

Caveman





Protective reflexes

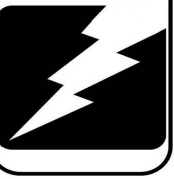
The moro reflex



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Downward Parachute Reflex
(Protective Extension Reaction Downward)

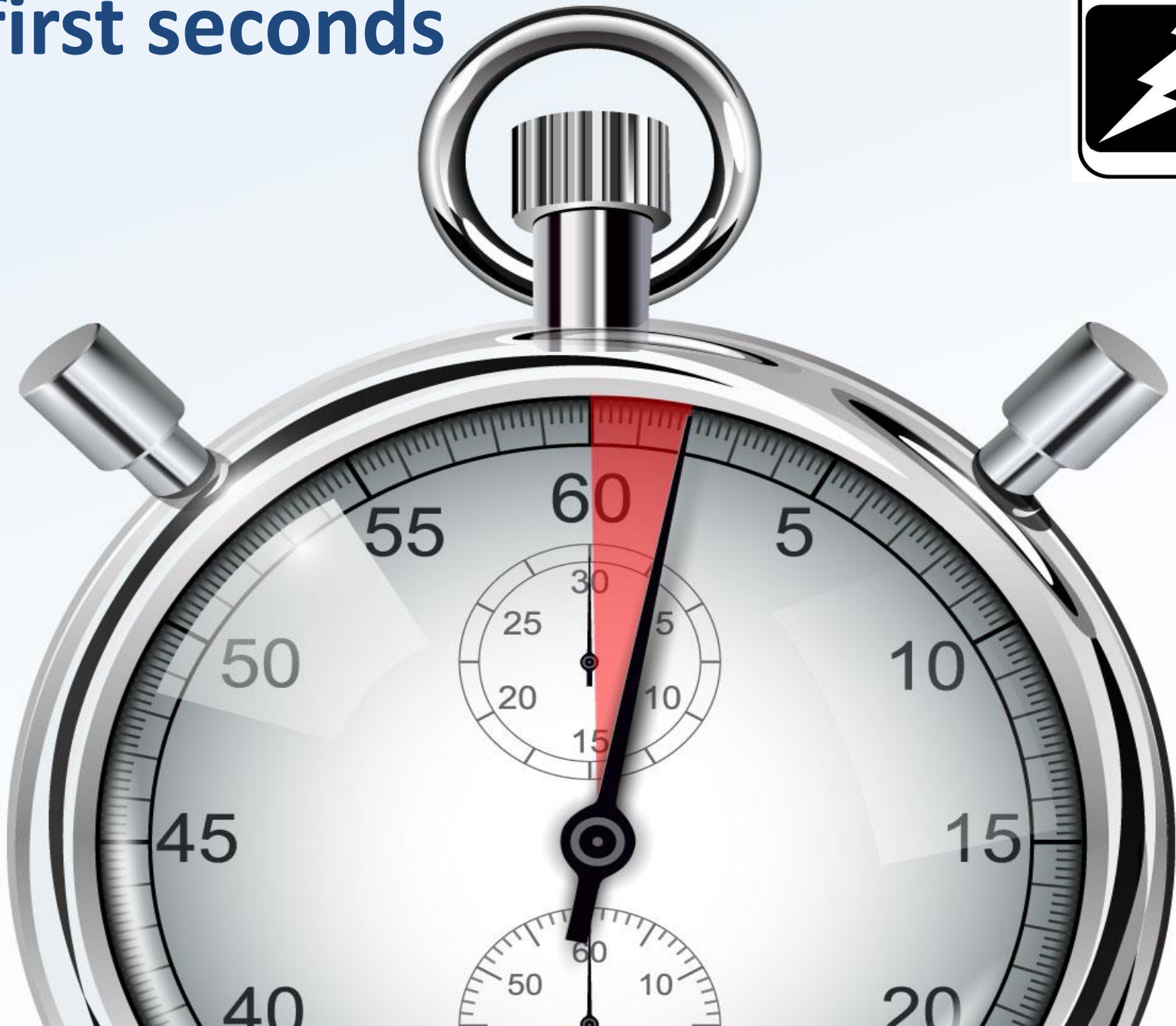


fight



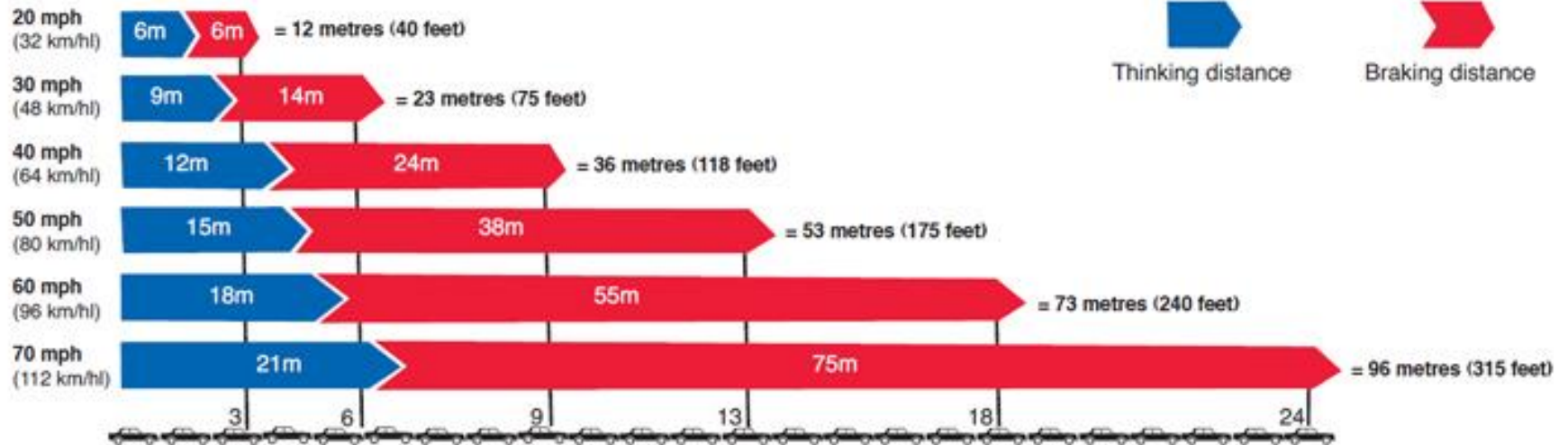
flight

2 first seconds



Blue = 2 seconds

Typical Stopping Distances



KEEP YOUR DISTANCE WATCH YOUR SPEED

Hicks law

Protective reflexes





Yin/ Yang in Street acudo

YIN

Hormone Dump

Adrenaline & Cortisol

Get used

YANG

Reflex move

Repeat



The flow of Street Acudo

SEE

Move

Triangel

Attack

Pre-
contact
CLUES

Flinch

Arms
up

Fight

Xiansuo

Weisuo

Sanjiao

Sha

2 SEC before

Reflex

Protect

Finish



NO