Extra-Lethal Violence, a form of physical aggression that goes beyond simple lethality, is considered an abhorrent behavior in the modern world. However, other cultures consider it a normal, even required behavior in the context of warfare. Our research shows that Extra-Lethal Violence is much more common than one might think, cutting across time, geographic boundaries, and all levels of social complexity and subsistence patterns. Our research indicates that Extra-Lethal Violence may be understood as a form of signaling to others, both to other groups as a deterrence, and to one's own group, to show commitment and solidarity.