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The Warranty and License Agreement as referenced above shall be governed under the laws of the State of Delaware, United States of America.

## **Introduction**

Thank you for licensing STUN & RUN™, Easy to Learn Self-Defense for Women. STUN & RUN teaches you how to STUN an attacker in order to RUN from the situation. Research shows that Women who fight back are less likely to be injured, raped or killed than those who submit. In STUN & RUN, Crucial Power Strikes are presented in slow-motion film sequences using proven physical and psychological methods. The Strikes rely on Surprise, Targeting and Speed rather than strength or intensive training. The essential techniques can be understood in as little as 1 hour.

It is not necessary to be fit in order to use these techniques, although practice is necessary. Clearly, the more you practice and rehearse, the more able you are to successfully fight off an attack. The Success Stories (in the Help menu), detail real-life experiences of those who have successfully defended themselves from attackers. Anyone can deliver these strikes, even children!

For 10 years, Mike Hayashi has developed and refined techniques that can be easily learned, remembered and used by Women who may be up against larger, stronger attackers. Major corporations nationwide have hired Mike Hayashi Associates, Inc to teach employees how to protect themselves. Countless Radio and Television programs have featured Mike Hayashi presenting his techniques resulting in over 100,000 trained and many proven successes.

Benefits included in STUN & RUN:

- Evade and Stop Attackers
- Control and Use Fear
- Build Self-Confidence
- Develop Powerful Body Language
- Use Critical Strikes to Stun an Attacker
- Defend against Guns and Knives
- Improve Awareness and Reaction Skills
- Toughen your Psychological Armor
- Avoid Attack with 500+ Safety Tips

### **Who should use this Software**

Women, who wish to increase their chances of fending off an attacker. These techniques are useful at any age, Young or Old. They can be used, regardless of ones physical shape, whether fit, unfit, large or small.

Students, who may wish to protect themselves from date rape or other college situations.

Those who do not want to carry a GUN yet need an effective form of protection.

### **Industries**

Corporations who may expect employees to work under potentially dangerous circumstances, yet wish to improve the security options available to an employee in attack situations.

Executives in any Industry... Who may be under threat because of their position

Travel Industry... Airlines, Hotels, Car Rental Agencies

Realtors... Especially in dangerous areas

Late Night Services such as Convenience stores, Fast Food, Nightclubs, Food or Drug Stores

Health Services... Doctors, Nurses, EMS

Security Industry... Police, Security Guards, Bodyguards

Education... Students, Teaching Staff

Government... Federal, State and Local



## **Before Starting**

### **System Requirements**

This version of STUN & RUN™ is designed to run on IBM PCs or compatibles based on 80386DX or better equipped with MS-DOS®, Microsoft® Windows™ 3.1, VGA or Super VGA with 256 colors (will not be photographic with less colors) and a Hard Disk (Requires 3 Mbytes).

### **Image Quality**

Even though you may have the hardware to support 256 colors or more, it is also of critical importance to have the correct Windows video driver installed. Use the Windows Setup application (in the Main Program Group) to install the correct device driver for your video adapter. It may be necessary to call the video adapter manufacturer or store where you purchased your system to obtain the correct Windows Device Driver. See [Obtaining Best Picture Quality](#) for further details.

### **Package Contents**

In addition to this Users Manual, your STUN & RUN™ package should include a sealed envelope containing the program diskette(s).

### **Registration**

Please register your software by completing the customer registration card attached to the back cover of this manual and returning it to WinMicro Corporation. Not only does this allow you to receive technical support, it also allows the publisher to keep you informed of new updates, upgrades and new Titles.

### **Backup Copy of Program Diskettes**

You are permitted to make 1 backup copy of your STUN & RUN™ program diskettes under conditions of the Warranty and License Agreement.

### **Late Changes**

When changes have been made to the software after the user manual has been printed, the new changes will be explained from within the Help menu.

### **Frame Loading Time**

When frames are loaded for the first time, there will be some delay while they load. If the sequence is repeated, it will be played back at the fastest possible speed.

## **Installing and Starting**

### **Installation**

In order to install STUN & RUN™, Microsoft® Windows™ 3.1 must first be installed and running. You should also be familiar with Windows™ operating concepts. To run Windows™, type WIN<Enter> at the prompt.

From the Program Manager, select the Run... item from the File menu. Type a:setup and follow the instructions given as setup installs STUN & RUN™.

### **Starting STUN & RUN™**

To start STUN & RUN™ from the Program Manager in Windows™, double-click the STUN & RUN™ icon from the WinMicro Corp program group or if you have relocated it, in the Program Group where you have moved the application.

### **Context Sensitive Help**

Further Help on this software can be found via the Help menu. Help can then be obtained by clicking the mouse on underlined phrases or on parts of images where the hand cursor is visible.

### **Demonstration**

Each sequence can be reviewed continuously while the Demonstrate All item under the Controls menu is checked. To stop the demo, reselect the menu item (select the menu even if cursor is an hourglass).

## **Warning**

### **Safety Precautions**

The techniques presented are dangerous and can severely injure an opponent. Using these techniques must only be used when defending yourself. As would be the case if you were using a Gun, you are responsible for how and when you use these techniques. Please follow these safety precautions:

Practice... So you can be sure of yourself

Read and Understand the Psychology and Fighting sections to enhance your chances

If you need to practice your strikes use something soft as a target such as a punching bag or a pillow

If practicing with a partner... Do not use full strike force and practice in slow motion

### **Accepting Terms and Conditions of Use**

When you start STUN & RUN, the following screen appears before you are permitted to use the program.

Press the Enter key or Click the "I ACCEPT the terms and conditions of the LICENSE AGREEMENT in its entirety button" to indicate your acceptance of the License Agreement. If you do not accept the terms, the program will exit.



Window layout



## **Pictorial Index**

### **Selecting a Sequence**

To select a sequence, click on any of the thumbnail pictures or select an item from the Attacks or Techniques menus.

### **Playing the Next Sequence**

To Playback the Next sequence, click the Next button or select the Next Sequence item from the Controls menu.

### **Playing the Last Sequence**

To Playback the Next sequence, click the Next button or select the Next Sequence item from the Controls menu.

### **Viewing the Techniques Index**

To select the Techniques Index click the Techniques button or select the Techniques Index item from Controls.

### **Viewing the Attacks Index**

To select the Attacks Index click the Attacks button or select the Attacks Index item from the Controls menu.

## **Menu Structure**

Menus are accessed by clicking the mouse on the corresponding button categorized as follows:

Intro... leads to topics such as Success Stories, Yellow Pages.

Safety... leads to the 500+ safety tips in order to avoid an attack situation in the first place.

Psychology... leads to topics which explain how to Psychologically prepare for and during an attack situation.

Fighting... leads to explanations of Fighting attitude.

Techniques... All items under this menu lead to sequences which show only 1 technique that you could apply given the opportunity.

Attacks... All items under this menu lead to sequences which begin from a description of the Attack being endured.

Weapons... leads to discussions on dealing with and using various weapons.

Help... leads to topics which explain how to use this product.

## **Controlling Sequences**

### **Replaying a Sequence**

To replay a sequence that has just been played, click or select the Replay Sequence item from the Controls menu.

### **Pausing a Sequence**

To Pause a sequence that is still playing, click or select the Pause Sequence item from the Controls menu.

### **Playing a Sequence Continuously**

To watch the same sequence continuously, click the Cycle button or select the Continuous Repeat item from the Controls menu.

### **Playing a Sequence Frame by Frame**

To view the next frame in a sequence, click the Frame button or select the Next Frame item from the Controls menu.

### **Controlling Speed of Playback**

Drag the knob of the left slider upwards to slow down playback of a sequence and downward to speed it up.

### **Enlarging the Frames to Full Screen**

Either click the mouse button on the frame of a running sequence or select the Full Screen item under the Controls menu.

## **Improving Performance**

In order to improve performance of STUN & RUN, one or more of the following steps may be necessary:

Performance can be improved by adding:

Another 4MB memory

Math coprocessor

Better CPU (i.e. 486 vs 386)

Faster clock speed (50MHz vs 25MHz)

Making a Permanent Windows Swap device

Picture quality can be improved with

256 color display

64,000 color display

Additional memory in display adapter

## **Miscellaneous**

### **Help Menu**

The Help menu contains basic help on STUN & RUN and the following miscellaneous topics:

Mike Hayashi... Profile of his Accomplishments and Mike Hayashi Associates, Inc

Success Stories... Actual accounts of successful defenses

Statistics... Some recent statistics

Questions and Answers... Top 20 questions with answers

Product Catalogue... Additional products available

### **Using Windows Help to Review Written Material**

When reviewing textual information as a result of selecting an advisory topic, the presence of a scroll bar to the right indicates that there is more to read. The Next and Last topic buttons, if not disabled, will traverse each of the menu items found under a menu in order of that menu. The written material can be printed on your printer by selecting the Print item from under the File menu.

## **Trouble Shooting**

### **Check System Requirements**

In the unlikely event you should have trouble running STUN & RUN™, please check that your installation has met the system requirements listed in page 3.

### **Check Windows Installation**

Check that your Windows™ environment is properly installed by checking that the Program Manager, Write and Paint applications operate correctly. If any of these applications cause any problem, call Microsoft® for support at the number listed in your Microsoft® Windows™ 3.1 documentation.

### **Call Technical Support at (602) 252-6808**

If STUN & RUN™ still fails to operate correctly:

Call the STUN & RUN support line at (602) 252-6808 between 10am to 4pm MST.

### **Before Calling**

Before calling technical support, please be certain to have your manual and program disks in hand, and that you are in a position to operate your system. Please also have the following information available:

Your STUN & RUN™ serial number

The make and model of your computer

The make and model of your video card

The amount of free hard disk space

Version of DOS (at DOS prompt, type VER)

Printed Copy of the CONFIG.SYS file

Printed Copy of the AUTOEXEC.BAT file

Windows operating statistics from the About Program Manager dialog obtained from under the Help menu.

Windows™ Version

Windows™ Mode (enhanced or standard)

Free Memory available

Percentage of System resources used

## **Obtaining Best Picture Quality**

You may get the following screen after STUN & RUN is started. If so follow the instructions that follow:

### **Get Windows Graphics Device Driver from Adapter Vendor**

It is the responsibility of video card manufacturers to provide you with graphics device drivers that enable your 256 color minimum video to operate under Windows 3.1.

### **Install 256 color driver using Windows Setup**

Using the Windows Setup application (in the Main Program Group). Install a new driver selecting other manufacturer and the disk that you have obtained from the video manufacturer. See your Windows documentation for additional instructions.

### **Select number of Colors through Control Panel Add-on**

Some video manufacturers extend the Control Panel application (in the Main Program Group) to allow you to configure your video accordingly. It may be necessary to see if it is present in the Control Panel and select the mode that you wish to work in.



## **Product Catalogue**

**Purchase STUN & RUN for a friend**

**STUN & RUN**

*Easy to Learn Self-Defense for Women...*

**\$49.95**

**To Order, Call WinMicro Corporation at (800) 538-6491**

Technical support is not available at the order desk.

### **Mike Hayashi Associates Video Tapes**

VHS Video tapes features Mike Hayashi in a "classroom" setting explaining, demonstrating and having the entire class participate in some of the techniques in STUN & RUN.

#### **Take Control ! Self-Defense for Today's Woman - Part I**

60 minutes... Techniques... Attack Scenarios... **\$29.95**

#### **Take Control ! Self-Defense for Today's Woman - Part II**

30 minutes... Psychology... Attitudes... Fear... **\$24.95**

Complete Set Part I & II...

**\$49.95**

### **Mike Hayashi Associates Seminars**

Mike Hayashi Associates have provided seminars and workshops to companies such as: AT&T, Motorola, Apple Computer, AARP, AAA, Pepsi, Kemper Financial, Allied Signal, Blue Cross/Blue Shield, Chase Bank, First Interstate Bank, Government Agencies, Schools and Churches. For seminar information, please call Mike Hayashi Associates, Inc. at **(602) 252-6808**.

### **Key Chain**

Only available from Mike Hayashi Associates, Inc...

