





# Girl Fighting Exposed

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DEDICATED

to  
Jackie



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My college instructors and teachers  
throughout my life.



## 1 INTRODUCTION

Bear in mind that fighting is animalistic behavior.

Some people may be uncomfortable with such revelations, as humans are often not portrayed in this light. This is especially true with regards to girls.

Although we have attained a more realistic perspective over the last few decades, our culture still has difficulty identifying girls too far outside of loving, innocent, and nurturing people.

But girls are observing and exposed to more physical violence among females than in previous modern generations. The phenomenon of girl fights deserves careful attention and understanding.

Let's consider an imaginary example of a girl who we will call Jenna. She has an ex-friend who spreads rumors that she is a slut.

Besides the hurt, what other emotions do you think she might feel?

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When any person experiences a hurt or loss, they feel vulnerable and powerless. Anger comes as an attempt to stop the hurtful conditions. It is frequently directed at others, especially if they are perceived as the cause.

Jenna's initial tactics to deal with her feelings may be devious angry actions. These are often obscure and less obvious than a physical fight. This is probably due to females still having more of a stigma attached to violence than males. These tactics may include socially ostracizing the girl, "accidentally" bumping into her in the hallway, spreading lies about her, revealing humiliating private information, etc.

Jenna may also eventually confront or be confronted by her adversary.

Anger exerts strength as an attempt to gain power over the loss. Becoming dominate/powerful is the goal.

With direct confrontations of anger in particular, more adrenaline is pumped through the body to increase physical strength. Endorphins are created to reduce physical pain. Blood pressure and blood sugar levels are increased. Heart rate and breathing accelerate. Muscles tense. Pupils dilate. Sweating increases. Senses such as hearing, seeing, and smelling become sharper.

Your body is preparing all its resources to either fight or run. This is known as the fight or flight response.

Blood is actually diverted out of the higher

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functioning parts of the brain and into the body's muscles. This sugar and oxygen enriched blood gives people more muscular power, but the higher functioning parts of their brains are compromised.

With this decreased intellectual functioning, when words or manipulative tactics do not beget enough power, some girls choose to get physical. This usually involves punching, kicking, pulling hair, and pushing or tripping your opponent to the ground.

Controlling your adversary's very body comes into play.

This animalistic response has been cued up physiologically and becomes much more natural to the girls than before their anger.

But how can a girl best control her opponent's body?

Generally, females have less muscle mass than males, especially in the upper body. So an average girl throws less damaging punches and kicks as opposed to an average guy. This means that incapacitating your enemy with a good pin is more essential in girl fights if you want to inflict a lot of damage.

This was especially important and probably an instinct that evolved during much less civilized times, when a female had to submit, severely injure, or kill her enemy to survive.

When the two girls fall to the ground, a natural battle for getting on top begins.

Between two inexperienced female fighters—which defines the majority of women—pinning the

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other on her back by sitting on and straddling her is the most dominate/powerful position. Both fighters strive for a dominate position to minimize their injuries and maximize power over their opponent.

Due to her inexperience, the girl on the bottom is usually unable to dislodge her adversary. She is confined in a state of vulnerability and loss of movement.

Before this pin occurs, friends in the crowd may even yell, “Jump on top of her,” “Get on her,” or “Sit on her,” intuitively knowing this to be a stronger place.

If one girl is already pinned, the top girl’s friends may yell, “Don’t let her up!” or “Keep her down!” displaying their belief of her advantageous position.

Friends of the bottom girl may yell, “Get up!” or they may immediately attempt to help their friend, unveiling their belief that she is in trouble.

Their belief has truth to it.

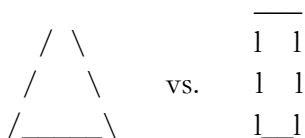
Simply with regards to physics, the pin works better in female fights as opposed to male fights.

Because women are generally shorter, have less broad shoulders, and have less muscle mass on the upper body, the top girl will usually have a lower center of mass than the same position taken in a guy fight. This lower center of mass means that she is more stable and balanced on the bottom victim. (Think of how a low sports car is more stable around corners compared to a raised four by four truck.)

