

New Delhi Gang Rape and Murder

Almost nine years ago, seven males gang raped Ms. Jyoti Singh with a piece of steel rebar and in the subsequent days to follow, she died from the things this gang of beasts did to her. This young woman was just trying to get home after a night out at the movies, by riding a bus in the early morning hours of 16 December 2012! It was beyond awful that she was gang raped, because they inserted a piece of rebar inside of her and when it injured her so badly they pulled her intestines out of her. They beat her when she passed out from the pain so as to revive her, so they could watch her suffer.

At least the state hanged four, of the seven rapists. Three of the seven murders got a free ride with just prison time. One of the three males was released from prison in 2015, serving a vacation time of only three years, because he was only 17 when he committed the crime. I thought for years before I finally came up with an all-inclusive idea that you are just learning about today. It is a combination of using two big engines at once, to spread my message: You Tube and my private web site for women and girls only.

In studying the reporter's accounts I absorbed more about what those seven vermin did to Ms. Singh and what the public's reaction was. No recommended mandatory martial arts training for all the girls and women in Pakistan and India by any agency or person. The result of her rape and murder, were a limited number of protests, some arrests of

the protestors, and some new laws. More “after-the-fact” solutions and reactions to sell to an uneducated public. We need to understand there is a global recognition needed about the incessant rape of women and girls. Our world is tormented by a pandemic where a woman is assaulted by her intimate partner every six hours, every day of the week. And that is just what gets reported to the FBI or local constabulary. So the average woman faces assaults at home, where she is not safe and then goes out into the world where she faces rape and murder by a stranger. Observing the rape and murder of women year after year is the result of a failure of our politicians to realize that what our laws say and do are not getting the job done. When statistics say that rape is on the decline, I respond with yours numbers don't show that rape is under reported by a factor of five to one. Have you ever asked yourself, who benefits from letting this assault continue as it has for so many decades? I'm sure a group of men somewhere in power certainly exert and guide that experience on all females .

Laws threaten all kinds of pain and suffering, but it getting the new tougher anti-rape laws trick make the voters assume: “that, should hold them.” The threat of rape and murder of women is a fear-based tool that works to keep women fearful and simple to dominate. Now who benefits from that? Is it men or women?

It is a certain type of man who benefits from being the dominant male in the room or in any situation where he can push his chest out and strut around like a young rooster. It is the man who hates women in the first place, and wants to

see them controlled and “put in their place.” It’s the man who was spurned by a woman and wants to see all other women punished and controlled. It’s the man who has drunk the patriarchal “kool aid” and does not like the idea of taking orders from a woman. It’s the man who thinks all women are too dumb to walk around on this earth without the direct supervision of a man. It’s the man who grew up in a household where the mother ruled the roost and he never wanted to live in that kind of an environment again. It’s the man who thinks he is smarter than any women could never guide him or coach him or make better decisions than he could make. It in fact, infuriates him, to even think it is possible that a woman could actually be smarter than he is. It’s the man who had his trust betrayed by a woman. Those are just a few of the men that I can think of who do nurse a grudge all of their life and make every woman they meet real sorry they ever met them. All of the men I have described benefit greatly from women and girls living in fear.

I have believed for a long time that, it is as if my life’s work and the only solution to stopping violence against women was completely invisible and unknown to every reporter who created an article about the events of that rape and murder of Ms. Jyoti Singh. Their martial arts blindness also includes the local Police, prosecutors, judges, and politicians, military, and just ordinary people in public conversations who have talked in circles around every solution but the one that would get the job done. It was as if they were all secretly dependent on others to come up with some grand idea that the state would get behind to bring

things back to normal and let the sweet little fairy tale continue on unchanged, or altered in any way. So, let's all huff and puff and strut around with even more laws, special courts, increased Police presence, more street lights, people walking women to their cars late at night and any other "after-the-fact" solutions that would make absolutely no difference at all to the next girl who was tragically caught anywhere by a gang of rapists and murderers of the innocents. I call all of the above "after the fact solutions" pure and simple. There is never any consideration about the fact that we know some men rape and murder women for decades of their life and they are not going to stop that behavior until they are jailed for life or they wind up on a coroner's slab. So, since we know that these predators exist and the manner that we are going to protect women does not kick in until after the rape murder has occurred. We can only assume that the threat of incarceration is not an effective deterrent to keep women safe.

