

# Self Defense Tips

## *For Everyone*

- 1- Rely on your natural instincts. If something seems strange or raises a red flag, immediately move to a public area. Move quickly; the longer you wait to react, the harder it can be to escape a dangerous situation.
- 2- Scan your environment at all times. Avoid empty and dark places, and places where an attacker might hide. Go out in groups wherever possible.
- 3- Do not drop your guard in familiar places like work or near your home, and do not assume that violent crime won't happen to you. Always be alert and aware. When coming home or getting into a car, have your keys out and ready to insert into the lock quickly, without fumbling. Be sure that your home or apartment is secure.
- 4- If you live alone, set up a buddy system to check in regularly with friends and neighbors and have them check in with you.
- 5- Know that anything can be a weapon: keys, a purse, teeth, nails, a car door, a tree (to trip up an attacker), dirt, shoes, and cell phones. Think about ways to use your body and ordinary objects to protect yourself if needed.
- 6- If approached or grabbed shock and distract your attacker by screaming for help, biting, scratching, kicking, and doing whatever it takes to break free. Rely on natural instincts and forget social graces. Your life may depend on it.
- 7- If you are attacked, never stop struggling. Look around for things that you can use as a weapon. Do anything you can do to get attention or a split second in order to run away.
- 8- Decide that no matter what, YOU WILL SURVIVE! (Your strong desire to survive provides over 50% of your Self Defense ability. Just by stubbornly deciding this you are 50% ahead of everyone else.)
- 9- Look at a stranger's neck so they can't sense if you're afraid. Many criminals, when they see the fear in your eyes, will consider you a good target and proceed to attack you. However if they can't see your eyes they'll be unsure, and may pick someone else. This doesn't mean that you look down. You'll still stand up straight and tall and look where you are going, however when face to face with someone you're not sure about, look at their neck or the front of their shoulders.
- 10- Good targets are their eyes, throat, stomach, groin, feet or head. Just hit them quickly and get away.
- 11- Whenever you park, be sure to park near lights

## ***For Women***

- 1 - Do not wear revealing clothing in public places. Doing so will ensure that you attract plenty of attention, including attention from those people with evil intent. Be discrete.
- 2 - Trust your instincts. Women are very intuitive. If you think a situation might be dangerous then it probably is. That little guardian angel should be trusted rather than ignored.
- 3 - Rape and other sexual assault is always increasing. In the event of the worst outcome use your fingernails to gouge your attacker's cheek. It marks him for identification and you will have DNA under your nails.
- 4 - Drive your motor vehicle in a courteous manner. Nobody appreciates rude hand signs. Remember - eventually you have to stop, even if it is to refuel. Psycho cases might follow you for many miles "just to teach you a lesson" - all because you made yourself a target to their twisted minds.
- 5 - Drinking excessive amounts of alcohol, taking mind altering drugs and leaving ANY food or drink unattended where it may be tampered with is a recipe for disaster. Give your self an even chance.
- 6 - NEVER pick up hitch-hikers and ABSOLUTELY NEVER hitch-hike yourself.
- 7 - NEVER walk alone at night or at any time in isolated areas. Predators love these locations. Avoid them.
- 8 - Many sexual acts are committed by people who the victims knew - or, at least, thought they knew! Be friendly and polite by all means but be vigilant for tell-tale signs of "strange" behavior. Do NOT flirt. Be firm about any unwanted attention, particularly in the work place.
- 9 - Sexual attack is usually preceded by some visual sign, which is usually preceded by some verbal approach before the physical action. Recognize the sequence: the look - the talk - the attack.

## ***For Men***

- 1 - Most men get involved in physical trouble as a result of saying something rude, offensive, tactless, stupid or hurtful. Controlling what comes out of your mouth can keep it in good shape. Think before you speak.
- 2 - If a fight breaks out in a bar - leave immediately. Go before all the drunks and brawlers start swinging chairs, bottles, glasses and punches. A "free for all" usually starts with just two protagonists. Innocent bystanders often get hit. Those who leave all the fools to bash each other do not.
- 3 - NEVER attempt to mediate an argument between a man and a woman. Both will cease arguing or fighting with each other and turn on you - the common enemy. If you fear for the woman's safety, call the police.
- 4 - Understand that many people these days have a cocktail of drugs and booze in their veins. It makes them argumentative, and aggressive. Avoid people who are "off the planet." Even a casual glance at them can set them off. Leave them with their own demons.
- 5 - Don't make the fatal mistake of thinking that ANYBODY fights "fair". Expect multiple attackers, weapons, possibly both.
- 6 - Run if you can. There is no shame in avoiding a fight. In fact, running away is smart.
- 7 - Recognize objects in every room of your home that could be used as makeshift weapons.
- 8 - Negotiation is a far higher art form than physical confrontation. Do anything reasonable to avoid a fight. NOTHING good ever comes out of conflict.

***Increase your awareness, mind your manners, know your surroundings and you will certainly improve your safety.***