

PROBLEMATIC ASPECTS ON SELF DEFENSE

Aspecte problematice în auto apărare

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Abstract

Background. This paper starts a scientific investigation regarding the topic of Self Defense and Self Control encountered in the Psycho Physical aggression cases.

Objectives. Our objectives are to document the reason for which failure occurs during Self Defense and Self Control encountered in the psycho-physical aggression cases, even though certain subjects have experience in the combat disciplines coming from various Martial Arts.

Methods. Our methods of scientific study are social survey (on the people who have been involved in psycho-physical aggressions), reference method and the method of experts (specialists in various Martial Arts).

Results. The findings of our study is that there is a physical component and a psychic component in any aggression. The response to this double threat is also psychic and physical, since it is conditioned by complex psychological and motor parameters and pattern that cannot be fully mastered by the subject, because of the social conjuncture.

Conclusion. The difference between the offensive and the defensive is only motivational in nature related to the personal safety, as the specific utilitarian applicative combat techniques and procedures are identical in both cases.

Keywords: issues, self defense, self control, psycho physical, students,

Introduction

We begin by presenting our point of view on the issue of Self Defense and Self Control techniques extracted from various Martial Arts as it resulted from the scientific methods of study:

- the aggressor can easily turn into victim but also the victim can easily turn into the aggressor as well because of multiple factors of conjuncture! This interchange of roles always raises problems in applying the law of competent judicial bodies.

- although there is a distinction between mental and physical aggression, they are conditional one upon the other, generate, and feed each other.

- the vast majority of students from civilian universities and non physical education and sports schools feel they do not need knowledge of Self Defense and Self Control until it is too late and they will have already confronted with various violent aggressions.

- all university study curricula prepare specialists in various (civilian) fields, and then part of these young specialists engage in various military safety, security and defense structures. It is well known that in Romania, due to the high level of competition at the Police Academy, many citizens turn to civil law faculties, and then engage in the military environment by means of a competition. Also many other university specializations involve the same issues as psychology, sociology, journalism, communication sciences, economic studies, political and administrative studies, medicine and pharmacy, mathematics, computer science, chemistry physics, biology, etc. We believe that there is no civilian university specialization that would not provide qualified military personnel at a certain point in time.

- throughout the social professional career every current citizen often changes his / her workplace and even the field of activity. For this reason, the structure of university study curriculum should include practical compulsory Self Defense and Self Control lessons throughout the studies.

- there is a big difference between sports performance (medal winning, record breaking, etc.), and motor utilitarian applicative one. This is acquired by students in the Self Defense and Self Control classes taken from various Martial Arts, where each student competes with itself to enrich its personal knowledge and skills and personal psychophysical skills in combat. You must win the physical and mental fight against the aggressor, even in the adverse conditions in which you cannot fight! We quote here Otake, Master of Martial Arts, also quoted by Louis Frederic in the "Martial Arts Dictionary" published by Encyclopedic Publishing House Bucharest 1993 page 10: "If you start fighting you have

to win, but the goal is not to fight, The Art of War is the Art of Peace, and the Art of Peace is the hardest art: you must win without fighting " (Frederic L. 1993).

- for most students enrolled in the first year of university studies these introductory issues are foreign and incomprehensible. University study curricula open only the door to interdisciplinary knowledge of the studied field so that the student can pass the threshold and have solid foundations for continuous study throughout his/ her socio-professional activity (approximately between 25 and 75 years).

Self Defense issues have two key elements of utmost importance: "Applications" and "Use". In the case of applications, the problem is simple and it is easily derived from the eclectic extraction of specific techniques and means, as well as practical utilitarian procedures in Martial Arts used in Self Defense and Self Control. The problem is more difficult with the "Use" of these techniques because there are a multitude of situational factors that constrain us in applying Self Defense and Self Control techniques. These harmful factors will be detailed, exemplified and explained below by presenting the specific issues:

Behavior (of any social actor - social group) is the form of manifestation of the interaction to the environment. Behavior should be considered as: a simple Pavlovian conditioned reflex; an adaptation to the environment, and in extreme cases, "oppression cases" even as a motor - operative conditioning / self – conditioning. This conclusion arises naturally and easily from the social applications of cognitive behavioral psychology.