**\$9.95** plus \$3.00 for shipping and handling

**501 W. Encanto Boulevard, Phoenix, AZ 85003**

## **STUN & RUN Yellow Pages**

800-962-2873	Abuse and Assault
800-537-7072	Association for children for Enforcement of child support
800-322-8911	AIDS all prevention
800-352-2437	AIDS/HIV
800-356-9906	AL-ANON (for friends or relatives of acoholics)
212-686-1100	Alcoholics Anonymous
800-535-1111	Ask a Nurse (free medical advice 24 hours)
900-420-0275	Ask the Pharmacy (\$1.95 per minute)
800-4-ACHILD	Child Abuse Hotline
800-257-3223	Child Abuse prevention - Kids Peace - Brochures, Referrals
800-962-2873	Child Abuse Registry
800-IAM-LOST	Child Find of America (2148 children found in last 9 years)
800-A-WAYOUT	Child find mediation (To help abductor parents in return of child)
202-514-4718 discrimination)	Citizen Complaint Center (sexual harrassment, racial or sexual
800-KIDS-740	Child support enforcement services (Non-payment of child support)
718-875-5862	Crime victims counseling services
900-77-DOCTOR	Doctors by phone (\$3 per minute)
800-USA-EEOC	Equal opportunity Commission
800-925-0905	Find Dad (for non-payment of child support)
800-424-5454	Fraud Hotline (U.S. Govt)
800-522-5670	Kids against Crime (School program)
800-368-5779	Medicare hotline
800-USA-KIDS	Missing children help center (for missing kids to get help)
800-342-0821	Missing children information clearing house
800-342-2437	National AIDS hotline for disease control
202-232-6682	National organization for victim assistance
202-293-5420	National association of crime victims compensations boards
800-843-5678	National center for missing & exploited children
800-422-4433	National Child Abuse Hotline
800-327-5107	National Child Safety Council
800-333-SAFE	National Coalition against Domestic Violence
800-622-2255	National Council on Alcoholism
301-589-5600	National Foundation for Consumer Credit
800-876-7060	National Fraud Information Center
800-924-4242	National Insurance Helpline
202-232-6682 shelters)	National Organization for Victim Assistance (referrals, support and
800-621-4000	National Runaway Switchboard
817-877-3355	National Victim Center

800-448-4663	National Youth Crisis Hotline
800-782-7335	Operation Lookout National Center for Missing Youth
800-421-0353 children)	Parents Anonymous (For those parents wishing to stop abusing
800-262-2243	Senior Helpline
800-234-5772	Social Security Administration
800-352-7873	Suicide Prevention Center
212-439-3200	Tel-Med (over 300 medical topics free)
202-514-2000	U.S. Attorney General
800-FYI-3366	U.S. Dept. Health and Human Services (family violence)
800-826-4743	Vanished Childrens Alliance
800-227-8922	VD Counseling Hotline
213-577-7777	Victim Services Hotline (support, assistance and referrals)
800-522-2000	Working Womens Hotline

## **Home - General**

- 1) Barking dogs are excellent burglar deterrents.
- 2) Secure locks on doors and windows.
- 3) Adequate lighting both inside and outside.
- 4) Properly maintained landscape.
- 5) Properly screened service people.
- 6) Alarms and exterior signs indicating that you have alarms.
- 7) Visibility from the street.
- 8) Organize neighborhood Block Watch.
- 9) Know your neighbors.
- 10) Report suspicious activity.
- 11) Action plans for entering, exiting and break-in response.

## **Home - Outside**

- 1) No names on mailboxes.
- 2) Walls & hedges low enough so pedestrians can see attempted break-ins.
- 3) Keep lawn and shrubs trimmed and walks shoveled.
- 4) Do not allow plants to obscure windows and doors.
- 5) Thorny plants under windows discourage break-ins.
- 6) Adequate lighting \*see: [Home - Lighting](#).
- 7) Don't allow mail, newspapers, etc. to pile up.
- 8) Self-closing gates with latches.
- 9) Secure tool sheds and outside buildings.
- 10) Do not leave tools, bikes, valuables, etc. outside unattended.
- 11) Encourage neighbors to watch out for each other.
- 12) Start a Block or Neighborhood Watch program.

## **Home - Lighting**

- 1) Illuminate all sides of the house.
- 2) Adequate lighting for all windows, doors and other openings.
- 3) Automatic dusk-to-dawn lights by main entrance and garage or parking area.
- 4) Illuminate front yard.
- 5) Close curtains after dusk.
- 6) Turn lights on and off when moving from room to room.
- 7) Leave some lights on all night. Alternate rooms nightly.
- 8) Keep a flashlight and small fire extinguisher by your bed.
- 9) Use timers on lights when away more than one day.
- 10) Keep candles, matches, battery lamps and flashlights.
- 11) Notify city if street lights do not work.
- 12) Use lights if you get up at night.
- 13) Replace burned out bulbs immediately.

## Home - Doors and Windows

- 1) Thick, solid core wood or metal exterior doors.
- 2) Keep windows and exterior doors locked at all times.
- 3) Use dead bolt locks on exterior doors - Bolt should penetrate door frame at least one inch.
- 4) Multiple locks are more secure than single locks.
- 5) One lock in each corner of the door is the most secure.
- 6) Use locks that require keys inside and outside (double-cylinder) on glass doors and doors with windows. Keep key in handy place in case of fire or emergency.
- 7) Use door brace to increase safety.
- 8) Install wide-angle peep holes on solid exterior doors and also a lower one if you have children.
- 9) Special, large peepholes allow identification of visitors from several feet away.
- 10) Doors should fit snugly in frames.
- 11) Use key locks on windows and sliding glass doors.
- 12) Use broom handles to secure sliding doors.
- 13) Slide a wooden dowel pin between top of sliding door and frame to prevent it from being lifted out of the track.
- 14) Nails in window frames to allow only partial opening of windows for ventilation.
- 15) Leave some windows usable for evacuation.
- 16) Equip doors to exterior attached garages with dead bolt locks.
- 17) Equip garage door as securely as exterior doors.
- 18) Anchor window air conditioners with long screws.
- 19) Have locksmith or police inspect residence to recommend best locks, etc.

## Home - Inside

- 1) **NEVER** open doors to strangers.
- 2) In case of stranger reporting an accident, YOU call 911.
- 3) Report suspicious activity to police immediately.
- 4) Have repair/utility people slide ID under door and verify.
- 5) Call utility supervisor to verify if still in doubt.
- 6) Have friend present when service people are inside.
- 7) Use only bonded service people, carpenters, etc.
- 8) Do not leave jewelry, money or keys in sight when service people are inside.
- 9) Check references, reputation and background of housekeepers, babysitters, etc.. If any doubt, do not hire.
- 10) Keep inventory of all valuables, the number of all spare keys and who has them.
- 11) Store inventory record in safe deposit box.
- 12) When service on house is complete, check inventory.
- 13) Do not allow domestic help to have guests.
- 14) Store valuables in safe or safe deposit box.
- 15) If major construction impairs security, hire a guard for nights.
- 16) Make sure valuables cannot be easily seen from outside.
- 17) When long-term domestic employee leaves, check inventory and change locks.
- 18) If any keys are lost, change locks.
- 19) Change locks in new home or apartment.
- 20) Keep celular phone in bedroom.
- 21) Familiarize yourself with improvised weapons in home \*see: Weapons.
- 22) Have dead bolt locks, door brace and secure door in bedroom.
- 23) Have action plan in event of break-in while at home.
- 24) In event of break-in, escape immediately through other exit or retreat to "safe room", lock and barricade door and call police \*see: [Home - Safe Room](#).
- 25) Install burglar and fire alarms \*see: [Home - Alarms](#).



## Safe Room

- 1) Heavily fortified room in your residence.
- 2) Doors, no windows.
- 3) Metal doors & frames, multiple dead bolt locks, door braces.
- 4) Minimum 3 days bottled water & non-perishable food.
- 5) Blankets, first-aid kit, fire extinguisher, battery-powered lamps, flashlights.
- 6) Cellular phone preferred. Or regular phone on separate, protected line.
- 7) Defensive weapons \*see: Weapons.
- 8) If escape during break-in isn't possible, go to safe room, barricade doors, call police.
- 9) If a safe room is unavailable, use bedroom as safe room.
- 10) Rope ladder by window as escape option.
- 11) Locks on bedroom door, phone in the room.

## Exiting the Home

- 1) Check outside via peep hole or window to verify coast is clear.
- 2) Set alarm.
- 3) Unlock, exit and immediately re-lock door.
- 4) If you have pepper spray or other weapon, carry in hand, ready to use.
- 5) Through attached garage: Lock door to house, enter car, lock doors, start engine, trigger automatic door, exit garage, make sure door closes completely before leaving.
- 6) If stranger tries to get in car or house, drive on & call police from safe place.
- 7) If manual garage door: Open door, enter car, lock doors, start car, exit garage, verify coast is clear, unlock & exit car, close garage door, enter car, lock doors, leave.
- 8) Install automatic door opener.
- 9) If caught while between garage or house & car: \*see: [Psychology](#), [Fighting](#), [Techniques](#), [Attacks](#).
- 10) Report suspicious activity.
- 11) If car parked in street or lot: Check to see coast is clear, have keys ready, be alert & aware approaching car, check underneath car during approach from the rear, check inside before entering, enter car, IMMEDIATELY LOCK doors, leave, \*see: [Car](#), [Street](#).

## Entering the Home

- 1) If being followed while driving home, DO NOT return home - drive to police station, gas station, etc.  
\*see: Car Safety.
- 2) Verify coast is clear before turning off car or proceeding closer on foot.
- 3) Drive/run away if you see or suspect suspicious loiterer.
- 4) Have keys ready if on foot.
- 5) If you have pepper spray or other weapons, keep in hand, ready to use.
- 6) Trigger automatic garage door, make sure it closes completely and no intruder present before turning off car, unlocking doors and exiting.
- 7) If intruder enters garage, open door, drive away and report.
- 8) With manual door, open, drive in with car doors locked, check coast is clear, turn off, exit car, close door.
- 9) If caught by intruder \*see: Psychology, Fighting, Techniques, Attacks.
- 10) If you suspect a burglary, DO NOT ENTER residence. Call police from a safe place.
- 11) If you startle a burglar, escape immediately.
- 12) Immediately lock exterior door after you enter.
- 13) Set burglar alarm to Home setting.

## **Home - Alarms**

- 1) Install intrusion alarms in residence.
- 2) Install fire alarms in residence.
- 3) Use exterior signs that indicate you have alarms. Do not advertise brand or type.
- 4) Many choices of intrusion and fire alarms - type, quality, price.
- 5) Hire professional, bonded, reputable firm to consult, recommend and install systems.
- 6) Check background, reputation of company.
- 7) Understand differences, pros & cons, before purchasing.
- 8) Best systems include full perimeter, motion detectors, wireless, automatic dial/radio signal to monitoring service/police/fire, exterior video cameras with monitor screens inside.
- 9) Properly maintain system, test monthly.
- 10) Alarms deter burglars.
- 11) Use alarms when away AND while at home.

## **Home - Vacations**

- 1) Have trusted neighbor or friend pick up mail/deliveries.
- 2) If nobody available for this, have post office hold all mail & cancel all deliveries.
- 3) Properly secure home.
- 4) Put timers on lights in different rooms with different schedules for each timer.
- 5) Notify trusted neighbors, have them watch house.
- 6) Leave telephone numbers where you can be reached with trusted friend and/or neighbor.
- 7) Leave itinerary & instructions with trusted neighbor and/or friend regarding what to do in event of emergencies.
- 8) If absence will be more than 1 week, arrange for lawn care/snow removal.
- 9) Place valuables in safe or safe deposit box.
- 10) Hire properly screened house-sitter if no friend or neighbor is available.
- 11) Leave dogs at home, arrange for their proper care by friend, neighbor or house-sitter.
- 12) Notify police of your absence, identity of house-sitter and others who assist you.
- 13) Have police or other service patrol your house.
- 14) Check alarm system for proper functioning.
- 15) If leaving a car, have friend move it occasionally.
- 16) Arrange to have drapes opened & closed as though you were at home.
- 17) Avoid pre-trip publicity via newspapers, etc.
- 18) If pre-trip publicity unavoidable, consider on-premises security guard.
- 19) Don't pack car the night before - may be stolen before morning.
- 20) Leave air-conditioner/heater on automatic.
- 21) Upon return, retrieve all keys, check inventory of valuables, etc.

## Street

- 1) Be **ALERT & AWARE**.
- 2) Eyes up & scanning 50 foot area around you.
- 3) Wear comfortable shoes with good traction.
- 4) Use busy, well-lit streets.
- 5) Use buddy system whenever possible.
- 6) Walk briskly, chin up, heel-to-toe.
- 7) Make brief eye contact with people.
- 8) **LISTEN** for warning sounds.
- 9) Beware of people taking undue interest in you.
- 10) To detect followers: change directions, cross the street, slow down, speed up, go into stores and see if they follow.
- 11) If followed, RUN to safety immediately, YELL 911 or Fire, call police from a safer place such as a store, gas station, restaurant.
- 12) Avoid shortcuts through alleys or deserted areas.
- 13) Let someone know where you are going and when you will return.
- 14) Walk facing on-coming traffic, center of sidewalk.
- 15) Avoid passing close to parked cars, bushes, doorways, hiding places and curb.
- 16) Carry flashlight if walking at night.
- 17) Carry change for emergency phone calls.
- 18) If you use weapons, carry in hand, ready to use \*See: Weapons.
- 19) Keep several dollar bills in pocket, purse or wallet for mugger money.
- 20) If confronted by someone who wants your money, throw it to them away from your escape route, then **RUN** \*see: Psychology, Fighting, Techniques, Attacks.
- 21) Do not wear headphones - you cannot hear any warning sounds.
- 22) Keep ID & other address information in pocket, not in purse or wallet.
- 23) Carry only the cash, checks, credit card you absolutely need.
- 24) Avoid excessive and/or flashy jewelry.
- 25) Do not flaunt money or valuables.
- 26) Conceal large amounts of money in money belt or on your body.
- 27) Use "fanny pack" so hands are free.
- 28) Carry non-lethal weapons you know how to use and be prepared to use them \*see: Weapons.
- 29) Scan for improvised weapons in the area \*see: Improvised Weapons.
- 30) Note businesses and other safe places in the area.
- 31) Avoid walking alone after dark.
- 32) If you witness a crime, fight, or riot in progress, phone 911.
- 33) Don't spectate at these occurrences, they might be staged by robbers or assailants.
- 34) Avoid areas with heavy graffiti - indicates gang presence.
- 35) Turn rings around to hide gems.
- 36) Avoid wearing loose, gold chains & hoop earrings - easily snatched.
- 37) Keep purse/briefcase to the side away from street.
- 38) NEVER HITCHHIKE.
- 39) Avoid overloading yourself with packages, cameras , etc.