Plenty was written about those five new "fast track" courts dedicated to trying rape cases faster in the past, and a few new laws about what the Police felt they needed to keep women and girls safer. Reporters and essayists of course wrote about marching and rioting in the streets, and the subsequent arrests of protesters. But there was nothing said, or brought up about empowering women to learn how to protect their body with their body. Not a word was said. No one said; "well we cannot bring Ms. Jyoti Singh back to life, but we can start training young girls for the future to ensure that they are safe wherever they go." They could have written and said exactly that, but they didn't!

That tragedy was a terrific teaching moment and it just sailed on by like no one was interested in even “spit balling” some of their thoughts about self-defense or martial arts training. Even though this long term training of women and girls would change the direction of the world, if enough girls and women started studying martial arts and self-defense, nothing during that time has been said anywhere in the public’s word salad about my recommendation. I am not talking about girls and women going to a few self-defense classes or one woman out of 100,000 women getting a black belt either. What would happen to the world at large if millions and millions of women studied martial arts and self-defense? I would like to hear from you on this subject if you have something to say. You can reach me via email on my website: Protecttheroses.com

Think about self-defense and Martial Arts like you are fighting a war. One side goes about their business of waging war with their enemy raping and killing them wherever they come across them. The other side does not even know there is a declared war. All of the people they trust, tell them to be a “good girl” and everything will be all right. Nothing is ever mentioned about learning how to wage war against the men who are hunting them right at that very moment. As far as official training goes, only a few of the soldiers on the feminine side know anything about protecting themselves against the enemy. Only a few of them think learning how to protect themselves is an idea worth seriously pursuing. The result is that the male side of the two sides just does what they want to do. The feminine side just holds on tightly to

the prime directive they got from their mothers over and over again: “you be a good girl now, you hear me?” I am here to say that maybe 1,000 years ago that mindset may have been ok when we all lived in thatched huts and never walked outside of the place that we grew up in. But those days back then, are not these days now are they?

I did read about a few schools and organizations that started a few self-defense classes across India and I was certainly glad for that. But come on, a “ringing bell” awareness about the one thing that will stop a rapist dead in his tracks, that will protect a woman or a girl, wherever they are, was not in the national conversation in any way shape or form. Did you know that it was an Indian born man, who walked from India to a Shaolin temple in Southern China and walked around the outside of that temple for three years before they would let Bodhidharma come inside the temple. Bodhidharma, in his own time, created Tai Chi Chuan and Gung Fu, and was recognized by Buddhists everywhere as the First Patriarch of China, the legendary, the one and only Bodhidharma. He was born the third son of King Sugandha during the fifth century in the sub continent of India. With his two creations he continues to change the world to this very day.

And no one seemed to think anything of his world changing contributions or that it could bring such empowerment to any females. I know that if I could have dinner with anyone dead or alive, it would be Bodhidharma! Why Bodhidharma? Because I would tell him that women had been marginalized and had been kept away from long term

hard core Kung Fu training for way centuries and does he have any advice for me about how to change all that resistance? That is not to say that women have not excelled greatly in their study and practice of Kung Fu and many other styles of Martial Arts. Those women, individually, are the first wave of women in modern times, which are shining beacons in the darkness that we all live in. They are the standard bearers for women and girls everywhere. If only there was a way to convey the messages they have learned, to the millions and millions of women who need to learn what they already know. Wait a minute, that message is right before your eyes right now, so read on!

I have to think that the way that India as a nation has responded to the gang rape of Ms. Jyoti Singh is the best way I can think of, maybe the only way I can think of to provide an absolute rock solid guarantee of tranquility and safety for the rapist/murderer of future women and girls not even born yet. By demanding that girls get an education in the basics, of Martial Arts, it is at least better than living in countries where girls are not even allowed to study those “basics”. But I wonder what would happen if the government’s of the world made it mandatory for girls to learn martial arts and self-defense training for the first 12 years of their public or private education? I bet that if there is a mandate it will be the privileged wealthy fathers and mothers who can get their daughters learning Martial Arts classes. In fact that is happening right now without any government requirements or mandates. I heard from a friend of mine that a very well to do private girls school has already been teaching their students self-defense and martial

arts for years. Did you know that it was and has always been the upper class who has money position in the society they live in study martial arts? It was not the farmers and peasants by any means who had the time or the money to send their children to a private martial arts academy. So, by keeping middle and lower income women and girls ignorant of the one and only thing that can stop a rapist in the middle of the night or act, where seven men focus on gang raping one woman, it was not even brought up for public discussion.