By its behavior, any individual undertakes membership of a particular socially individualized status in a particular social group / sub group and at the same time attracts the sympathy / antipathy from that social group / sub group or from other social groups / sub groups competing and / or in conflict. In this way the individual is obliged to permanently adapt to the social environment in a constant and changing way, being helped only by the neuro plasticity of the central nervous system.

Adaptation to the environment is individually and / or collectively the optimal response to the particular special situation that is characteristic of the place and the background of the action of the problem in time and space, to the particular type and properties of the social environment.

The adaptation therefore consists of three main steps (several author present in owns paper more than three steps) that make up the operational structure of human behavior:

1. The related link (motor - sensory command) based on motivation includes:

1.1 processes of extracting information from the environment

1.2 processes of interpreting information from the environment,

1.3 critical processes - vital processes for decision-making (the choice of the "optimal" action) the optimal variant that we consider optimal because being in the middle of events we cannot have a correct, complex and competent overview of the issue! In current practice it is noticed that most of these "optimal choices" are wrong because the entropy of any system tends to infinity and its yield is always subunitary!

1.4 Work plan to achieve "the goal" (quit the problem).

2. The related link (efferent link for execution) is divided into two categories of information operations:

2.1 Logical choice of work plan, schematics, and internal or external response reactions;

2.2 Adjusting the parameters of the psycho motor reactions triggered for Self Defense and Self Control (order, direction, duration, intensity, speed, emotions, behaviors, etc.).

3. The reverse connection link Feedback for Correction and Optimization of Execution has the role of ensuring the correct dynamics and the operation of the related link 2 (Command link 1) assigned by the corresponding link (Execution link 2).

The inverse connection has the following roles:

a) information on the result obtained throughout the fighting actions;

b) information on the cognitive and motor parameters involved in the fight.

We mention that these three environmental adaptation links are standard in any biological system and present the issue of critical moments from an anatomical point of view (e.g. : traumas and mechanical injuries), physiological (e.g. muscle cramps, respiratory arrests, etc.), psychological (e.g.

perceptions, sensations), imagination, representations, thinking, memory ("muscular memory" to perform an action), attention, aptitude, character, emotion, etc. All that are present throughout the confrontational events and give a particular, unique and especially unrepeatable behavioral psychophysical response. These critical moments occur throughout psychophysical confrontations with aggressors having volumes and intensity that are variable but continuous over time, and in the absence of their parameterization and control lead to failure. However, any attempt to fully parameterize these parameters will also lead to failure due to the limitations of the human nervous system.

Each individual responds personally and distinctly with a unique, unrepeatable and particular psycho - physical reaction to the studied event. As the scientific studies confirm, individuals say: they feel a pressure, their chest bursts open, they do not have air, there feel deep dizziness and nausea, their heart goes out, the legs feel like lead, the hands tremble, fall and fail to respond, there is a feeling of dilation and / or compression of time and space, the subjects feel deep dissatisfaction and / or anxiety, etc.

By this statement I have emphasized upon the multiple psycho - physical specific forms of manifestation of the general and specific stress present in all Martial Arts (uncertainty, ignorance, fear, anxiety, apathy, abandon and starting depression, etc.). To describe the current issue, we use the acronym S.A.D., that comes from: Stress, Anxiety, and Depression. This acronym is also correlated with the english word SAD.

In the following we share our point of view on the issue of psycho motor reactions in Self Defense and Self Control as extremely complex and complicated. Here are the phenomena of : start apathy, start depression, anxiety, etc., which are based on "exaggerated and intense nonspecific momentary fatigue" of the nervous system as a whole. We consider that this issue is partially studied by the literature so we show our point of view. This issue is due to the particular and unrepeatable conditions of combat that are unknown to the individual at the psycho physiological and somatic level. We call this issue "exaggerated and intense nonspecific momentary fatigue" because it cannot be removed in due time and leads to failure.