## **Car - General**

- 1) Maintain battery, tires, belts, fluids monthly. Check air in spare tire too.
- 2) Tune-ups & other maintenance per Manual.
- 3) Refill when tank reaches 1/4 full.
- 4) If driving friend home, wait until he/she is inside and flashes "OK" signal before leaving.
- 5) Keep change in car for emergency calls.
- 6) Keep emergency kit - flares, jump cables, tire inflator, flashlight, first-aid, water, fire extinguisher, blanket, etc.
- 7) Keep flashlight & small fire extinguisher in glove compartment or console.
- 8) Keep title/registration on you or in locked compartment. Contains address information.
- 9) Keep tool kit.
- 10) Learn basic car repair, e.g. changing tires, jump-starting, checking battery cables.
- 11) Keep cellular phone if possible. CB radio second but some criminals monitor CBs for distressed travelers.
- 12) Join AAA or similar auto club for emergency repair and other travel-related services.
- 13) Keep valuables, packages in trunk or hide from view with cover.
- 14) Keep purse on floor of passenger side under seat.
- 15) Protect car keys like house keys.
- 16) DO NOT leave keys in car or in ignition.
- 17) Install burglar alarm and/or electronic disabler device.
- 18) Tinted glass on windows.

If you are attacked in the car:

- 1) Position yourself to fight attacker with your feet and legs.
- 2) Strike for vital strike points.
- 3) \*See Psychology, Fighting, Techniques, Attacks.



## **Car - Parking**

- 1) Park in well-lit areas.
- 2) Park in attended lots.
- 3) If leaving key with attendant/valet, leave only ignition and door key/"valet key".
- 4) Park as near destination as possible.
- 5) Scan area before parking, watch for loiterers, hiding places, etc.
- 6) Do not park near hiding places, e.g. bushes, dumpsters, etc.
- 7) Lock door as soon as you exit.
- 8) Note where you park, row, column of lot, floor or section of garage. Write info on hand or paper.
- 9) Stop halfway to destination on foot and take mental picture of car, area and location, note everything.
- 10) Upon return, stop at same place, take another picture and compare. Look for suspicious differences.
- 11) When returning to car, note area around car, look for loiterers, cars with male occupants, & other suspicious activity.
- 12) Approach from rear, have door key in hand.
- 13) Scan beneath your & other cars.
- 14) Look inside your car, back seat & floor before entering.
- 15) If in doubt about safety, go back to store, house, building.
- 16) Look for signs of sabotage, e.g. large pools of fluids beneath car, flat tire, headlights on, smashed window.
- 17) If sabotaged, get to safety, ask for assistance or call service station.
- 18) Lock doors as soon as you enter car.
- 19) If turning on ignition causes radio to blare, air conditioner & wipers to go on, etc., BEWARE, it's a distraction and criminal set it up to pounce while you are distracted/confused.

## **Car - Driving and Carjacking**

- 1) Vary route to work. Avoid routines.
- 2) Keep front seat clear for quick exit from either door.
- 3) Keep windows up.
- 4) Keep doors locked.
- 5) Do not engage in hand gestures with rude drivers.
- 6) Drive courteously.
- 7) Beware of traps, e.g. hitch-hikers, stranded motorists, obstacles in road.
- 8) Never pick up hitch-hikers.
- 9) At rest stop bathrooms, if traveling with friend, check for OK, go back out within 10 seconds to let friend know it's OK. If you or she/he does not come out in 10 seconds, go help.
- 10) Call help from service station for stranded motorists.
- 11) Drive around obstacles or turn around and find alternate route if impassable.
- 12) If being followed, DO NOT go home. Drive to safety, e.g. gas station, hotel, store, police/fire station and continuously honk horn for attention.
- 13) Keep paper and pen in car to write descriptions of suspicious cars and report activity to police.
- 14) Drive defensively.
- 15) Be prepared to drive offensively if necessary, e.g. over curbs, quick exit off freeways etc.
- 16) Be aware of what's happening around your car.
- 17) Be prepared to take IMMEDIATE, COMMITTED & DECISIVE ACTION at first sign of danger.
- 18) If person in other car shoots at you, brake hard and turn in behind their car, then turn off road and evade until reaching safe place, then report.
- 19) Drive as close to center of road as possible.
- 20) When stopping at intersection, carefully try to be the first car in your lane.
- 21) Maintain at least 1 to 1½ car lengths between you and car in front.
- 22) Leave enough room to drive around and out of situation.
- 23) If someone approaches with a gun, drive out of the situation, through intersection, over curb, honk horn, etc. watch for other cars and pedestrians.
- 24) If no room to drive out, GET OUT OF THE CAR and RUN! Exit door opposite approach of gunman.
- 25) Run in zigzag, erratic manner, get to safety.
- 26) DO NOT BECOME A HOSTAGE.
- 27) In event of minor accident, e.g. "bumper tap", stop only in well-lit area, do not stop on deserted, dark street.
- 28) In event of minor accident, roll window down 1", write down their license plate number and car description, write your driver's license number and insurance information on paper and slip through window-if suspicious of foul play, immediately drive to safe, populous place and report to police or exchange information.

## **Car - Breakdown**

- 1) If car disabled, raise hood, tie white rag to antenna, ignite flares, stay in car, doors locked.
- 2) If car in dangerous position, leave car, carry weapon \*see: Weapons.
- 3) If you have a cellular phone, call 911 or if CB call for help on Channel 9.
- 4) Leave windows rolled up. If someone stops, roll window down 1"-2", ask them to call for help.
- 5) DO NOT accept ride from stranger!
- 6) On major roads, law enforcement patrol regularly. Wait!
- 7) If problem is flat tire, inflate with flat tire repair/inflater.
- 8) If no inflater and dangerous situation develops, drive on the flat to a station.
- 9) Have weapon ready for use \*see: Weapons.

## **Car - Kidnapped**

### If You are Driving:

- 1) Make sure your seat belt is buckled.
- 2) In parking lot, suddenly ram a parked car or solid, immovable object, get out and run to safety.
- 3) On street, suddenly ram a parked car, tree or solid immovable object and run to safety.
- 4) Attract attention of police & others: run red lights, speed, honk horn to attract attention.
- 5) If at intersection and stranger enters, rear-end car in front to attract attention, get out and run.
- 6) DO NOT drive out of town. The further away from people, the more isolated & dangerous.

### If You are the Passenger:

- 1) Grab the steering wheel and yank it so you crash into parked car or other solid immovable object.
- 2) Jump out when car is moving slowly and his attention is on the road.
- 3) Take advantage of distractions, e.g. cars entering road ahead.
- 4) Create a distraction e.g. throw cigarette or lighted matchbook into his lap, get out when he stops.

## **Car - Stopping for Police**

- 1) Legitimate patrol/police car should be fully marked, cage separating front & back seats, bar-lights on top, computer equipment protruding above dash and possibly a speed gun.
- 2) If in doubt, open window 1", ask to see ID. Should have picture and be signed by chief or head of highway patrol.
- 3) Officer should be in full uniform.
- 4) If officer refuses to cooperate, ask him/her to radio for marked car to come to scene for verification.
- 5) If officer refuses, say you don't believe him/her, that you will drive slowly to well-lit, populous place where you will cooperate.
- 6) Unless officer suspects drug or alcohol use, they will usually allow this. Check with local police/highway patrol for their policy.
- 7) Bottom line is if you don't feel safe, better to leave, get to safety, stay alive and explain actions to a judge later than to comply with a criminals demands and suffer far worse consequences.

## **Travel - General**

- 1) Familiarize yourself with strange cities, countries and cultures in advance. Travel guides, maps, language guides for travelers are available at bookstores/libraries/travel agencies.
- 2) Memorize key locations, write down addresses and phone numbers of places for help, e.g. embassies, police stations, hospitals, airports, train stations, etc.
- 3) Carry travelers checks, credit cards, not cash (except for mugger money).
- 4) Blend in with the locals' manner of dress.
- 5) Dress inconspicuously. Flashy dressers, obvious tourists, stand out as targets.
- 6) Criminals target tourists because they usually carry excess money/valuables and the likelihood of being reported, caught and taken to trial is small.
- 7) Check with the State Department about the political climate, e.g. is it hostile to Americans.
- 8) Learn some of the language and customs for basic communication and to avoid bad manners and taboos.
- 9) Make two photocopies of the first two pages of your passport - store one set in hotel safe deposit box and one set in luggage. Expedites replacing your passport if lost.
- 10) Place valuables, one extra credit card, emergency cash and emergency phone numbers in hotel safe deposit box.
- 11) Ask concierge which areas of city should be avoided, particularly after dark.
- 12) Look like you know where you are going and what you are doing. Do not look lost.
- 13) Do not wear clothing or items that obviously identify you as an American.
- 14) Do not wear or display items that identify your company. Marks for terrorists/kidnappers.
- 15) Establish written contingency plan with family in case you are taken hostage, injured or killed while traveling.
- 16) Do not display material wealth.
- 17) Find out and avoid behaviors are offensive to the nationals of the countries you visit.
- 18) Avoid overindulging in alcohol or anything that impairs your judgment.
- 19) Learn the uniforms of the police in the cities you will visit.
- 20) Be wary of over-attention and offers of friendship from strangers, "guides", etc.
- 21) Develop relationships with people/families you come in contact with during the course of out-of-town business. They can be very helpful in emergency situations.

## Travel - Airports

- 1) Never leave bags, purses, etc. unattended-can be stolen or bombs, drugs, etc. can be inserted. Use bag lockers if necessary.
- 2) Guard passport and tickets carefully.
- 3) Do not overstuff luggage-can pop open easily.
- 4) Do not use fancy, expensive luggage-criminals often watch luggage carousel at destination to pick rich targets.
- 5) Beware of staged distractions by thieves and pickpockets, e.g. arguments, fights, jostling, questioning you for no apparent reason, etc.
- 6) After checking bags, pass through security immediately-safer from bombs or random shootings.
- 7) Wear inconspicuous, cotton or natural fiber clothes-in event of fire they don't melt onto skin.
- 8) Request window seats in coach-hijackers often take hostages from first class or aisle seats.
- 9) Request seat by exit door-learn how to operate exit.
- 10) In event of hijacking, DO NOT MAKE EYE CONTACT with terrorists. Get calm, follow directions, don't argue, don't attempt heroics, don't tell stranger your plans-often accomplices disguised as passengers.
- 11) In event of rescue attempt by special forces, do not move unless instructed to do so comply with ALL directions of rescue squad.
- 12) At baggage claim area, be aware of anyone paying undue attention to you.
- 13) Make sure nobody takes your bags.
- 14) Use only authorized skycaps and baggage handlers.

## **Travel - Rental Cars**

- 1) At car rental counter, be aware of people paying undue attention to you-criminal surveillance.
- 2) Watch luggage.
- 3) Obtain map of area with detailed directions to hotel or other destination.
- 4) Approach car as you would in any parking lot-scanning for danger \*See: [Car-Parking](#).
- 5) Put luggage and valuables in trunk.
- 6) Immediately lock doors upon entering-keep windows up.
- 7) Be aware of being followed and take necessary action if you are \*See: [Car-Driving](#).
- 8) In event of minor accident, e.g. "bumper tap", stop only in well-lit area, do not stop on deserted, dark street.
- 9) In event of minor accident, roll window down 1", write down their license plate number and car description, write your driver's license number and insurance information on paper and slip through window. if suspicious of foul play, immediately drive to safe place and report to police or exchange information in safe place.
- 10) See all other Car sections for driving tips and additional security measures.



## **Travel - Public Transportation**

- 1) Includes buses, trains, subways, taxis, ferries, etc.
- 2) Limit amount of cash, credit cards, jewelry you carry.
- 3) In buses sit as near the driver as possible.
- 4) Don't overload with luggage, packages, etc.
- 5) Travel in groups when possible.
- 6) In crowd, if you feel hands on your wallet, purse or you, create a scene, loudly say "Whoever has their hands on me better take them off now!".
- 7) Lock door of sleeping compartment.
- 8) Write down name, number of cab driver.
- 9) Sit where most people are sitting.
- 10) Act on your instincts.
- 11) If confrontation occurs \*See: Psychology, Fighting, Techniques, Attacks.

