

Dean Henryson

Girl Fighting Exposed

Dean Henryson, LCSW

GIRL FIGHTING EXPOSED

Copyright © 2014 Dean Henryson

All rights reserved.

ISBN: **1493767496**

ISBN-13: **978-1493767496**

6th edition

Dean Henryson

DEDICATED

to

Jackie

CONTENTS

[Acknowledgments](#)

- 1 [Introduction](#)
- 2 [Physical Advantages](#)
- 3 [Psychological Advantages](#)
- 4 [Sensual Dynamics](#)
- 5 [Emotional Variables](#)
- 6 [Crowd Phenomenon](#)

ACKNOWLEDGMENTS

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 in 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 being exposed to more physical violence among females than in previous 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?

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 this hurt may be devious angry actions. These may include socially ostracizing the girl, "accidentally" bumping into her in the hallway, or spreading lies about her.

Jenna may also directly confront her adversary.

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

The higher the level of anger, the 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. Your pupils dilate, and you may begin to sweat. Your senses, such as hearing, seeing, and smelling become sharper.

The body is preparing all its resources to either fight or run, otherwise known as the fight or flight response.

Blood is actually diverted out of the higher 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, and pulling hair.

Controlling your adversary's very body comes into play.

These animalistic responses have been cued up physiologically and become more natural to the girls than before they were angry.

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 girl had to kill, severely injure, or submit 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 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 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 is a stronger place to be.

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.

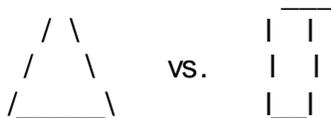
Friends of the bottom girl may yell, “Get up!” or they may immediately attempt to help their friend, showing their belief that she is in trouble.

Their belief has truth to it.

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

Because women are generally shorter than men, 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 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 strives to avoid the powerless situation of being dominated from 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 physical handicaps play on her mind. Fear, desperation, and insecurity grow.

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

But more than just that, 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 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 nourishing the arm muscles can decrease. The arteries can be compressed along the inside of her upper arms.

The bottom girl lacks all of these debilitating options. 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.

This freeze response may be 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.

With every punch the top girl throws into the bottom girl, the ground prevents the bottom girl from moving backward. This makes each impact more destructive. In contrast, the top girl can move back *with* the bottom's girl's punches, decreasing the energy of their impact.

If the bottom girl's arms are not pinned down, both girls have the option to choke each other with their hands. However, the top girl can hold this position better by pinning her adversary's neck against the ground. She can easily break a choke hold on herself by leaning back or rising on her knees just a few inches.

The bottom girl has some leg movement, but often fails to utilize this to any advantage.

Her head movement is blocked from behind and may be further confined if caught between the top girl's thighs. This increases her vulnerability to punches to the face, choking, scratches or pokes to the eyes, and hair pulling. Head movement may also be compromised if the top girl's knees rest on the other girl's hair.

In a play fight, the top girl may use her hands to try to close the bottom girl's nose and mouth to playfully tease her vulnerability. In a serious fight, the top girl may stuff mud into these orifices or hit them with a rock. If a puddle is nearby, she may push the bottom girl's nose underneath it. Or if an object is pushed into the bottom girl's mouth and touches her uvula, she may reflexively vomit and fear drowning or choking in this vomit.

Her clothes may be ripped or pulled, revealing private parts to bystanders and causing humiliation. The bottom girl lacks physical freedom, making it more difficult to prevent this and to reciprocate this on her opponent.

If she wears a skirt, she is already in a revealing position and subject to humiliation and jeers from the crowd. This is another difference between girl versus guy fights. Also, girls have two private areas which can be revealed versus guys' single private area.

The front of a person is more offensive. It includes unobstructed facial language, eye-contact, verbal comments, body odors, and greater capacity for violence.

Steadily facing someone with eye contact is rarely accidental. It is usually made to

either establish dominance or communication. You can see the dominance component play throughout the animal kingdom. But these two fighting girls are not interested in friendly communication. More of the top girl's front is unobstructed than the bottom girl's.