In addition, female hips are much larger in

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proportion to their bodies as opposed to male hips. This means that on average they cover more of the bottom girl's body in comparison to the same position taken in a male fight. So a girl sitting on top has her weight distributed over a greater portion of her opponent's body, and creates a wider base of support for herself. This means greater stability for her and more difficulty for the bottom girl to move out of the pin. (Think of a triangle's stability verses a rectangle's.)



This type of pin is sought naturally, and over time it has been endowed with its own name, *the schoolgirl pin*, in addition to its formal name in martial arts, *the mount position*.

It is one of the most common pins and submission techniques used in an inexperienced girl fight.

Some girls are fearful of it to the point that they avoid fighting another female who may win this favorable position.

The girl on top may do additional acts to force submission. These involve demonstrations of power, inflicting more pain or loss to the pinned girl.

Once in submission, the bottom girl will continue in this state even after the fight. She wants to avoid the powerless situation of being dominated from

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reoccurring. Though for this to occur, she must have been in true submission, not faked.

This dynamic even occurs with canines. In an effort to establish hierarchy in a pack or correct a pack member, a dominant dog will keep another dog pinned on its back until it becomes submissive.

The struggle between the girls is a primal, animalistic one. As such, it uses animalistic dynamics.

However, because of humans' greater intelligence, these instinctual dynamics for dominance drift into the psychological realm more than in the animal kingdom.

This psychological brew with physical struggle is explored in detail.

Although some of this enlightenment may be new and uncomfortable to readers, censoring is not exercised so as to provide a greater understanding.

## 2 PHYSICAL ADVANTAGES

The girl on top benefits simply from her position.

Gravity works for her. It constantly holds her opponent down and holds her body on her opponent.

Gravity also accelerates her punches down. In contrast, the pinned girl's punches are weakened by this force pulling them down even before they are thrown.

The girl on the bottom often tries to sit up, but this is easily thwarted by the other girl pushing her back down or moving further up on her. Her failing attempts tire her neck and stomach muscles.

Being on her back, the bottom girl loses the ability to use her arms to push herself off the ground or to use her legs to raise herself onto her knees. She is similar to a turtle on its back. Arms and legs flail about, without much effect.

These handicaps play on her mind. Fear,

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desperation, and insecurity grow.

This position is opposite the fetus position, which is psychologically considered a safe and primal position. Instead of curled in for protection as in the fetus position, the bottom girl is spread open, and the vulnerable parts are seized upon by an enemy.

She may try to bridge, which involves thrusting her hips up to throw off the top girl. But with inexperienced fighters, this is often aborted after her opponent's body lunges threateningly towards her head.

The bottom girl is unable to protect her body with her hands and arms as well as her opponent. Because her opponent's knees and thighs are crowding her arm movement, and because the ground further restricts this, she cannot protect vulnerable areas as well.

In addition, the bottom girl's position acts on the minds of both girls (more on this in *Psychological Advantages* chapter). The bottom girl feels more vulnerable, and the top girl feels tougher.

The bottom girl may pretend not to care that she's pinned, just to psychologically attempt to eliminate the powerlessness of her position. But this mental defense cannot last.

With little effort, the top girl can immobilize her opponent's arms. She may use her hands to pin them to the ground. Or if she maneuvers her shins over the bottom girl's arms, she incapacitates them.

She is then free to punch or gouge at the eyes of



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the other. She can even use the ground as her weapon, slamming the other girl's head into it.

One or both of the bottom girl's arms may also be pinned against her own body by her adversary's thighs or buttocks. The top girl also can wedge the bottom girl's arms between her calf and thigh, incapacitating them.

Besides these actions restricting arm movement, blood flowing to nourish the muscles can decrease. The arteries can be compressed along the inside of her upper arms.

The top girl may even confidently taunt, "Now what?" "What now?" or "What're you gonna do now? Huh?" to emphasize the bottom girl's latest loss of arm motion.

Some girls never imagined that this level of immobility were possible. They are shocked when pinned in this way. It never occurred to them that this totally submissive position could happen to them, and they give up fighting almost immediately.

Since the bottom girl cannot fight or run, her freeze response is a final attempt to stop the top girl from continuing to fight.

The top girl, like a baseball pitcher, can move her fist back behind her head and throw it at the bottom girl's head with more velocity and force. She can use her body to add force to each punch by raising it up and letting it drop down with the punch to add momentum. She can curl her stomach muscles as the punch travels to further increase its strength.

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