## **Travel - Hotels**

- 1) Take room on 3rd floor or higher.
- 2) Take room at front of hotel or that overlooks swimming pool or activities area.
- 3) Use bellhop to take bags to room.
- 4) Have bellhop inspect room first while you wait in hall.
- 5) Take room away from stairway and elevators.
- 6) If no bellhop, have someone else accompany you to room.
- 7) If this isn't possible, tell desk to investigate immediately if you don't call them within 5 minutes.
- 8) Pay attention to suspicious people in elevators and hallways, act accordingly.
- 9) Use dead bolt and chain locks upon entering room.
- 10) Use portable travel locks.
- 11) Rubber wedge under door helps prevent opening.
- 12) Chair or special travel door brace wedged under door handle also helpful.
- 13) Keep windows and balcony doors locked.
- 14) Portable motion alarms also good deterrent and will wake you up in event of intrusion.
- 15) Leave key at front desk when leaving hotel.
- 16) Leave valuables, one credit card and emergency cash in safe deposit box or room safe if available.

## **Workplace - General**

- 1) Workplaces require same security concerns as all other areas.
- 2) Many strangers, dishonest, desperate people come and go daily.
- 3) Workplace violence has increased dramatically in the last few years.

## **Workplace - Elevators**

- 1) Stand 6 to 9 feet away from elevator door while waiting.
- 2) Avoid entering elevator with lone male stranger.
- 3) If on elevator and lone male stranger enters, especially after hours, leave immediately.
- 4) If trapped in elevator with assailant, press as many floor buttons as possible, Do not press stop button.
- 5) Prepare to fight and escape as soon as door opens. \*See: Psychology, Fighting, Techniques, Attacks.
- 6) Stairs are preferable to elevators.

## **Workplace - Parking**

- 1) Park as near to building entrance as possible.
- 2) In garage, park as near stairs and elevator as possible.
- 3) If you work late, park under light. if necessary, move car closer when others leave earlier.
- 4) Ask for escort to car when leaving work, particularly after dark.
- 5) People are most preoccupied when walking to or from their cars.
- 6) Remember where you parked so you don't lose your car.
- 7) Look around, under and inside car for danger as you approach.
- 8) If you have defensive weapons, carry in your hand, ready to use.
- 9) Park away from hiding places. \*See: [Car-Parking](#), for additional information.

## **Workplace - Daytime**

- 1) Do not leave valuables unattended.
- 2) Stay alert and aware, ready to take action as necessary.
- 3) Do not "broadcast" private information in conversations that others can overhear, e.g. vacation plans, where you live, when roommate will be gone, etc.
- 4) Avoid isolated areas of buildings.
- 5) Report suspicious activity.

## **Workplace - Afterhours**

- 1) Lock office door.
- 2) Leave with others or security guard escort.
- 3) Lock all exterior doors.
- 4) If alone, thoroughly check outside through window before exiting building.
- 5) If necessary, call police for escort.
- 6) Have police increase patrols of area for after hours employees.
- 7) Panic buttons with alarm systems.
- 8) Report suspicious activity immediately.

## **Workplace - Visitors**

- 1) All visitors should be logged in and out.
- 2) All visitors should be escorted from reception area to person they are seeing.
- 3) Receptionist should have a panic button to summon help.
- 4) Watch for telltale signs of potential violence, e.g. anger, agitated, nervous, drunkenness, drugged, weapons, etc.
- 5) Visitors should not be allowed to wander around.
- 6) Report suspicious activity immediately to security and/or police.
- 7) All of the above apply to service/delivery/repair people also.



## **Workplace - Coworkers**

- 1) Watch for signs of potential violence/theft from co-workers.
- 2) Warning signs: anxiety, depression, mood swings, anger, nervousness, hostility, arguments, talk of violence, financial problems, etc.
- 3) Report signs to proper personnel, e.g. human resources, employee assistance personnel, security.
- 4) Encourage company to implement wellness program, stress management classes, etc. and also employee assistance program and personnel who are trained to intervene and handle problems before they occur.

## **Workplace - Security**

- 1) Become familiar with all security personnel.
- 2) Become familiar with security department procedures and policies.
- 3) Communicate regularly with them to establish good rapport.
- 4) Never be embarrassed to ask security for an escort, help or guidance.
- 5) Don't place total responsibility for your security with them. In many cases, you may be better equipped to handle a threat.
- 6) If a security person makes you feel uneasy, listen to your instincts. If necessary, report to proper person.
- 7) Know how to summon security quickly.

## **Workplace - Escape Routes**

- 1) In event of emergency, e.g. shooting, fire, explosion, etc. have a pre-planned, rehearsed escape route.
- 2) Company should create "Safe Rooms" with solid doors, multiple locks, cellular phone, panic buttons, fire extinguishers, water, non-perishable food, battery powered lamps/flashlights, etc.
- 3) In event someone enters building and starts shooting, escape building at earliest opportunity.
- 4) If person shooting is in the path of your escape route and hasn't seen you yet, hide under desk or get to safe room.
- 5) All people should be familiar with escape routes and safe rooms.

## **Workplace - Leaving**

- 1) Do not leave valuables behind.
- 2) Do not overload.
- 3) Check outside through window to identify any danger.
- 4) Walk in business-like manner, head up, eyes scanning.
- 5) Do not preoccupy yourself during this time.
- 6) Leave with others, get escort if necessary.
- 7) Be prepared to defend yourself, do not rely totally on others.
- 8) Have any defensive weapons in your hand.

## **Workplace - Telephone**

- 1) Do not give out private information on telephone to strangers.
- 2) Report any suspicious phone calls.
- 3) Record details of suspicious calls, e.g. male/female, tone, pitch, pace, language, accents, etc.
- 4) Hang up on prank or harassing calls.
- 5) In some states you can dial a code after caller hangs up and phone company keeps record of caller's number. After three such calls, they will investigate at your request.
- 6) In private conversations, beware of other people who could overhear private information.

## **Workplace - Sexual Harassment**

- 1) Employers are required to provide a work environment free from offensive language, literature, pictures, humor, and actions.
- 2) If an employee reports that she/he is being harassed or made to feel uncomfortable by someone's language, gestures, actions, etc., the employer is supposed to take appropriate action to remedy the situation.
- 3) At first occurrence of any offensive situation, firmly tell offending party that they have done something you find offensive and to never do it again.
- 4) Keep a written record of any offensive/harassing situations.
- 5) If it happens again, record and report to proper person.
- 6) Do not let situations escalate. Confront immediately and clearly communicate your feelings and demands.
- 7) Talk to other women about what happened. Many may have had same experience and will come forward to report also. Strength in numbers.
- 8) If no satisfaction from company, you can contact EEOC and file complaint.
- 9) Most companies don't want to risk high-cost of settlements, lawsuits, adverse press, reduced productivity, etc. and will help you.

## Shopping

- 1) Carry only as much cash as you can afford to lose.
- 2) In order of preference: store charge account, personal check, credit card, travelers checks, cash.
- 3) Report lost/stolen credit cards, travelers checks, personal checks immediately.
- 4) Shop during daylight when possible.
- 5) Do not overload yourself with packages - Make several trips to car with small loads.
- 6) Consider having large packages delivered to your home.
- 7) Consider shopping from catalogues.
- 8) If carrying a purse, keep drivers license in pocket.
- 9) Take only one credit card.
- 10) Carry only what you need.
- 11) Do not wear flashy or expensive jewelry.
- 12) Dress conservatively. The more affluent you look, the more likely you will be targeted.
- 13) Shop with friends.
- 14) Place purchases in the trunk or at least covered with a blanket on the floor of the car.
- 15) Purchase most expensive items last so they are with you or in your car the shortest time.
- 16) Best to never store purchases in car.
- 17) Parking while shopping, \*See: [Car-Parking](#).
- 18) Write down where you parked, lock doors, have key ready to unlock the door.
- 19) Criminals know that shoppers often are distracted and preoccupied with finding what they want.
- 20) Pay attention to what's going on around you.
- 21) Keep purse strap around your shoulder, do not place purse on shopping cart.
- 22) Use a "fanny" pack instead of a purse when possible.
- 23) Look out for "staged" distractions that set you up for a pickpocket/purse snatcher, e.g. fights, arguments, accidents, etc.
- 24) If someone brushes against you, check purse for your wallet and note who bumped you. If wallet is gone, that person probably took it. Watch for pass off to accomplice, yell out that he/she took your wallet.
- 25) Note someone paying undue attention to you.
- 26) If you think you are being followed, take action to confirm it. For example, Speed up, slow down, stop, go into stores and see if person matches your moves.
- 27) If you are being followed, go to security guard and point out the suspect.
- 28) If you can't find a security guard, have store clerk call security and stay in the store until security arrives.
- 29) If you were being followed, be sure to have security escort you to your car.
- 30) Protect against credit card fraud by tearing carbons across number and signature and throw away in trash cans outside of store.
- 31) Make sure store clerk does not imprint more than one sales slip with your credit card.
- 32) If you are pursued while carrying packages, drop the packages so you can run faster.

## Dating

- 1) **Don't Automatically Trust Everyone.**
- 2) Establish clear communication with people you date, e.g. your expectations, what you will/won't allow, when you are uncomfortable, that NO means NO, etc.
- 3) Do group activities with person initially.
- 4) First dates, during the day in public places.
- 5) Always communicate when you feel uncomfortable.
- 6) Carry enough money for your own transportation, meals, tickets, etc.
- 7) Look out for warning signs in person, e.g. moody, easily upset, fits of anger, sexist jokes and behavior, overly controlling, inconsiderate, put downs in front of friends, pressures you for sex, abuses alcohol and/or drugs, etc.
- 8) In early stages of relationship, avoid isolated, distant places.
- 9) Don't give out address too early.
- 10) Arrange to meet in public place on first dates, arrange your own transportation.
- 11) Let someone know where you are going and when you expect to get back.
- 12) Leave at first sign of danger. Lie if necessary, say you have to go to the bathroom, then take off.
- 13) Be prepared to fight with just as much determination as you would against a stranger.
- 14) Don't use drugs or alcohol.
- 15) If you do drink alcohol, know your limits.
- 16) When drinking alcohol, judgment is the first thing you lose.
- 17) Before you date, decide and be very clear with yourself how "far" you are willing to go.
- 18) If you are at a party, never accept a ride from someone you just met. Call a cab.
- 19) If date starts to get out of hand, follow the **FOUR T's**:
  - TALK**: explain firmly you want him to stop and that he respect your wishes. If it doesn't work, then
  - TELL** him: "NO! I told you to stop and I mean it. Now leave!" If that doesn't work, then
  - TASTE**. Use a "nice" technique to snap him out of it, e.g. a palm heel to his chest or shoulders with both hands. This gives him a taste. If it doesn't work, then
  - TAKE HIM OUT** by fighting as hard and determined as you would against a stranger. He has crossed the line by assaulting you and is now a stranger. **You are worth fighting for !**



## Telephone

- 1) Never give out personal information on the telephone.
- 2) Criminals often call posing as pollsters, bankers, credit card issuers, police, etc.
- 3) Criminal callers ask questions to find out if you live alone, your income, if you have an alarm system, when and where you work, how often you travel, etc.
- 4) Supplying criminals with this information helps them know how vulnerable you are to burglary, assault, etc.
- 5) If caller wants any personal information, say, "I don't give out that information, good-bye." Don't feel guilty about not giving out information on the phone. It's your right !
- 6) Use answering machines to screen calls.
- 7) Criminals who call and hear an answering machine do not know if you are home or not.
- 8) The answering machine message should be, "You have reached 555-1234, please leave a message".
- 9) Consider an unlisted home number and use a remote voice mail phone number supplied by an outside company.
- 10) With a remote voice mail phone number, you can give this to people you don't want to call you at home.
- 11) If you lose a pet, jewelry, wallet, etc. and someone calls to say they found it and want to meet you somewhere be suspicious. This is often a ruse to get you to an isolated area where they will rob, assault or kill you. If this happens, call police and have them accompany you to the meeting place.
- 12) Some phone companies have a service that can automatically trace incoming calls. After caller hangs up, you can punch in a code and the computer records the date, time and callers number. Use it on suspicious calls.
- 13) You can purchase caller ID phones that automatically show you the caller's telephone number while you are on the line. Get one if possible.
- 14) Instruct children on telephone security. If you are not home, have them use the answering machine to screen calls.
- 15) If you do not have an answering machine or voice mail and your children are home alone, have them answer and say "My mother/father can't come to the phone right now. Tell me your name and number and I'll have her/him call you back".
- 16) Cellular phones are great for security use. When walking, traveling by car, in the safe room, etc.
- 17) If you list your phone in the phone book, use an initial for your first name.