But I bet there are girls who are presently in wealthy families who have been getting years of martial arts training already. Today, India and Pakistan have permanently settled on an ironclad guarantee that more rapists and murderers are hunting their female population as sure as the sun sets in the West. I believe their are young toddlers, not yet out of diapers, growing up to climb aboard the **rape train** heading for all the major and minor cities and towns in India. Sad to tell you this, this 'big ol' train full of young gang banging rapists is heading for your women and girls and the only punishment is a few quick vacation years in prison. These rapists are quite safe and serene in the knowledge that all the women and girls are defenseless and prohibited by good old fashioned patriarchal patterns from knowing how to defend themselves because women defending themselves does not fit the fairy tale of the cave man who thinks they can protect "their women" 24 hours a day 7 days a week. Now I wonder who benefits for the continual rape and murder of women and girls?

And even if there were laws on the books that said when a rapist was caught, his trial had a 24-hour deadline, after being incarcerated by the police. He would have a trial the next day and then experience his punishment phase. The penalty of course, must be the guillotine, a hangman's noose, or the firing squad made up of women sharpshooters of course. And as special gift from the state, gets the choice of how he is executed. Now, here is my point, after reading about all that crime and punishment stuff are we not forgetting one thing? Oh yea, the woman who was raped and murdered, yea she is dead. So, punishing the rapist , after the fact no matter how brutal, does what for the girl or woman who was raped and murdered? What does that kind of punishment do for the family of the woman or girl? So, a nineteenth century, state sponsored execution for rape or murder does not protect the girl anymore than what we have now for laws against rape and murder. There is a much better way to stop violence against women and it has been around for centuries. It's called prevention, because a trained martial artist could do wonders for the mental outlook of a rapist. In his last moments alive he would understand the #1 Rule of War: know your enemy better than he knows himself. He would finally get it.

The very notion that we can and will protect women is an antiquated and ineffectual patriarchal myth, which needs to be thrown out in today's garbage. The reasons that certain woman are a tiny bit safer in America because many women here are trained in hand-to-hand combat through their study of the martial arts and because an ever increasing number of them are able to draw and fire their hand guns quickly and

accurately. American women have not waited for some Senator to come up with better thoughts on how to legally protect women. Instead some women in America do their own protecting of themselves. A small number of American women have decided that they are not going to wait for the government to do anything to protect them. They know they cannot be protected by anyone 24 hours a day seven days per week, and they are right.

No country, anywhere can legislate or hire enough Police officers, create more courts of law available for fast tracking sentencing or any other well meaning, watered down and diluted, ineffective “clap trap of ideas” that will keep all women and girls from harm. There will always be a stalker, a predator, or a rapist who will methodically plan to snatch a woman off the streets, or creep into her bedroom, or catch her getting into her car or be waiting for her at the same bus stop she takes every night, to make his attack a reality. Sadly for all of us, that predatory thinking won't change until the last dog dies and I do mean the very last dog. So what are all the Jyoti Singh's of the world supposed to do now? What about all the women who want to have all the power of a man in a street fight and still be the feminine goddess that they already are? Is there an answer to this years old problematic life they must live in now?

Yes there is and you are reading about it for the first time. It is called martial arts training and if Jyoti Singh had started training when she was a six-year-old girl, in martial arts, she would be alive to this very day. If you have a daughter who is six years old, start looking for an instructor in your town

and see what it takes to get your daughter trained. In the mean time I bring decades of martial arts study and fighting as a great place to start your studies and training. If you have girls that are way to young to start training, just let them sit in the room where you and your girlfriends and tell her to watch me and listen to me. I always speak in plain simple language and I speak slowly so that your brain has time to digest and understand what I have said. Then I will ask follow up questions to test you to see if what you think I said I actually did say. My personal North Star is to ask at the end of the training session if you have any questions. I rarely, if ever have anyone ask me a follow up question. My North Star is for you to learn from me and understand how it all knits together in your mind. Where you come in to the mix, is you have to come to the class with a burning desire to learn. Just show up to be taught.

The answer to violence against women is right before your eyes on the monitor in front of you. There are close to 70,000 words that I have written on this subject and I think you can learn a great deal if you do nothing but read what I am discussing with you along with every woman and girl in 104 countries, the world over. If you have been searching for an answer about the violence directed against all women and girls, you just met your teacher. I have been teaching women since 1968 and I know how important it is to do this work everyday of my life. I ask you to train with me for at least the next three years learning how to do these self-defense techniques and the Tae Kwon Do and the Kung Fu punching and the Center Line Theory as well as all the rest of it. Welcome Home!

Epilogue:

What do I want to see? The world's realization that the atrocities will continue. We need a fresh idea to stop it. We must notice the results of their collective efforts. and determine if all of the laws, rules, and protocols actually work.

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