This dominant front psychologically attacks the bottom girl.

Facial language from the top girl of confidence, smug superiority, and calm demeanor communicate success. The top girl's facial language, eye-contact, and verbal threats have greater impact because of her dominant position.

If the bottom girl shows confidence, makes eye contact, or makes verbal threats, they are not backed with real power. They are laughable and more likely to be dismissed.

If other people are around, the bottom girl is more vulnerable if one of them decides to attack, because then she will have to deal with the top girl *and* this other person. Her head could be easily stomped on by a bystander. A friend of the top girl could easily help keep the bottom girl pinned so that the top girl has more freedom to land punches, pull hair, scratch eyes, poke eyes, choke, or create other major damage in a very short amount of time.

But a friend of the bottom girl would first have to unseat the top girl, and then pin her down before she could be attacked as effectively. By this time, a comrade of the top girl could intervene to even the odds.

3 PSYCHOLOGICAL ADVANTAGES

We all possess a personal bubble of space around us. Because it is invisible, the boundaries of this owned area can often be disputed.

Our senses help delineate this invisible space, especially sight, touch, and smell.

You can observe the effects of this bubble at a gym. One person's strong body odor may cause others to move on to more distant machines. Or if others are attracted to the person, they may desire to be closer to this person's space.

A person often stands by the weights that he is using, having them within or nearby to his personal bubble. This helps communicate to others that the weights are his for the time being.

As you enter a stranger's bubble, you may become aware of his scent. You will probably feel uncomfortable from being so close to his body. If he makes a comment such as, "I'm using those weights," his words are more impactful psychologically from his scent and body already having claimed ownership over the space.

Not to be crude, but simply to elucidate the point—if you fart, you can watch people move away as you have unfairly expanded your personal bubble and colored it with a toxic smell.

The senses of sight and touch also help define this bubble. Stand an inch away from another person and observe what happens. Most likely, she will feel uncomfortable by the sight of your physical invasion. She observes you almost touching her. She sees your face too close to her own. She feels your breaths on her skin. She will either move away or try to get you to move.

However, if you observe a couple in a good relationship, they can be very close. This is because of an agreed upon, mutual type of ownership of each other. "You are my lover, and I am yours." A shared space exists between them.

The top girl forced her adversary inside the bubble that she owns. As such, her adversary is in her territory. Most things here have been and are her possessions: her body, hair, smell, clothing, watches, bracelets, purses, phone, jewelry, etc. Even people who get this close to her are perceived with a type of ownership: *her* best friend or *her* boyfriend.

Being forced into her domain suggests the bottom girl being owned as well.

A visceral attitude of *you are in my place* leaks out from the top girl.

To compound this, the top girl has simultaneously invaded the bottom girl's personal space, making it not so personal anymore. Because the bottom girl didn't initiate and cannot change this, the top girl's dominance is validated. She now occupies the bottom girl's space. *Your space is mine* is the attitude from the top girl.

Not only that, she occupies the bottom girl's most prized possession in this space—her

very body.

It is like taking possession of something valuable that the bottom girl owns, such as taking her car without her permission.

Another space invasion dynamic can be seen before a fight when one girl gets into the other's face. She does this by standing so close to the other that their faces almost touch. If not as an attempt to show dominance, then please explain this action.

Because she is now in the other girl's space, she is more dangerous. She can now hurt her enemy with punches, kicks, hair pulling, pokes to the eye, etc.

The personal bubble can also be observed from common exclamations, such as, "This is my spot in the line," "I'm standing here," "Don't touch me," "Back off!" and even feeling righteous about pushing other people away if they get too close.

But the bottom girl cannot push the top one away. She cannot stop the other from literally touching her body.