## **Automatic Teller Machines**

- 1) Avoid using ATM's after dark.
- 2) Scan area around machine for danger signals before leaving car.
- 3) If suspicious, leave.
- 4) Lock car and take only ATM card to machine.
- 5) Quickly enter transaction and turn back to machine to scan area around you.
- 6) Take cash or receipt and leave.
- 7) Count your cash after safely in your car.
- 8) From time you leave car, keep car key ready to unlock door.
- 9) If you sense danger, immediately cancel transaction, take card and leave.
- 10) If canceling transaction will take too long, leave card and get into car immediately, then report card lost.
- 11) Some ATMs now have telephones or other mechanisms for dialing 911, do so if you have time and are in danger.
- 12) If you carry defensive weapon(s), have it in your hand, ready to use.
- 13) Use drive-up ATM's rather than walk-ups especially after dark.
- 14) Drive-up ATMs allow you quick escape even though you may have to leave your card.
- 15) Use ATMs that are inside stores, hotels, etc.
- 16) Do not use code number that is related to your birthday, social security number, phone number, etc.
- 17) Never give out your code number.
- 18) Refuse help by stranger at machine, leave if you can't get it to work.
- 19) Like ATM's, banks are a magnet for thieves.
- 20) Shield your transaction with tellers using your body.
- 21) If you need a large amount of money to take to stock broker, car dealer, etc. get a cashier's check or use wire transfer.
- 22) If you are being followed, inform security, teller or bank employee. Do not leave bank alone in this situation.
- 23) Maintain security of your account numbers, code numbers, etc.
- 24) At banks, scan area on the way in, note loiterers, danger. Report suspicious signs to the manager.
- 25) Some muggers watch to see if you make a deposit or withdrawal. Be aware of anyone paying close attention to you.

## **Exercise**

- 1) Safest place to exercise is inside.
- 2) When jogging, walking, bicycling or any other similar activity, DO NOT wear headphones. You will not hear approaching attackers.
- 3) Exercise with friend(s) outside.
- 4) Exercise outside during daylight whenever possible.
- 5) Vary your route and time of exercise. Do not be predictable.
- 6) Avoid isolated areas when jogging.
- 7) Be alert and aware.
- 8) Act on instincts.
- 9) If danger is present, get to safety, alert others.
- 10) At health clubs, follow the same parking and general security rules already discussed.
- 11) The better physical shape you are in, the better for physical self defense techniques.
- 12) Improving your physical condition tends to improve self-esteem.
- 13) Improved self-esteem enhances your desire and willingness to protect yourself and fight back when necessary.

## Kids

- 1) Instruct your kids on the dos and don'ts of safety, security and self defense.
- 2) Tell them that most people are good but some people are not.
- 3) Teach them ways to recognize a bad person.
- 4) Tell them that no matter what anybody tells them, they can, and should, ALWAYS come tell you when something happened that made them feel uncomfortable. And do not get mad at them if they do even though you will be mad at the perpetrator, it will confuse the child.
- 5) They should immediately run away from someone whose words and actions make them feel strange or afraid and then tell their parents or a teacher.
- 6) If someone is trying to take them somewhere against their will, they should yell as loudly as they can, "THIS IS NOT MY MOMMY/DADDY!", and run or struggle as much as they can while still yelling.
- 7) Make up a code word for your children to use when someone else picks them up. Teach your children to run away to safety if the person picking them up cannot tell them the codeword.
- 8) Change the code word after it has been told to anyone outside your family.
- 9) If in danger, they should run to a safe place where there are lots of other people who can help them.
- 10) Tell them to throw down whatever they are carrying if they need to run faster, that they will not get in trouble if they do.
- 11) All children should memorize their parents' first and last names, their address and their telephone numbers including work numbers.
- 12) Children should never take rides from strangers.
- 13) Children should never go with someone who offers them money or anything else to get in their car.
- 14) They should never go with someone who wants them to help look for a lost pet.
- 15) They should never go with someone who says, "We caught your friend stealing and we'll arrest you if you don't come with us".
- 16) They should never go with someone who says, "Your mother has been hurt and we're here to take you to the hospital".
- 17) Teach them the difference between good and bad touches. Any time someone touches them where their bathing suits are worn, they should run, yell and always tell their parents.
- 18) They should be told that it's not their fault if someone does this. That you love them and they did the right thing by telling you.
- 19) If your child is molested, get him/her child counseling.
- 20) Tell your children to report to you anybody who does a bad touch even if that person tells them, "You'll get in trouble if you do", "Let's keep this our secret", or "I'll hurt your puppy, brother, sister, family if you tell".
- 21) Children should use the buddy system when walking somewhere.
- 22) Children should call when they arrive at thier destination or when they go somewhere other than planned.

## Legal Use of Force

**Physical Force** is all physical action directed at another person, including confinement, but that is not intended to be lethal.

**Deadly (Lethal) Force** is all physical action or force directed at another person that is intended to cause death or serious physical injury.

In all states, **citizens may use deadly force if they reasonably believe their life is in immediate and imminent danger.**

For instance, if a man breaks into your home or apartment and points a gun at you, you have reason to assume that you are in immediate and imminent danger of losing your life. If someone throws you to the ground, tears off your clothes, attempts to rape you and threatens your life, you have reason to believe you are in immediate and imminent danger of losing your life. In both situations, you would be justified in using deadly force.

If, however, you saw either of these assailants the next day in a peaceful encounter, you would not be justified in using deadly force. In some states, if the attacker is provoked, the use of deadly force is not justified.

If you believe you are in immediate and imminent danger of non-lethal bodily harm, you may use reasonable physical force to protect yourself.

If you witness an assailant attacking a third party, you may be justified in using deadly force against the attacker if the third party is in immediate and imminent danger of losing her or his life. However, if the attacker was provoked, you would not be justified in using deadly force.

In **most** states, you are **not** justified in using deadly force to protect your dwelling or your property. In some states, however, you are allowed to use some form of force to protect property.

Even if life is not threatened, deadly force **may** be justified to protect your dwelling in all states except: Kentucky, Maryland, Massachusetts, Missouri, Ohio, South Carolina, Virginia, Washington, Wisconsin and Wyoming. The information in this paragraph is based on data from Ronald Cruit, ed., Intruder In Your Home (New York: Stein and Day, 1983). The data provides a summary of State statutes and should not be used as legal advice.

The justified use of **Physical Force** and **Deadly Force** must consider the specific situation and the specific State statute. All people considering when and what force they are justified in using should consult a lawyer in their community.

For most people, if someone attacks them physically, grabs them on a darkened street and throws them to the ground and continues to attack, they will be "scared to death". And when they later, honestly say, "I thought he was going to kill me!", they will pass the question of "Were you reasonably in fear of losing your life?". Thus they would, in our opinion, be justified in using deadly force to protect themselves.

**The bottom line**, if someone is attacking you, if you do nothing, you will surely be injured. The injury may be physical or psychological or both. Even an attacker who did not intend to kill you, or who only meant to hurt you "a little", may accidentally kill you or maim you for life. We believe for ourselves, that it is better to do whatever it takes to protect ourselves and escape, including using lethal force, and survive. As the saying goes, better to be judged by Twelve than to be buried by Six.

## Evidence

- 1) After a sexual assault, do not clean yourself or you will destroy valuable evidence including hair, blood, skin, material fibers, semen, sweat, etc.
- 2) Do not throw away clothing.
- 3) Do not disturb or rearrange the crime scene. Do not touch any surface you can avoid touching.
- 4) Do not change clothes. Get a change of clothes and go to a hospital where you will be examined. They will collect evidence and then let you shower, douche and clean yourself.
- 5) If you must remove any clothing, place it in a paper bag and take it to the hospital.
- 6) During any crime, pay attention to major details.
- 7) Hair-what color, coarse or thin, long or short, thick or receding, curly or straight?
- 8) Skin-what color, smooth or rough, freckles, pimply, tanned or pale, any scars?
- 9) Birthmarks and tattoos-where, of what and what they look like?
- 10) Eyes-what color, cross-eyed, oval, slanted, heavy-lidded?
- 11) Teeth-crooked, gaps, braces, caps, gold, silver?
- 12) Breath-alcohol, cigarette, onion, garlic?
- 13) Height-how tall relative to you or to something he/she stood by?
- 14) Weight-estimate?
- 15) Build-muscular, skinny, stooped, small-boned, pot belly?
- 16) Deformities, limps, amputations?
- 17) Voice-deep, high, lisps, rapid, slow, educated, accent?
- 18) Nationality-American, German, Spanish, Chinese, Jamaican, etc.?
- 19) Clothing-colors, type, belt buckles, expensive, cheap, new, old, etc.?
- 20) Jewelry-rings, watches, earrings, color, type metal, type stones, initials, etc.
- 21) Note anything that criminal touches so police can take fingerprints.
- 22) Note where criminal stepped for footprints.

## **Psychology - Introduction**

The psychology of self defense is more important than the physical techniques of self defense. The reason for this is that our thoughts and actions flow from, and are directly related to, our attitudes and psychological states. Our ability to perform is based upon how well we can manage our attitudes and psychological states and how well we can control our emotions. This section will lead you through the most important attitudes, states of mind and psychological skills to develop. It will also teach you a cycle to follow in order to successfully handle a confrontation. You will also learn how to handle fear and panic, which are the two greatest challenges anyone has when facing a criminal, whether he/she wants your money, your body or your life. And lastly, you will learn how past social conditioning has negatively affected you up to now, how it can continue to negatively affect you in the future and how you can fight back against this negative conditioning from today forward.

## Psychology - Attitude

- 1) Your attitude about yourself determines what you do for yourself.
- 2) Your attitude must be:
  - "I'M WORTH FIGHTING FOR !"**
  - "IT'S MY RIGHT TO FIGHT BACK !"**
  - "I CAN FIGHT BACK !"**
  - "I WILL FIGHT BACK !"**
  - "WHATEVER IT TAKES !"**
  - "NO MATTER WHAT !"**
  - "THERE IS ALWAYS A WAY !"**
  - "I WILL WIN !"**
  - "I AM WORTH FIGHTING FOR !!!"**
- 3) The first step in truly learning how to protect and defend yourself is to develop the attitude that is contained in these statements.
- 4) Read through these statements 3 times, right now!
- 5) Say these statements out loud, 3 times, right now!
- 6) Read them and say them 3 times each morning for the next 3 days.
- 7) This is more important than you realize.
- 8) Once you firmly implant these beliefs in your conscious and sub-conscious mind, your actions will automatically start to be in harmony with these beliefs.
- 9) The more you value something, the more actions you will take to defend it.
- 10) The same is true with you, your life, your well-being, your happiness and your peace of mind.
- 11) By creating the unshakable belief that **YOU ARE WORTH FIGHTING FOR**, you are increasing your sense of self-worth, your self-esteem.
- 12) The more you increase your self-worth, your self-esteem, the more actions you will take to protect yourself.
- 13) The actions you will take to protect you, your life, your well-being, your happiness and your peace of mind will include everything from prevention measures to greater vision and awareness to evasive actions to verbal and physical techniques should you ever be confronted.
- 14) The proper attitude is also that any material possessions you own are OK to sacrifice.
- 15) The proper attitude is also that you are worth more than your material possessions.
- 16) **YOU ARE WORTH FIGHTING FOR!**
- 17) No matter what has happened in the past, **YOU ARE WORTH FIGHTING FOR!**
- 18) No matter what you have done in the past, **YOU ARE WORTH FIGHTING FOR!**
- 19) No matter what mistakes you have made in the past, **YOU ARE WORTH FIGHTING FOR!**
- 20) No matter what wrong things people have told you in the past, **YOU ARE WORTH FIGHTING FOR!**
- 21) Use the past as a school, as a teacher. Learn from it. Do not use the past to beat yourself up. Use the past to improve the future. You can't change the past but you can use it to create a better you and a beautiful, fulfilling future.
- 22) **YOU ARE WORTH FIGHTING FOR!**
- 23) Your attitude must be:
  - "I'M WORTH FIGHTING FOR !"**
  - "IT'S MY RIGHT TO FIGHT BACK !"**
  - "I CAN FIGHT BACK !"**



**"I WILL FIGHT BACK !"**

**"WHATEVER IT TAKES !"**

**"NO MATTER WHAT !"**

**"THERE IS ALWAYS A WAY !"**

**"I WILL WIN !"**

**"I AM WORTH FIGHTING FOR !!!"**

- 24) Of course, your attitude must also include the healthy respect, not paranoia, that crime could happen to you anywhere, anytime.
- 25) The proper attitude is that I could be assaulted but I will stop it, no matter what, with whatever it takes, because I'm worth fighting for, it's my right, I can, I will and I will win!

## Psychology - Mindset

- 1) Mind-Set is the set of beliefs that guide your actions.
- 2) Mind-Set is very similar to attitudes.
- 3) Mind-Set flows from your attitudes.
- 4) Strive to develop the following Mind-Set.

