/watch?v=W7tQeUFj6X0>

Conflict Resolution for Self-Defense (Part 4 of 5) - Pre-Violent Reactive Challenging

<https://www.youtube.com/watch?v=zruwPY8oJEA>

Conflict Resolution for Self-Defense (Part 5 of 5) - High Level Conflict

<https://www.youtube.com/watch?v=F0O3c1Yri70>