



To Brian Manna
Regarding: CDT Training

The CDT course I attended at your studio was an eye opening experience. It taught me a new approach to protect myself or others. Since I attend numerous political functions and travel alone, the issue of security is real. **Recently, it was put to the test.**

While in London I found myself in a precarious position. Unable to find a taxi late at night, my friend and I found ourselves walking in a bad area. The road had little lighting and few people. My friend Elena and I became separated as she crossed the street hoping to flag down a taxi. She was not visible in the darkness. I was acutely aware of everything around me. Therefore I had noticed a truck stopped under a light about 50 yards behind me, and the three men who gathered behind the truck.

Seemingly out of nowhere I was approached by a man offering to drive me in his taxi. He claimed it was parked behind the truck. He tried to steer me while asking about my hotel. By his dress and demeanor I knew he was lying.

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Immediately my mind focused on CDT. I stopped and assessed the situation. Any commotion would bring his friends and there was no immediate safety available. What I needed was extra time to run. Remembering the first rule: **Avoid physical confrontation**, I assessed the techniques I could apply to this particular subject if necessary. I had already gone from **reacting to acting**. Therefore the entire dynamic changed. I commanded him to stop. As I stepped into position, my voice commands were clear, not loud, but direct enough for him to know that I was confident the balance of power had just shifted. I told him I knew about his friends back at the truck, he had no taxi and he had attempted to put me in harm's way. Calmly I informed him that I was **"authorized to use force only if I felt threatened."** I proceeded to explain that he would be injured and would regret such action for some time. OK, I added a few additional comments.

Needless to say, **he was stunned. He ran away from me!** I ran opposite him calling to my friend and we widened the gap. Soon we stopped a real taxi that returned us safely. I put a new twist on the **Stun and Run**.

CDT is more than techniques; it is a focused mindset. My advise: take the course, keep your mind open to a new process and it will be there if you ever need it.

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