### OFFENSIVE

### ASSERTIVE/AGGRESSIVE

### PROACTIVE

### CREATIVE

### NO-LIMIT THINKING

### POSITIVE

- 5) **OFFENSIVE** means: **Defense Only Never Wins**. You have to score to win in life, take actions that help you accomplish your goals. Mentally take the offensive. In self defense, instead of thinking what he will do to you, concentrate on **WHAT YOU WILL DO TO HIM**. If you are ever attacked, you must take the offensive and attack back. Even blocks must be thought of as attacks. A block is an attack against the incoming strike. When you block correctly, you cause pain on the attacker's arm.
- 6) **ASSERTIVE/AGGRESSIVE** means: standing up for your rights and seizing opportunities. In life, if you don't stand up for your rights they will be trampled on or taken from you. If you don't seize opportunities, others will seize them and leave you standing behind regretful and bitter. In self defense, fighting back is standing up for your most basic of rights, the right to life, liberty and the pursuit of happiness. Being aggressive takes assertiveness to an extreme level. You must become aggressive to fight effectively.
- 7) **PROACTIVE** means: be the cause, not the effect. Most people are in a reactive mode most of the time, responding to things that are happening to them instead of creating things for themselves. In life, to truly win, we must create. Anticipate and take action before things happen. In self defense, anticipate, plan and act before things happen. It is true that you may be taken by surprise and you are "reacting" to someone else's actions. However, your thoughts and actions must be geared towards creating the situation you want which is to put the attacker on the defensive and to incapacitate him so you can escape. In this sense, you are being proactive.
- 8) **CREATIVE** means: there is always more than one way to solve a problem. Thinking creatively means you think beyond the obvious or the logical. You go beyond linear thinking and becoming inventive. In self defense, for instance, If you have a cup of steaming hot coffee on the table next to you and someone makes a threatening move, thinking creatively you realize that the cup of coffee is not just something to drink and drink from. You realize it is a weapon, that you can throw the steaming coffee into his face, hit him with the cup, throw the cup at him, break the cup and cut him with a broken piece, etc.
- 9) **NO-LIMIT THINKING** means: no excuses. Most people make excuses for not doing things in life. They don't ask for the raise because the economy is bad, because it might make them look like a trouble-maker, etc.. In essence, limited thinkers find all the reasons why something won't work instead of seeking to find the reasons and the ways that something will work. In self defense, people often don't do anything because they think they are too weak or the attacker will get mad or it won't be enough, etc.. Often when we teach a technique, a person will say, "Well that's great but what if...". In essence they totally downplay the 99 positives and search for the 1 negative. This is self-defeating and sets them up for defeat. You can if you believe you can! And the opposite is also true.

- 10) **POSITIVE** means: believing in the good that will come from your actions. It is very similar to no-limit thinking. Instead of focusing on possible negative outcomes, focus on positive outcomes. The more positively you think and believe, the more likely the positive will come true. Positive attitudes produce positive thoughts that produce positive actions that produce positive results. Affirmations like I can, I will, I'm worth fighting for, I will win, etc., are all positive thinking and set you up for success!
- 11) To develop this kind of mind-set, practice all of these manners of thinking and acting in the small challenges you face every day. Be the first to open the door for everybody. Be the first to say hello, be the first to introduce yourself at social functions. Try to think of more than one way to do any task and do it. Ask for the raise. Ask for the job, etc.
- 12) Become more self-aware. Be aware of how you act or react in situations. When your inner voice starts to make excuses, say to yourself out loud, "Stop!", and correct the thinking. Becoming aware of a behavior is the first step in changing it.
- 13) When you hear yourself saying things like, "Can't, if only, could have, would have, should have", interrupt yourself by saying "Stop!" and change your language to "Will, when I, can, shall, etc".
- 14) Share what you learn with other people you care about. When you teach, you learn more and the knowledge becomes more permanently imprinted onto your mental circuits.

## Psychology - Three Centers

- 1) In an assault situation, there is a cycle, or process, that you must go through in order to most successfully defend yourself. We call it the 3 Centers.
- 2) The 3 Centers are, in order  
The **Emotional** which leads to...  
The **Mental** which leads to...  
The **Physical**
- 3) If you are ever attacked, you will experience the usually paralyzing emotion of fear. You must effectively handle and control this fear in order to think and take action. This is what you do in the emotional center.
- 4) In addition to fear, you will experience the mental condition of panic. Panic creates confusion. You must **Get Calm** in order to think clearly so you can assess the situation and plan what to do. This is what you do in the mental center.
- 5) Finally, you must take action, this is the physical center.
- 6) Most people think of the physical first when they think of self defense.
- 7) In order to act you must first think. In order to think you must first get calm. In order to get calm you must handle the fear.
- 8) First - **Handle the Fear**  
Second - **Get Calm, Think and Plan**  
Third - **Take Action**

## Psychology - Fear

- 1) **FEAR** is one of the most disabling emotions that people experience.
- 2) **FEAR** is what prevents people from taking actions in all areas of life that could create major benefits.
- 3) **FEAR** is the killer of success.
- 4) **FEAR** is the anticipation of a painful future outcome that has not happened yet. But if it hasn't happened yet, it is not real. If it hasn't happened yet you can create a different outcome. Dr. Maxwell Maltz, in his book Psychocybernetics, wrote that FEAR is **False Evidence that Appears Real**. When a Rapist says he'll kill the woman if she doesn't do what he says, she often believes him and does exactly what he says. The evidence to her, what he says, even though it hasn't happened yet, becomes real, or true, to her. And it causes her to follow the path of least resistance, which is to do exactly what he says. Yet since it has not happened yet, it is false. She has the power to create a different outcome.
- 5) **FEAR CAN BE GOOD**, especially when used as a catalyst to positive action.
- 6) **FEAR** causes the body to make all of its resources ready for *maximum performance*.
- 7) When frightened, over 1400 physiochemical reactions occur in the body including, the release of adrenaline, increased respiration, release of blood clotting agents, release of pain-killing endorphins, increased speed of synaptic functions, etc.. It is these reactions that enable grandmothers to literally lift a car off of a loved one it has fallen on while that person was changing a tire.
- 8) The body is supercharged to handle whatever comes - prepared for **Fight or Flight**.
- 9) But fear tends to cause paralysis of thought and action.
- 10) Assailants will use fear against you. It is their most powerful weapon.
- 11) In an assault, most people fear being physically hurt or killed. This fear is what keeps them from fighting back. They have been conditioned to believe that fighting only makes the situation worse, which is not true.
- 12) But if you don't fight back against an attacker, you may be physically injured (or killed) anyway. And you will suffer psychological trauma that usually lasts far longer and is more debilitating than the physical injuries. Bruises, cuts, broken bones heal. The mental trauma does not heal so easily.
- 13) Because of the body's physiochemical reactions, you will not feel the pain as much as you think. If you are injured, you will feel it more after it's all over. But instead of focusing on the pain you could feel, think about inflicting pain on him!
- 14) **FEAR** is a catalyst that causes you to either **MOVE IT or LOSE IT!** Move it means you do whatever it takes to deal successfully with the situation, to think, plan and act. Move it includes fighting, talking, fleeing, yelling, etc.. Lose it means to lose control mentally, emotionally and physically. Lose it is the equivalent of mental flight, in which the victim believes there is nothing she (or he) can do, shuts down mentally and gives up completely. In this state, the victim will feel unable to resist, to run, to think, to yell, to even see or breathe.
- 15) To **CONTROL FEAR** and make it a **CATALYST TO MAKE YOU MOVE IT**, replace the **FEAR with ANGER**.
- 16) **ANGER** is an extremely powerful yet often destructive emotion because people don't use it properly and let it control them. In fighting to defend yourself, **CONTROLLED, FOCUSED ANGER** empowers you to fight with everything you have. It becomes like a focused laser beam that will cut through anything in its path.
- 17) Generating **ANGER** enables you to harness all of the resources your body is gathering and use them to their maximum potential.
- 18) To **GENERATE ANGER INSTANTLY**, try one of three things:

**IMAGINE YOUR CHILD ATTACKED** and you catch the perpetrator in the act of raping her/him. She sees you and cries out "Mommy, mommy help me! He's hurting me! Help me!" What would you do? How far would you go if you had to stop him? Most women (and men) in our seminars roar out "**I'd kill him!**" and they would. You would not waste time wondering how strong he is, if he's on drugs, if he has a weapon, etc.. You would launch yourself at him and fight like a mother bear protecting her cubs. **There is no greater incentive to fight with everything you've got than to fight for your child or a loved one.** If you don't have a child or can't imagine having a child, think of someone you love dearly for whom you would fight that hard.

**THINK THAT HE'S DONE IT BEFORE AND WILL AGAIN.** How many lives has he ruined already? How many more will he ruin? How much suffering will you now have to live with if you don't fight and stop him? This should make you furious. That he is doing this without anyone stopping him should make you livid.

**THINK THAT HE PICKED YOU BECAUSE HE THINKS YOU ARE WEAK OR EASY.** That's how they select their victims. If this sounds insulting to you then get furious about it and make your anger work for you.

- 19) Any time you feel fear, trigger one of these images or thoughts in your mind. Even when you are not experiencing fear, practice triggering the emotion of anger to make it serve you. The more you do this, the more automatically and quickly you will trigger anger when you experience fear.
- 20) Pick which of these is most powerful for you. Which one enrages you the quickest?
- 21) Work on finding the best trigger for you. Is it a visualization, a picture in your mind of your child? Is it a word, saying something or yelling something? Maybe just saying your loved one's name. Maybe it is a physical trigger like clenching your fist. Maybe it is a yell like the word "NO!". Find the best trigger for you and practice it.
- 22) Ultimately, you want to get to a point where you don't have to imagine fighting for someone else, or using the other triggers to generate anger. Get to the point where you get mad for yourself and are fighting for yourself! How dare he try this on me! I'm worth fighting for and there is no way he is going to hurt me!
- 23) If one of these examples above doesn't work for you, find something that makes you mad. It could be someone from your past that hurt you and/or makes you furious. It could be an injustice in the world that makes you mad whenever you think about it. Find something and make it work for you!

## Psychology - Panic

- 1) Panic, like fear, is one of your worst enemies in an assault. Panic causes confusion and an inability to assess and think clearly.
- 2) **You must GET CALM.**
- 3) **GET CALM** so you can think, assess and plan.
- 4) You must also get calm so anger will work effectively because while anger can be your best ally in fighting back, too much anger can lead to poor decision making. Getting calm will help you focus and control the anger for best use.
- 5) We have a 5-step **GET CALM PROCESS** to use whenever you are confronted or are in any stressful situation:

**BREATHE** - Consciously breathe deeply, in and out at least twice. Consciously breathing deeply gets needed oxygen to your brain and to your muscles. Deep breathing helps you to gain control of and harness all of the physiochemical reactions occurring in your body and brain (e.g. to control the adrenalin rush). Deep breathing also helps to gain control of the anxiety.

**FACE REALITY** - Say to yourself, "**It's me and I can handle it!**" at least *twice*. Many people go into denial (even experiencing "out of body" experiences) and shut down mentally. Tell yourself it's happening but that you can handle it. This will keep you in the present, will remind you that it is your responsibility to handle it and will affirm that you **CAN HANDLE IT**.

**ASSESS THE SITUATION** - Start by looking down at the attacker's **shoes**. Take your eyes off his face or the knife and look down. His face, voice, knife, etc., are helping to cause fear so look away at something that is not fear-provoking, e.g. his shoes. Start to take in details: white **sneakers**, black dress **shoes**. Then start moving your eyes back up but taking in more details, what **kind of pants**, what **color shirt**, are there any **weapons** lying around you can use, are there **people** in the distance, **how tall** is he, what **color skin**, what **color hair**, what **color eyes**, etc.. This process starts you thinking. It takes you from a panic mode into a function mode. Your brain is now operating. You are now taking in details that you can use not only in planning your counter-attack but also details you can give police when reporting him later. It also helps to open your field of vision. In an assault, your vision tends to become narrow, tunnel-vision or like a fog that descends and envelops you and the attacker and closes out the world. This process starts to lift the fog.

**MAKE A PLAN** - With the details you have, formulate what you are going to do. Whether it is to negotiate, yell, plead for mercy while setting him up for a surprise counterattack or whether it is planning the counterattack itself or all of these things, make a plan. What this does is give you a recipe, a road map, a blueprint for success. Before, he was the one with the plan and he somehow got to you and you didn't have a plan. Now you do. All situations are different and your plan will depend on the situation. The things that you can plan in advance of any attack are how to generate anger, how to get calm, when and where to strike and the basic techniques and combinations from certain beginning positions, e.g. attacker grabs your throat from the front. The more preplanning and rehearsing you do, the more automatically and quickly you will think and act in a situation.

**JUST DO IT!** - Once you have your plan, make it happen! Do what you planned! Take action! You have to take action in order to get away! And be prepared to adapt to quickly changing situations. Your first plan may not go exactly as you wanted. Try something else. If that doesn't go as planned, try something else. Keep taking action until you succeed. Do whatever it takes. Keep going. **When you take action, you create your destiny!** If you don't take action, he will

create it for you!



