



## **GITT Case Studies**

All names have been changed to protect identity

GITT is not a school of violence our philosophy of self protection is prevent-postpone-run and if everything else fails disable, only if that fails too do we use violence. However we train our bodies and minds to be ready for violence.

GITT students practice changing or postponing the decisions made by aggressors to inflict violence rather than physically or verbally confront an aggressor. GITT training has helped many trainees to escape uncomfortable and dangerous situations without violence. These case studies document some instances in the lives of our students.

### **1. Smitha- Graphic Designer: Show of Aggression**

Smitha was traveling in an autorickshaw when the driver turned around and asked her, "What do you think about sex?"  
Smitha did not reply she whipped out her cell phone and make a mock call, "I DON'T CARE IF YOUR MOTHER IS IN THE HOSPITAL. I WANT THOSE DESIGNS WHEN I GET THERE. I WILL BE THERE IN 20 MINUTES. IS THAT UNDERSTOOD?? GOOD!"  
She then demanded from the driver, "WHAT DID YOU SAY?"  
"Nothing...nothing", said the sobered driver. He did not make any more comments.

Analysis: Smitha used her voice to suggest that she is a very aggressive person (although she is not!) The aggression was not directed at the driver but made it obvious that he could be hurt

without pressuring him to prove his 'manhood'. She also made it clear that someone could expect her in the next 20 minutes and would probably look for her if she didn't turn up on time.

## **2. Priya- College Student: Using the energy of the anger of other people**

Priya was commuting in a city bus when an older man kept falling on her to feel her body. Since the bus was crowded she could not move away. She turned around and slapped the man next to him who was not doing anything. He was furious "WHY DID YOU SLAP ME? ", he demanded. She yelled back "This guy is falling on me from the past 15 minutes why can't you do something?"

"WHY ARE YOU FALLING ON HER?", the man was livid, he had just been punished for the wrongdoings of someone else. He slapped the older man. In the melee that followed Priya inched herself away.

Analysis: Priya was always aggressive by nature. This could have been a dangerous situation for her if the older man had teamed up with the slapped man to pronounce her a trouble maker. It is always better to say something like "I have psoriasis. Don't touch me you'll get it too. Do you want psoriasis?" Though this may be medically inaccurate nobody wants to take a chance. The aim of self protection should be to stop violence not build it.

## **3. Samantha – College Student: Shaking off trailers**

Samantha's scooter was being followed by 4 young men on 4 separate motorcycles. She was on her way home, but she rode her scooter to the nearest police station. Parking it outside she went in to ask for directions, as if she was lost. The police constable walked her to the gate to show her the way. When she came out she was pleasantly surprised to find no trace of her followers

Analysis: Samantha's strategy paid off by scaring the young men who imagined she was lodging a complaint against them. It was a perfect application of GITT principles.

## **4. Radha – Marketing Professional: Escaping rape**

Radha lives in a well known residential locality in Bangalore. She was walking back home at around 8pm in a dimly lit street. A man followed her and stopped her. "Can I f\*\*\* you?" he said. Radha was terrified and began to scream. Nobody opened their doors to see what was

going on. He picked her up because she was rather light and began walking to a deserted place. Radha calmed down and said, "I have to tell you this, nobody wants to have sex with me since I contracted AIDS. Do you want AIDS?" He put her down immediately. Radha had tears in her eyes. "I will live only for 1 month and I have cancer" she said now thoroughly enjoying her own sob story. The man's face could not be seen in the dim light, but he was convinced, he cancelled his plans of rape and ran away.

Analysis: Radha's story is the most amazing of all the case studies. With a few words she managed not to get raped. This too was a perfect application of GITT principles. There was no repercussion, no confrontation and no violence.

### **5. Payal – College Student: Whistle power**

Payal was standing in a bus stop and practicing GITT's 360 degree awareness exercises. She noticed a woman standing a few feet away from her lost in thought. Payal recognized this as the stance of a victim and kept a special eye on her. Suddenly a youth snatched the lost woman's handbag and began to run away at top speed. Payal had her whistle in her pocket. She began to blow the whistle. The youth thought that the police had arrived and had seen him. He dropped the bag and ran for his life. Payal returned the woman's bag.

Analysis: awareness can prevent violence. A whistle inspires fear in criminals.

### **6. Anna - Advocate: Prevention is better than cure**

Anna prevents chain snatching by taking off her chain and earrings and putting it in her handbag or pocket when she is outside. She always locks her car when she is inside it. She keeps a toy replica of a real pistol in her car which she purchased in a toy shop. She got away from a gang of men on Ring Road by pointing the toy gun at them through the windshield. They were trying to block her way. When she pointed the gun as she approached them, they did not wait to find out if it was real.

If Anna has to take a rickshaw or cab she always makes a mock call and says her location and the time that she would take to arrive. This invariably keeps cab and auto drivers from getting other ideas. Anna lives alone and never opens the door to strangers. She has a sign on her gate that says 'Beware of Dogs'.

Anna uses the GITT creativity exercises to come up with great ideas for her protection.

Analysis: It is necessary to think ahead and be prepared, not deny that violence can happen to you. Anna's acceptance of her vulnerability keeps her relaxed and ready for any situation.

## **7. Devi – Doctor: More prevention**

Devi's patients would sometimes misbehave and pass sexually tinged comments and invitations, Devi lives with her daughter and there are no men in the house (which also doubles as a clinic). Devi installed a digitally edited picture of herself with a famous Karnataka politician inside her clinic. After she has had it installed none of her patients misbehave.

Analysis: who wants to get in trouble molesting the close friend/relative of such a powerful politician? Devi's strategy worked for her.

## **8. Shweta – Sometimes violence is necessary**

Shweta was traveling in a train. She visited the toilet. A man followed her and was waiting to molest her outside the door. Because of GITT's 360 degree awareness practices Shweta had an inkling of what was waiting outside her door. She got out a pen that she had and mentally went over the pressure points that she had learnt. She opened the door and got out into the corridor quickly holding a guard position. The man was confused but tried to lay his hands on her. She found an opening and drove the pen into a pressure point below the navel the man was in terrific pain. She then said "Sorry have I hurt you? But you asked for it. Sorry I've never hit anyone for the past one year. I don't want to hit people. I won't tell my brother that you tried this nonsense or he will kill you."

She then walked off and was not troubled again for the entire trip, nevertheless, she was ready and alert.

Analysis: Throwing a powerful and unexpected attack and having established that she had backup in the train scared the molester. It was not what he had expected. However, having done something like that it is extremely necessary to be alert and have a weapon in your hand for the rest of the journey.

## **9. Revathi - College Student: Divider and rule**

Revathi was a victim of street harassment. She had to walk through the busy KG Road in Bangalore where she would invariably have her bottom pinched. After the course she began to carry a compass and divider in each hand. Because of this she became a virtual cactus and every molester kept his hands off her.

Analysis: Some people find this embarrassing, but Revathi decided that it was less embarrassing than having her bottom pinched everyday.