We detail the "exaggerated and intense nonspecific momentary fatigue" as follows:

To begin with, we present cases of athletes coming from "non contact combat sports" (a paradox of modern days) that enter into full contact competitions and clank up (especially in the break between halves), being carried in one's arms or in the chair in the tribune due to the impossibility of psycho physical expression (they cannot stand on their feet and can barely breathe) although many times they were not even hit by the opponent. These athletes usually do well in the first half (because of fear) and could have continued the fight if the break had not interfered ! but this intercalation of the pause leads to the occurrence of the psycho physical breakdown. At the end of the break between halves, they cannot rise from the chair due to over total and complex momentary demands (exaggerated and intense nonspecific momentary fatigue) at the physical and mental level.

Another phenomenon is that of athletes who automatically pass into a higher value class, and they were not prepared for that. The guilt here largely belongs to the coach - teacher who did not train them properly. See here the transition from junior to seniors, the passage from regional - local competitions to the national ones and eventually, international, continental and world competitions. This psychological sports typology clanks up because they do not have a psycho-physical training appropriate for the level of competition achieved. There is a phenomenon of sport abandon based on: fear (by a new and unknown opponent), increasing the hardness / intensity of the confrontation; increasing the duration of the confrontation, increasing the psycho physical stress level, increasing the metabolic stresses of physical effort, etc.

Similar to the issue of athletes in martial arts combat competitions is the issue of confrontations in real psycho-physical aggression in the urban or rural social environment. Although the individual has some hours and experience in Self Defense (she even has scale marks with colored belts in martial arts) he / she does not carry it off well into battle due to poor complex and interdisciplinary training, leading to multiple deficiencies in combat capabilities and abilities at psychophysical – psychomotoric level in the stressful, unfavorable, unfamiliar and unfavorable social environment!

Psychologists describe the reaction to an aggression through the following responses: running, fighting and inaction (Epuran M., 2013).

The first two actions (running and fighting) are easy to understand and apply, although they require complex capabilities and specific psycho-physical skills of combat.

The "decision" of inaction is the most problematic one for us and requires detailed explanations. In this case, we rely on the scientific theory of Over Training (in our case Over Sensory, motor and cognitive training at the level of sensations and perceptions) generating extremely exaggerated and intensive fatigue, which is extremely complex and unspecific, being momentary for the entire nervous system. This is a rapid and excessive demand by the accumulation of stress caused by exaggerated stimuli. In our case, the volume and intensity of the aggression, especially over time and in space, are much higher than the limit of observation, supportability and information processing. So, the psycho physical recovery capacity is also exceeded. In our case, exaggerated and intense nonspecific momentary fatigue is materialized by stopping the process and progress corresponding to defense against aggression together with the accentuated trend of psycho-physical regression (the disappearance of synapses and related neuro motor programs), correlated with the exaggerated increase of cortisol level (stress hormone).

The exaggerated and intense non specific momentary fatigue (is of short duration) and we consider that there are two typologies (Bompa T.O. 2013), just like over-training (extended over time).

Bazedovian (sympathetic - tonic) typology: which is predominantly characterized by excitatory processes in contrast to the inhibiting ones (predominance of failure generating anxiety) and intensification of motor control functions. The recovery during effort and post effort is insufficient, occurring with delay and it is not effective. This form of intense and nonspecific exaggerated momentary fatigue is easy to diagnose because the subject feels it through numerous psychological, physiological and motor parameters. Parameterization and control of this type of psychological, physiological and motor fatigue during confrontation (this type of exaggerated and intense non specific momentary fatigue) is done by timing the fight and by repeatedly playing out time to promote rebuilding and recovery during the effort. Brief: the technical - tactical and psycho - physical actions of the battle are reduced in volume and intensity. In combat sports competitions, it is often the case that at least one of the athletes plays out time, stalls the fight, goes to clinics repeatedly, etc.