## Psychology - Conditioning

- 1) How you feel about yourself, your rights, your abilities and about self defense, to a large part have been shaped by outside forces, by society, media, friends, family, etc.. Unfortunately, much of the outside forces have been negative for most people. Especially when it comes to women and self defense.
- 2) Negative social conditioning has served to disempower women.
- 3) In order to reverse this negative conditioning, you must first understand what it has been and how it has affected you. Becoming aware of a problem is the first step in solving it.
- 4) The social conditioning includes all of the images and stories you have seen on TV, in theaters or in person, heard from others or on the radio and read about in books, magazines or newspapers.. Conditioning also includes any personal experiences you have had with crime.
- 5) The majority of this conditioning shows women as the losers. How many stories of women victims have you been exposed to? How many stories of women who fought back and won have you been exposed to? The message that is constantly repeated is that women have always lost and will continue to lose against men when assaulted. This has been drilled into you from the day you were born. It is changing slightly but the majority of the messages are still against women.
- 6) Other negative conditioning includes people who have told you maybe that you were clumsy or worthless or awkward. Nobody is born with that belief about themselves. It gets put in our head by repeated messages that all people are subject to accepting as truth.
- 7) Negative social conditioning creates the wrong kind of mind-set. Go back and review the section on mind-set and diligently work to create that for yourself.
- 8) Seek out positive conditioning. Select to be with people who support and care for you as much as possible. Seek out success stories wherever you can. Work on creating positive self-esteem with books, tapes and other sources. When you read, see or hear of a situation that had a bad ending, try to figure out how it could have been changed. What could the person have done or done differently to change the outcome? What would you do if you ever found yourself in that situation? And don't give up and say that you don't know what you would do. Put some effort into it and think what you would do. Remember, there is always a way and it may not be the most obvious way.
- 9) Tune out negative people. When you tell someone that you got this program or are studying to learn better how to fight back, some people may ridicule you. And you may start to feel bad about it or uncertain. They may try to tell you that women can't fight back, etc.. Don't stand there and argue with them. You probably won't change their mind anyway and you'll just get frustrated. Tell them that yes women can and if necessary tell them your not going to waste your time trying to prove it to them.
- 10) When you practice techniques, you may feel awkward at first. That's OK. It's all part of the learning process. You will get better with practice.
- 11) If you practice with a man (or anyone for that matter) who tries to trip you up and won't practice the right way, tell him that if he won't work with you and support you in this then you don't want him to practice with you at all. Don't get flustered, get a more cooperative partner.
- 12) Repeat affirmations to yourself, e.g. I'm worth fighting for, I can fight and win, I can handle it, It's my right, A woman can fight back and win, I will fight and win, etc.
- 13) Just remember, there are lots of people and messages out there that try to bring you down. Fight against them as hard and with as much determination as you would against any attacker!

## Fighting - Introduction

When people hear the word "fight" or think of "fighting", most visualize punches, kicks, blows, grappling or other physical actions. Most people think that fighting is only physical. The truth is that fighting involves **Attitudes, Emotions, Thoughts** and, lastly, **Physical Action**.

In fact, as discussed in the 3 Centers under Psychology, before any physical action can be effectively taken, you must first deal with your fear, get calm, think of what to do and then do it. Before you do a technique, you must first think of what it is. Before you think, you must first be able to think. Please repeatedly review and practice the sections under Psychology to thoroughly understand how to master this process to the point that it becomes automatic.

In Fighting, you will learn the philosophy and physiology that form the foundation of how to fight back effectively against a larger, stronger attacker. You will learn how to overcome an attacker's strength by generating power and using it to make your techniques incapacitate the attacker. You will learn where the body's weak points are in order to strike for maximum effect. You will learn what the attacker's body will do after it is struck so you can plan your next move in advance. You will also learn what parts of your body make the most effective natural weapons. And finally, you will learn various verbal "fighting" strategies to deal with an attacker.

If you have to fight physically, there are many, many different counterattacks and combinations. Part of your responsibility is to visualize for yourself, how else you could fight back and what different combinations you could use in any given scenario. The more you do this and practice what you visualize, the more likely you will be to surely and quickly respond to any given situation.

In any situation, you will still have to get mad or focus on fighting for a loved one and get calm so you can think clearly, assess, plan and execute your plan. Review and rehearse the skills taught in the psychology section for this.

**Strike to Stun and Escape.** Don't try to go toe to toe for "several rounds". Your goal is to escape without harm or with minimal harm. Attack the **vital strike points** with **speed, accuracy, follow-through, determination** and **do whatever it takes to win, no matter what !!**

Your body has incredibly powerful resources that it will draw upon at the first sign of danger. When threatened and fear is created, over 1400 physicochemical reactions instantly occur in the body and mind. Most people are familiar with the release of adrenalin which helps you become faster, stronger, etc.. Other reactions that occur include, the release of endorphins that are natural painkillers, the release of blood clotting agents, increased respiration, increased galvanic skin response, increased synaptic nerve function and many other reactions. All these reactions supercharge your mind and body so that you have almost superhuman abilities to handle whatever threat you face. You may have heard stories of 60 year-old women lifting cars off of their grandsons after the car fell on them while working beneath it. Be assured, your ability to handle anything is far beyond what you may currently believe. And this includes fighting against someone larger and stronger than you.

In any attack, it can get crazy, confused and sloppy. You may try something that doesn't work as you intended. That's OK. Don't stop and worry about it. Do something else, strike another target, fight harder. Attack, attack, attack until you can escape. You would fight that hard to protect your child, so fight that hard to protect yourself. He crossed the line and deserves whatever punishment you can dish out.

## Fighting - Power vs Strength

- 1) On average, men are stronger and heavier than women.
- 2) **Strength** is *not* the most important factor in the ability to fight effectively.
- 3) Do not try to match strength with strength, like arm wrestling, it only results in struggling, wasted energy and usually in loss.
- 4) *Strength has limits* and is measured by how far weight can be moved.
- 5) **Power**, however, is more important than strength.
- 6) Power is created by increasing speed. More speed, greater Power.
- 7) **Speed** is the reason a bullet weighing less than an ounce can cause so much damage.
- 8) The **first key** for smaller or weaker people in successfully fighting back to incapacitate an attacker is to create **great speed** when executing a technique so that it has great power when it hits the target.
- 9) The **second key** is knowing how to do the **techniques**.
- 10) The **third key** is knowing the **vital strike points** (the targets) to hit.
- 11) The **fourth key** to be able to **focus** on and hit your intended target(s).
- 12) Of course, your attitude, determination and psychological skills are the most important factors in successfully fighting back.

## Fighting - Vital Strike Points

- 1) No matter how big or strong the attacker, there are weak points all over his body that, when hit with power and accuracy, will cause him *great pain*, make him *collapse*, knock him *unconscious* or even kill him.
- 2) The most easily recognized and accessible vital strike points include: the **center line of the body**, both front and back, the **eyes**, the **temples**, the **knees** and all around the **neck**.
- 3) The front center line includes, **under the nose**, **under the chin**, the **throat**, the **diaphragm** (just below where ribs separate) and, of course, the **groin**.
- 4) The back center line includes the **spinal column** from base of the skull to the tail bone.
- 5) When fighting, focus on and continuously attack these vital strike points.
- 6) Think of the attacker not as a human monster but as a collection of targets. It's much easier to fight a series of targets. Break him down and de-humanize him.
- 7) Remember that the more **speed** you create, the more **powerful** and **disabling** your strikes and kicks will be.

## Fighting - Action / Reaction

- 1) Whenever *you strike* your attacker, whether to stop a blow or to strike a vital strike point, you will cause a *predictable reaction* in your attacker.
- 2) If you understand how the attacker will respond once you strike him, then you know where he will be vulnerable.
- 3) If you know where he will be vulnerable, you can determine the next best strike. You will also know in advance whether you will have to step toward the attacker in order to be close enough to strike him again.
- 4) Whenever you strike and cause pain to the attacker, he will move his hands to the area in pain
- 5) When you **strike** someone **above the diaphragm**, it causes them to *step backward*. If you knock them out, they will go down to the ground.
- 6) When you **strike** someone **below the diaphragm**, it causes them to *double over* toward you.
- 7) When you **strike** the **groin**, it causes him to *double over forward* and to lift his *chin upward*.
- 8) When you **stomp on a foot** or **kick a knee**, the attacker will *lift that foot or knee* to take the weight off and reduce the pain.
- 9) At the same time they move, the hands will move toward the area in pain.
- 10) Once the "fight" begins, your goal is to continuously cause pain and injury so the attacker is always reacting in pain and is totally defensive. You are now totally offensive.

## Fighting - Body Weapons

- 1) Virtually all parts of your body can be used as weapons.
- 2) There are 5 keys to using these weapons most effectively:
  - Know **what** they are.
  - Know which ones **work best** for you.
  - Know the **vital strike points/targets**.
  - Visualize** using them.
  - Practice** using them.
- 3) The main body weapons are:
  - Head** - crown of the head both front and back.
  - Teeth** - no nibbling. Bite until the teeth meet then tear like an animal.
  - Shoulders** - like a football player to diaphragm (limited use).
  - Elbows** - front and back (use tip only to soft parts of body such as the diaphragm).
  - Forearms** - outside of forearm (for blocking and striking).
  - Hands** - bottom of fist, knife-edge, palm heel, fingers, thumbs, v-strike.
  - Knees** - top of the knees.
  - Feet** - heel, ball of foot, top of foot, outside edge.
  - Voice** - the Yell !
  - Mind** - without your mind, none of the other weapons work!

## Fighting - Verbal

- 1) Your words and voice are extremely **powerful** and **effective** weapons.
- 2) **Three ways** to use voice as a weapon.
- 3) First, to *play* the *passive* victim by *begging and pleading* - makes attacker think you have submitted, he lowers his guard and you take him by surprise with devastating technique(s) when he gets close enough - "I'll do whatever you want, please don't hurt me!" But as you say this, you say to you generate anger, think of a loved one, go through the get calm process and plan what strikes you will use when he gets close enough.
- 4) Second, to take a *totally aggressive* role - yelling with *intense anger and volume* at attacker to make him realize if he wants you he's going to have to fight you and risk injury, capture or even death - **"What do you want ? What the F--- do you want ? You touch me and I'll kill you !"** Remember, criminals select people they think are weak and easy. By yelling in menacing way, he now realizes you aren't what he thought you were. Makes him hesitate and possibly back off immediately. It also helps you get mad enough to push fear aside and fight. Yelling also attracts attention of people who may assist you.
- 5) Third, yell **"Yaahhh!** or **NO!"** *while you do a technique*. This helps you breathe properly, it helps you get mad and it startles the attacker.
- 6) There is a fourth way that is a more subtle and advanced technique. The *Clint Eastwood* strategy. With a "poker face" or a "game face" a low voice, betraying no emotion except ice cold, steely nerves, say something like, "Just what is it you want and what makes you think I'm going to give it to you?" Impression you want to convey is, if you make a move on me, I'll make you feel pain for the rest of your life. Maybe add even a slight, sinister smile.
- 7) Other verbal responses can be designed to take them totally by surprise, the *Long Lost Friend* strategy. With surprise and elation in your voice as you move in to counterattack "John ! Is that you John !? It's been years ! How've you been ? How long have you been in town! ?" By now you should be close enough to strike if necessary.

## Techniques - Introduction

This section focuses on individual techniques taken from various counterattack combinations in the Attacks section. The techniques are grouped according to the part of your body that you are using for the strike.

The mental keys to making any technique work most effectively are **Attitude**, **Determination**, **Commitment** and **never giving up**.

The physical keys to successful techniques are **Speed**, **Accuracy** and **Follow-Through** when striking at the vital strike points.

Speed comes from proper breathing, keeping your muscles fluid until point of impact when they tighten for a second and then relaxing your muscles again. **Loose - Tight - Loose**.

Accuracy comes from focusing your eyes on the target you want to hit and watching the target from the beginning of the technique until you strike it. Accuracy also comes of course from practice, both visual and physical.

"Follow-through" comes from thinking of striking through the target. Strike to penetrate about 4 to 6 inches beyond the surface of the target.

Virtually every individual technique can be used against every vital strike point on the body. For instance, a hammerfist strike can be used against the eyes, the temples, the side and back of the neck, the throat, the diaphragm, the groin and the knees. It all depends on the positions of you and the attacker. Practice using the same technique but striking at different targets.

Caution: To avoid injury to partners when you practice, do not attempt to strike each other except in slow motion. These techniques are designed and intended to injure your attacker and they are dangerous even in practice. While the fighting sequences for this program were being photographed, all three males who acted the part of the attackers were injured, even though the techniques were slowed down. One had a broken nose, bruises and a lump on his head. Another had knee injuries and a third was badly bruised. Because a protective cup was worn at all times, injury to the groin area was prevented.

We cannot stress enough that you practice, practice, practice! Studies done by the armed forces, law enforcement and professional athlete trainers prove that rehearsing actions, both mentally and physically improves execution "under fire".

Understand that in a fight, it is certainly possible to use only one technique to stun your attacker enough to escape. However, it is highly possible that you will have to use more than one. So practice individual techniques but practice them in sets of two, three and four. Become a wave that overcomes your attacker. The key is to never give up once you start. Every time you strike the attacker you are weakening him and establishing clearly that you are fighting to the death if necessary. The ferocity of your counterattack may be enough to make him flee because he doesn't want to risk injury, capture or death.



