

SELF DEFENSE TIPS

1. Try to travel in groups.
2. Look people in the eye if they are walking towards you, it is not belligerence, it is confidence.
3. Do not walk along at your cell phone; your safety is more important than Facebook.
4. Carry your keys in a hammer hold until you approach your car than you have your fob or single keys in your hands.
5. When stepping into an elevator step to the far right and use the stainless steel doors as a mirror if someone is in there or comes in there in order to see what they are doing.
6. If approached by an assailant the three things to do are PUNCH, STUN and RUN. You are not looking to get into a fight, you want to gain time to make your escape and call for help.
7. There are three disabling zones in the body, SIGHT, BREATHE and STANCE.
8. Go fir SIGHT first.

9. If approached from behind, shin kicks are very effective.
10. When making your escape yell “FIRE” . Not everyone wants to get involved in a situation if someone is yelling “HELP” . However, everyone comes out of the woodworks to see a fire.
11. Once in your car, lock the doors and get out of the garage, again Facebook and texting can wait until you get home. Being in your car in a seated position and someone opening your door or breaking it, showering you with glass particles, is the last place you want to be. There are ways to defend and attack in the car but they are advanced.

MOST IMPORTANT
FIGHT FOR YOUR LIFE
HAVE A WAR FACE
HIT WITH 100%
GET TO SAFETY