Adisonian (parasympathetic - tonic) typology is far more problematic and complex, characterized by the predominance of inhibitory functions and psychophysical weakness along with the absence of neuro motor control, because the nervous system does not know what to do without even information from the stimuli in the environment. Because of this absence of any motor neuro command, exaggerated and intense nonspecific momentary fatigue based on Adisonian typology is impossible to detect and stop during the fight. The "knock out" phenomenon thus occurs during combat fighting, when the volume and intensity of stressors exceeds the observance, supportability and processing threshold. The individual cannot control itself, with only uncontrollable unnatural actions based on fear, panic, and instinct of survival. These actions are based on the ideomotor effect (both physically and mentally), the subject in the matter being unable to mobilize itself for a fair decision in the fight. This form of exaggerated and intense nonspecific momentary fatigue is impossible to diagnose because in normal state (relative rest) there is no psychological tension which could suddenly increase to infinity outside the observable range. Masters of Indo Philippine Martial Arts styles that specialize in fighting with white weapons support the specific issue of attacks based on inducing exaggerated and intense nonspecific momentary fatigue based on adisonian typology (para sympathetic - tonic) through the English phrase "hidden shadow smoking drill ". This expression has an ambiguous translation in Romanian, reason for which we shall not translate it. These masters also claim that the most dangerous attack in Martial Arts is "lack of attack" because it generates to the adversary, by correlation with visible aggressions, a particular psychophysical problem generating failure. Bruce Lee defines this issue by the phrase indirect progressive attacks.

We consider exaggerated and intense nonspecific momentary fatigue is super sensory, motor, cognitive behavioral training at the level of sensations and perceptions. This is explained in the form of two theories that we present only at the theoretical level (Bompa T.O.2001).

Biochemical theory: Exhaustion of reserves simultaneously with the increase of metabolic waste.

Neuro psychological theory: In the brain in the cerebral cortex, fatigue is felt in the form of a specific sensation (unique, exaggerated, intense, non specific momentary, thus of an unknown sensation), which results in the decrease to the cancellation of the number and frequency of motor neuron α discharges which innervate the striated muscle fibers of the skeletal muscles (extra fused fibers); as well as motor neurons γ that transmit nerve impulses to the special category of modified, very short and thin ribbed fibers (intra fused fibers, components of neuromuscular spindles, to regulate muscle contractions). In addition, the number of these motor neurons γ represents about half of motor neurons α , and therefore neuro muscular stimulation by specific nerve impulse tends asymptotically to zero as well as the yield in combat in critical conflict situations.

The exaggerated and intense nonspecific momentary fatigue can be defined from a clinical point of view (Alexe N. 1993) as follows:

1. Central fatigue - total neuro psychic fatigue: The brain transmits motor inhibiting signals to neurons and a reduction in psycho physical effort follows. This is the explanation for road accidents when drivers "fall asleep" behind the wheel because the body has automatic defense mechanisms that interrupt suddenly and directly any other activities.

2. The peripheral fatigue is divided into two types depending on its manifestation

2.1. Mental neuronal peripheral fatigue : It occurs, in two ways : drivers who have long been in a straight line (so they have certain behavioral cognitive patterns based on automatism) and does not notice that the road makes a curve, and when a "special super powerful stimulus" appear suddenly the driver react base on uncontrolled ideomotoric effect. Thus, drivers fall into the protective guardrail because of not paying attention to the road.

2.2. Muscle peripheral fatigue : painful muscular - hardened muscles syndrome much discussed upon by sports medicine. Fighting in physical Self Defense is short (10-30 sec.) and there is no time to consume muscle energy resources depending on the volume and intensity of the movements. Painful muscular hardened muscle syndrome is manifested by continuous muscular pain as a result of exercises which the subject was not used to, of a biomechanically mistaken movement, or of a specific and/ or non specific physical activity (e.g.: badly executed bodybuilders training or the practice of agricultural labor by townspeople, etc.). If the above factors are correlated, the muscles become painful, rendering impossible any action in the critical and problematic situations of the physical confrontation that required combat action, thus defending the failure.

Besides the physical issue (discussed above), we have the psychological issue presented below as follows by assessing the conservative and protective attitude towards the risks and the situational and problematic dangers containing psychological aggression (Platonov K.K. 1964).