Imagine going to a nightclub and watching an attractive woman get as close to your boyfriend as possible, touching him and staying in that position. How would that make you feel? You would probably try to put a stop to this as soon as possible. If personal space has nothing to do with ownership, then why wouldn't you allow this to occur? What difference would standing five feet from him or one inch from him mean?

What does it mean at a nightclub when a strange undesired man places his hand on your buttocks? Why do you feel righteous about slapping him or pushing him away?

Although he may be trying, he does not own that part of your body.

Why do we tell our children not to get into the personal space of a strange adult's car? The answer is they may be owned by the larger stranger, meaning the stranger will have dominant control of them.

Being lower than your opponent is a psychological inferior position.

Imagine looking up at an angry person about three feet taller than yourself. So if your height was five feet, four inches, then you would be looking up at someone eight feet, four inches. That is what the bottom girl is essentially doing. She is looking up at an enraged head which looms three feet over hers.

And the crowd of people standing around is much higher than herself. This can be quite intimidating, given that some people may be unfriendly and aggressive.

Imagine lying on the sidewalk in a large city during a busy time for foot traffic. You could get accidentally trampled upon. Your instinct would be to stand up immediately.

Lying on the ground is a vulnerable position.

Higher is a more strategic position.

Predators often seek elevated ground to gain advantage. You rarely see a lion or cat seek a lower place to start a fight (unless it offers the power of concealment). They even

leap up or lift themselves on their hind legs during a fight to increase their threat. They prefer higher ground, even trees, when real danger is around. Higher is identified as safer.

Many animals—for example, bears, gorillas, and sea lions—raise themselves off the ground to appear taller, larger, and more threatening to their opponent.

When do you see a bear lay on its back to prepare for an attack? Never. When do you see a dog do this? A dog only takes this position when it feels safe or submissive.

The fact that the top girl forced the other to the ground is a primal psychological boost for her. The bottom girl's position is instinctually weaker *and* submissive. Both girls necessarily feel this.

We sit on a tree branch, a floating log, or a raft to remain *above* waters which may contain dangerous predators, coldness, or potential drowning. Even if you know how to swim, you must stick your head *above* the water frequently to intake air to keep yourself alive.

This instinct of being above something to stay alive or safe is a potent psychological force.

After a fight, it is not uncommon for the bottom person to stay on the ground to show that she is submissive, has given up, is no longer a threat, and no longer desires to fight. Sometimes the standing opponent will even tell the supine girl not to get up, or she will be beaten down again.

People who are sick, tired, or injured lie down. It *is* the weaker position.

Just in regards to physics, if you are higher than another object and are as massive, you have a greater potential energy. You can stomp, jump or drop onto the other person, using your body weight as a weapon that pummels into them. And of course you can pin them down.

Royalty, dictators, and other people in positions of power have historically resided on higher seats to psychologically accentuate their position.

A prince or princess is called “your *Highness*.”

People kneel in prayer, lowering themselves on purpose to show respect and submissiveness to a god. Some people bow to others as a sign of respect or that they are not a threat. The bottom girl has been forced into this lower position.

Just in regards to words, synonyms for surrender include *bow, buckle, cave, go down, go under, and submit*. And words are powerful. They are how we think.

We tell our boss, “I’m on top of it,” “I got it under control,” “I’m on it,” to explain our power over the situation.

Many animals hold their head high and raise their tails to appear dominant and more threatening. A lowering of the head is usually submissive.

The top girl literally looks down at the bottom girl's low head. She may even position her

head directly over the bottom girl's head. And the bottom girl looks up to the top girl.

These arrangements mirror certain attitudes in our society. One is of looking up to people we respect, admire, and want to follow. The other is of looking down at those people we don't respect, don't admire, and are seen as unworthy and lower than ourselves.

Think of the phrases people use such as, "You are beneath me," "I am taking the high road," "I would like to rise to her morals," and "I am above that," as potential examples.