The issues of critical Self Defense and Self Control are situations of great uncertainty that cannot be controlled but only avoided. Thus we bring to the attention of the general public the issue of situational manipulation documented by works of applied psychology, communication and manipulation techniques. As reference works, we chose the works: "*Fun Psychology*" (which was anything but fun) author Platonov K.K. (1964) and "150 experiments in psychology for the knowing the other", which has the suggestive subtitle "*Mechanisms of everyday behaviors*" by Ciccotti S. (2007), this subtitle being exactly what we are interested in.

From this second paper we will give some compelling examples. The work has the great advantage of being a collection of human behavioral problems based on an extensive bibliography of many modern and contemporary modern psychological scientific experiments. We believe that these problems of the mechanisms of daily behavior have been presented by various psychology specialists through television series from the applied psychology field, mainly to reduce the number of antisocial incidents in society and physical and psychological violence.

"Thus we can list: contrast effect, absolute (sensory) thresholds, the impact of need over perception, the blindness to change, and attentional blindness, the influence of action over perception, the word on the tip of the tongue, the connection between gestures and thinking, post factum cognitive deformation, the subjective perception of time, the illusory correlations, the illusion of control, confirmation of hypotheses, prophecies that are self fulfilling, the fundamental error, the effect of

computer flattening on judgment, the influence of red color on human performance, hand grip and impression formation, female selective visual attention, the influence of tattoos on the attraction and credibility perceived by others, the influence of stereotypes on judgments, the heuristics of the judgment, the influence of racial prejudices on the "race effect", the influence of stereotypes on our behaviors, ricochet effects, the impact of prejudices, the reciprocity norm and the chocolate square, the impact of customer attractiveness on sales behavior, power and obedience, differentiating social roles, cognitive dissonance, the impact of the crowd's turmoil on the trainers' decision, conformism, minority influence, 64. why we must not accept being touched - physical contacts and purchasing behaviors, door to one's face technique, foot against the door technique, aiding behavior, the impact of sight, the impact of choosing between utility and pleasure, the relationship between sanction and the risk of being involved in a fatal accident, the influence of money on behavior, the effect of emotional state on the activity, emotional attribution, intrinsic motivation, reactance, yawning and empathy, attachment style and human poaching, the influence of motivation on perception, the smile: differences males / females and the formation of the impression.

We will detail only our point of view about "why we should not accept to be touched - physical contacts and purchasing behaviors" because the space of this work is short. In all manipulation manuals, experiments are presented on how you can be deceived by an individual (not to mention organized groups) just by a simple smile, head movements, eye fixing, touch, so that it is enough that your attention be abstained and distracted (from the issue of self-defense and self-control for personal safety) so there is the possibility of being hit, stolen, etc." (Ciccotti S. 2007).

There must always be a compromise between security (through an isolation as profound as possible towards social hazards) and the pro social actions and behaviors of Homo Sapiens Sapiens generating of insecurity. We cite of Nelson Mandela who say: in jail the illusion give you comfort. Humans adopt certain personal attitudes towards risk by assimilation, building and learning their own and personal behavior in society based on the conditioning / self conditioning that Skinner described in his work.

Against antisocial and / or criminal phenomena, current students (future specialists in various fields of activity) need to know how they are subjected to, but also exposed to, various psychic and physical attacks.

In fact, all aggression and violence have both components:

- the physical composition used in a restricted and discreet environment
- the mental component used mainly in the current urban social environment (ironic insinuations, various psychological aggressions, etc.).

From this point of view, we believe there is a double standard in law enforcement, because:

- the accumulation of psychological aggressions (that are allowed and unanswered) causes the subject to abduct with violent physical punishment. Responding to a psychic aggression with a psychic aggression always generates increased confrontation violence and will result in physical aggression irrespective of circumstances. See here the case of "beating with water" between senator Marius Marinescu and deputy Anca Constantinescu and the case of Mirel Palada against Mihai Goțiu.

- small gags and physical aggressions are unsanctionable and gather together resulting in aggression with high physical violence. The issue of legitimate self defense is easy to interpret from the point of view of equality and equivalence of aggression ! See here also the case of the murder in the house of the couple Adrian and Romanita Iovan. Responding with physical aggression over another physical aggression raises the issue of legitimate defense that is very easy to interpret according to interests. Typical and classic examples in this case are altercations in the public transport means generated by pocket thieves who are victimized when caught in the middle of the criminal act or cases when during the arrest the offenders blame the cops for various aggressions.

This double standard represents the strongest aggression because the bullied subject (usually ordinary citizen) acts in critical situations at the limit and with maximum stress, but without the law protecting it, as it is not even a representative of the law. There are well known cases in Romania when police officers applied the law at a time during the service to "wake up to reality" being charged by criminals for various irregularities and violations of the law, because they are "considered aggressors of the accused person" by the internal police discipline research !

To motivate the inaction in various cases of violence, we consider it useful to add to our research the phenomenon of cognitive dissonance at the level of the individual social psychological space, when multiple social and / or anti social forces that have null result are involved in the case. The nullity of the result of the actions of the social forces generates cognitive dissonance and thus any kind of psycho motor action, even cognition, is lacking, the person concerned will be blocked and will experience profound stress and inexplicable tension for it that generates failure. This results in a "perfect and model modern zombie" that can be easily assaulted and victimized due to the state of continuous and complex internal and external conflict, determined by the impossibility of thinking, judging and decision making on the choice of useful and saving alternatives present (but being covered by various factors and phenomena) in cases like this. The issue of timely monitoring of all volume values and external aggression intensity will also always fail due to limited capabilities of the nervous system.

A person's situation before an aggression phenomenon can be described in terms of attraction (closeness) or rejection (avoidance) to be solved for personal interest. Strength, speed, endurance, skill, experience, perceptions, extrinsic / intrinsic personal motivations, general and / or momentary psychomotoric possibilities, etc. determine the individual, to come closer, or to move away from the stimulus that has a positive nature - refreshment (+), or negative character - repulsive (-). Typically, the favorable resolution of conflict and risk situations presents a mix of skills and chances. This observation is of great importance for the way a person is appreciated by others, or he/she appreciates himself/herself.

Conclusions

The issues of critical Self Defense and Self Control are situations of great uncertainty that cannot be controlled but only avoided ! There must always be a compromise between security (through an isolation as profound as possible towards social hazards) and the pro social actions and behaviors of Homo Sapiens Sapiens generating insecurity. Attitudes towards risk can be hierarchized from undertaking / not undertaking the risk into problematic situations, entering it in those situations, and solving them in one way or another, even going to the undertaking / not undertaking the failure.

From the points of view presented above by us we consider that only a certain type of psycho physical comeback restrained from the numeric, value, technical - tactical, practical and procedural point of view is required, which is hardly accessible to the citizen (student) assaulted in the present case. The problem of performing any Self Defense technique both physically and physically involves:

- risks and sacrifices in the defensive by performing the offensive (there is a paradox of sacrificing the personal safety gained due to the lack of interaction with the environment just to gain safety within the interaction with the environment!)

- complex and varied psycho physical development issues of defensive comeback. We consider that these issues of exaggerated and non specific momentary fatigue factors represent and are the technical scientific tactical-strategic tactic basis that underlies Russian Martial Arts generically called "СИСТЕМА СПЕЦНАЗ - РУССКИЙ РУКОПАШНЫЙ БОЙ" Systema Spetsnaz - Russian hand to hand fighting.

Undertaking the defensive and offensive combat actions in Self Defense and Self Control implies risks and involves the adaptation and individualization of the solution according to probability parameters of the failure versus success. We show here the formula of total probability: $P(F) + P(S) = 1$ where the following equivalent formulas ensue : $P(S) = 1 - P(F)$ and $P(F) = 1 - P(S)$ We used the notations: $P(F)$ = probability of failure, $P(S)$ = the total probability of success, 1 = the total probability on the event field. The difference between offensive and defensive is here only of a motivational nature on the personal safety because the specific utilitarian applicative techniques and procedures are identical in both cases.

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