On top often means "better than." Our society has these types of long held beliefs driven into us throughout our lives. A top student with the highest grades, listed higher than others; a top team of the NBA with the highest record of wins; the best basketball player with the highest number of baskets; a top scientist better than all others; a quarterback player above the rest; being an Olympian gold medalist and standing on the highest platform when receiving the gold medal; on top of the world; on top of your job—all these portray that being above, higher than, or on top of others is better.

And *below* means "less than." You scored below average on the test; you are on the bottom of the list; your wins in baseball is below everyone else's wins; your successful work with clients is too low to keep you employed; your intelligence is the lowest; you won the least amount of games in the tournament—all are further examples of this.

The hand gesture of *thumbs up* has a positive meaning versus *thumbs down* which has a negative meaning.

Even God and heaven are pictured above, and Satan and hell are pictured below in literary references and works of art.

The aggregation of all these attitudes cannot help but leak out when one girl sits atop another.

People raise their heads and hands high when victorious, sometimes jumping in the air for a greater effect. Sport teammates often raise the best player of the game on their shoulders to celebrate his or her greatness and dominance. Cheerleaders throw another member of their squad high into the air to raise the emotions of the crowd.

The top girl is already in this higher position.

She is identified as the winner. She may even do a little "winning dance" (more common in play fights), with her arms waving and her body jiggling on the bottom girl, accentuating the bottom girl's defeat and adding a tease of humiliation.

There are entrenched beliefs in our society of winners being superior to losers, at least in the competition that was won. The label of loser is a psychological hit to the bottom girl. This nurtures her enemy's confidence and decays hers.

We usually sit on things that are relatively unimportant (chairs, benches, couches, pillows, bikes, toilets). In fact, their only value is for our *use*. They exist to provide rest, support, comfort, transportation, or disposal of our waste.

As such, the bottom girl is in that same position of being used. She is taking the place of

a mere object—something of low value. This is dehumanizing to her.

The bottom girl's desires and feelings do not matter to her enemy. She is being treated without such human components, and is at the will of her enemy.

The person sitting is important, not the seat.

We are meant to sit in a seat for possibly hours at a time.

In fact, we often forget about our seats and focus on more important things, such as homework, a conversation, eating, driving, painting, watching television, surfing the internet, reading a book, etc.

The bottom girl's function now is to support her enemy's weight and provide her enemy with rest. This has been forced onto her. As she comes to this realization, she becomes demoralized.

Compared to a wooden stool, plastic chair, hard floor, or cement bench, she is a comfortable seat. Her body feels soft and spongy. Even if the top girl sits on her adversary's rib cage, she is provided a seat with gentle give.

It is rare and brief when we sit on another human being. When it occurs, it cannot be isolated from the many thousands of hours of sitting on unimportant things.

Just count the number of hours you are sitting on objects in just one day. Then multiply that by 365, and then multiply that number by your age. If you are eighteen years old, this number is probably around 100,000 hours. This enormous history of our seats being less important than ourselves exacerbates the sense inferiority of the bottom girl.

The top girl's anus and genitals—where solid and liquid wastes are excreted—rest on the bottom girl. Just because this is so disgusting that it is either denied or never publicly discussed does not reduce its profound psychological impact.

Besides being worthless, human waste is repulsive, disgusting, stinky, dirty, contaminated with germs dangerous to us, and to be avoided *at all costs*.

The gases from the bowels contain one of the most lethal gases: hydrogen sulfide, which is also flammable. Urine outside of the body releases the intense smell of ammonia. Menstruation creates blood and dead tissue, which mixes with bacteria, and not infrequently has an odor to it.

We are taught that the latter is a beautiful thing, and it is. But an arch enemy's menstruation on top of you is not so beautiful.

Our own excrement is repulsive to us, but an enemy's is exponentially worse. Yet the bottom girl is not merely forced near these orifices of her adversary, but is in contact with them, apart from one to two layers of clothing.

They are pressing against her body. She can feel their warmth.

It humiliates her to the extreme. There exist few situations more humiliating.

The top girl used the toilet probably several times in the previous eight hours, giving her

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