## Techniques - Vocal

- 1) Your voice is an extremely powerful weapon and ally.
- 2) When you do any technique, you should yell at the same time you strike.
- 3) The Yell is "**Yaahhh! or NO!**" at maximum volume and with an explosion of breath.
- 4) The Yell helps you breathe properly and in sync with the techniques.
- 5) The Yell helps you get mad which helps you to control fear and fight with more determination.
- 6) The Yell startles the attacker. He may have been yelling at you and now you are turning the tables and yelling as well as attacking him. He now has to decide if you are worth the risk of injury, capture or even death.
- 7) There are other ways to use words, tonality and volume to fight back against an attacker. These are outlined in the Verbal section under Fighting.
- 8) Yelling also attracts attention of people in the area who may help you directly or call the police. Realizing this potential involvement may cause the attacker to stop the attack and flee.

## Attacks - Introduction

This section covers twelve of the most common attack scenarios. For each scenario we have filmed one counterattack combination that include 2 or 3 techniques in a row. Each combination is broken down into several frames so that you can see how both the defender and attacker move, not only in each technique, but also between each technique. The upper panel to the left of the film frame show the defenders' spoken words while the panel below shows the defenders' thoughts. The panels to the right show the words and thoughts of the attacker. The bottom left panel shows a brief description of the action, high-lighted to correspond to the current frame. The bottom right panel is a more detailed description of the actions, reactions, etc.

Of course there are many, many different counterattacks and combinations that we could show. Part of your responsibility is to visualize for yourself how else you could fight back and what different combinations you could use in any given scenario. The more you do this and practice what you visualize, the more likely you will be to surely and quickly respond to any given situation.

In any situation, you will still have to **get mad** or focus on fighting for a loved one and **get calm** so you can **think** clearly, **assess**, **plan** and **execute** your plan. Review and rehearse the skills taught in the psychology section for this.

**Strike to stun, injure and escape.** Don't try to go toe to toe for "several rounds". Your goal is to escape without harm or with minimal harm. Attack the **vital strike points** with **speed, accuracy, follow-through, determination** and **do whatever it takes to win, no matter what !!**

In any attack, it can get crazy, confused and sloppy. You may try something that doesn't work as you intended. That's OK. Don't stop and worry about it. Do something else, strike another target, fight harder. Attack, attack, attack until you can escape. You would fight that hard to protect your child, so fight that hard to protect yourself. He crossed the line and deserves whatever punishment you can dish out.

Remember, studies show that women who fight back against a male attacker, particularly in a sexual assault situation are highly likely to avoid injury and escape or to prevent greater injury from occurring. One study has shown that women who only cried and begged for mercy were more likely to be hurt even more.

Caution: To avoid injury to partners when you practice, do not attempt to strike each other except in slow motion. These techniques are designed and intended to hurt and injure your attacker and they are dangerous even in practice. While the fighting sequences for this program were being photographed, all three males who acted the part of the attackers were injured even though the techniques were slowed down. One had a broken nose, bruises and a lump on his head. Another had knee injuries and a third was badly bruised. Because a protective cup was worn at all times, injury to the groin area was prevented.

## Weapons - Introduction

In this section we focus on all types of weapons and how you can use them to protect yourself. Most people think of guns and knives when thinking of weapons. However, virtually anything can be used as a weapon when you understand the different ways an object can be used as a weapon. You are limited only by your imagination. Frozen chickens, hot coffee, pens, belts, plates, pebbles, sand, spit, water and anything else you can think of can all be used as weapons.

Understand that mere possession of a weapon does not guarantee your security. It is not a magic charm that wards off evil. Do not gain false confidence because you have a weapon.

Regardless of the weapon(s) you choose, it (they) will only work if several things happen:

**It is in your hand** - e.g. not in the drawer of the bedside table.

**You know how to use it.**

**You have no doubt or hesitation that you will use it.**

**You can handle the fear and panic you will feel.**

But what about when a weapon is used against you? When people think of attackers, particularly of rapists, they visualize a man with a gun or knife. However, only about 19% of rapes involve a weapon and in interviews with convicted rapists, less than 30% intended to or would actually use the weapon. The other 70% had the weapon to scare and intimidate the victim, to make them submit. He uses it to increase the fear you will already feel. He understands that fear is his most powerful weapon and a physical weapon will increase it.

A man without a weapon will sooner try to hurt you physically than a man with a weapon in order to intimidate you and make you submit.

If he pulls a weapon on you, "cooperate" like a "good victim". Tell him you'll do whatever he wants. Tell him he doesn't need the gun/knife, you'll do whatever he wants, just put it away. Try to get him to put it down or away. Once he feels you have submitted and are not a threat, he will most likely put it away or aside. Now you have more options. Even if he doesn't put it down, there is usually at least one opportunity when he is distracted or the weapon is aimed away from you and you have a clear opening for escape or counterattack. Often, an armed assailant will become over-confident and will drop his guard creating an opportunity for you to counterattack or escape.

If he is close enough, and you decide to counterattack, the idea is to gain control of the arm that holds the weapon and attack his vital strike points with your body weapons. Of course, if it is a gun, keep the barrel pointed away from you and don't let go even if the gun fires.

The important thing to remember is that **HE is a weapon**. But **SO ARE YOU!** Your mind is your most important weapon. You also have your body weapons and weapons all around you. Use them against him!

Submitting to an armed attacker does not guarantee he will let you live or won't seriously injure you anyway. Try to create opportunities for escape and surprise counterattacks.

Of course, if the attacker starts shooting or stabbing, you've really got nothing to lose by fighting back physically. Even if cut or shot, don't stop fighting! The human body can withstand a great deal of damage, Escape at the first opportunity.

## **Weapons - Conventional**

- 1) Conventional weapons are obvious weapons like **guns, knives** and **clubs**.
- 2) If you want a gun for self defense, **get professional training** and practice.
- 3) The choice of a gun depends on a number of factors.
- 4) **Talk to a professional** when deciding to purchase a gun.
- 5) If you are not prepared to shoot to kill and blow blood and guts, etc. all over the place, do not purchase a gun.
- 6) If you do not have the gun in your hand when you need it, the gun is useless.
- 7) If you do shoot, shoot for "center mass", the torso, and shoot to kill, many shots.
- 8) Do not try fancy shots like shooting in the leg to disable, you are not that good, few people are.
- 9) Don't be surprised if the person you shoot keeps coming, it's not unusual. Run! Eventually he will stop due to loss of blood if nothing else.

## Weapons - Improvised

- 1) Improvised weapons are things that are not usually recognized as weapons.
- 2) Improvised weapons are everything else on earth other than guns and knives.
- 3) The movie Home Alone is an excellent example of the use of improvised weapons.
- 4) There are **4 primary ways** that objects can be used as weapons.
- 5) **Block / Trap** - used as a barrier between you and him, to stop a blow, to catch or "trap" a strike, especially if he has a knife or sharp instrument.
- 6) **Bludgeon** - hand-held striking instrument.
- 7) **Cut / Stab / Tear** - to cause blood loss and puncture/damage vital organs.
- 8) **Throw** - used to hurt him from a distance, to distract him and throw him off balance/defensive.
- 9) Examples of blocking/trapping weapons: trash can lids, trash cans, chairs, pillows, books, brief cases, purses, tables, buckets, waste baskets, people, key chain weapon, broom, mop, jacket, belt, chain, pots, etc.
- 10) Examples of bludgeon weapons: rocks, books, frozen chicken, frozen orange juice, key chain weapon, chairs, cups, plates, irons, hammers, hatchets, bricks, clubs, belts, bear mugs, trash can lids, picture frames, pots, pans, potted plants, etc.
- 11) Examples of cutting/stabbing/tearing weapons: broken glass, broken plates, pens, pencils, razors, pieces of metal, credit cards, laminated cards, paper, forks, saws, cardboard, hair pins, knitting needles, key chain weapon.
- 12) Examples of throwing weapons: anything you can lift and throw, glasses, cups, dirt, sand, rocks, pictures, hammers, road kill, buckets, water, salt, any liquid, cats, chairs, frozen chickens, can of beans, frozen orange juice, spit, laundry detergent, laundry, etc.
- 13) Many objects can be used all four ways: e.g. key chain weapon.
- 14) Of course you use improvised weapons against the vital strike points of the body.
- 15) For the improvised weapons that won't cause injury like water, sand, juice, spit, etc., these are used to throw at the face to distract and throw the attacker off balance which creates either the opportunity for you to press the attack or to escape.
- 16) Go through your house and identify all of the objects that you could use as weapons. Visualize and practice using them. You have an arsenal around you.
- 17) As you walk on the street, identify the objects that you could use as weapons. Visualize how you would use them.
- 18) Just like guns or knives, improvised weapons only work if they are in your hand and if you follow all the other principles outlined in the introduction.
- 19) Practice using the weapons. Visualize and physically practice as you for the physical techniques.

## **Weapons - Key Chain**

- 1) Based on the medieval ball and chain weapon used by knights.
- 2) Basically a light-weight chain wrapped around the flat of your hand and held in place by your closed fist.
- 3) At least 10-14 keys on the key ring, nothing else but keys on the key ring.
- 4) When assailant approaches, unravel once or twice for greater reach, close fist again.
- 5) Use various swings to strike the attacker's head and face.
- 6) The keys on the end of the chain are an extension of your arm, like another fist.
- 7) The keys fly through the air at a much higher speed than your fist, thus they have much more power when they strike the target.
- 8) When you swing, pivot your body in the direction of the swing.
- 9) Extend your arm so the elbow is straightened out.
- 10) Snap your wrist to increase speed.
- 10) Follow through then strike again.
- 11) Keep your eye on the target.
- 12) Because it is not part of your body, you must practice to become comfortable and proficient with the key chain.
- 13) When practicing, use a tree and practice striking leaves. This helps you figure out your range, distancing and accuracy.
- 14) Directions come with the key chain.
- 15) Refer to the product catalogue in this software for pricing and ordering information.
- 16) The key chain is legal in all 50 states and can be carried on airplanes.

## **Weapons - Sprays**

- 1) Spray weapons include pepper sprays, mace, tear gas and other similar devices.
- 2) Spray weapons are not legal in all states. Check with local authorities prior to purchase.
- 3) Pepper spray is superior to mace and tear gas.
- 4) Pepper spray is designed to attack the respiratory system and allow only life support respiration. It also causes the eyes to close and burn temporarily.
- 5) Keep the spray canister in your hand when walking.
- 6) To use properly, aim at attacker's face, spray several short bursts at attackers face.
- 7) Keep spraying until attacker stops, then escape and run.
- 8) If you are in an enclosed space like a car, you could also be disabled.
- 9) Avoid spraying into the wind.
- 10) If you purchase a spray, the ones that spray a cone-shaped cloud are preferable to those that spray a narrow stream of liquid.
- 11) Although marketed as non-lethal, several deaths have occurred when the spray has been used.
- 12) Like any weapon, it only works if you have it in your hand, know how to use it, will use it, can use it and can handle the fear and panic you will feel.

## **Weapons - Other**

- 1) Other "weapons" include devices like stun guns, kubutons, personal alarms, etc.
- 2) Although effective for various reasons, stun guns have limitations.
- 3) Personal alarms, battery operated devices that look like pagers, can clip on belts, purses or be hand-held, emit a high pitched, loud "shrieking" or "whistling" noise.
- 4) Personal alarms are designed to startle attackers and to attract attention from others who may come to your aid or call police.



## **Mike Hayashi**

Mike Hayashi Associates is a Phoenix, Arizona-based company that specializes in personal security training and consulting services. President Mike Hayashi and Vice President Bob Lee provide training seminars and consulting services across the United States to companies of all sizes, educational organizations, hospitals, governmental agencies, professional associations and civic/religious organizations.

Seminars can be as short as 1 hour or as long as a full day. In the highly inspirational and interactive seminars, participants learn the most important principles of personal security and how to defend themselves in a criminal confrontation. From key attitudes and belief systems to the psychology of handling fear and panic to physical counterattack techniques and strategies, the seminars are life-changing, empowering and powerful experiences for all participants.

Also available are seminars and consulting services on Workplace Violence prevention, intervention, response and management.

In addition to the seminars, they have produced 2 women's self defense training video tapes called TAKE CONTROL that anyone can purchase and learn from in the privacy of their own home.

**PART I (60-minutes):** Put on your exercise clothes and tighten your gym shoes. This complete program, led by self defense expert Mike Hayashi, teaches basic, physical self defense techniques in a classroom setting, covering some of the most common situations in which a woman might find herself. Mike describes each situation, describes and then demonstrates the technique to counter the situation. A student demonstrates the technique with an assistant and then the entire class does the technique together. Mike points out the most common errors as they are made so that the viewer can correct herself. The tape also contains five action scenarios that show the techniques in action and to illustrate or emphasize key concepts.

**Part II (30-minutes):** This program covers the attitudes and psychological skills that are essential to successful self protection. It is common sense material about how to handle life threatening crisis situations that can be applied to everyday stress producing situations as well. Two of the scenarios from Part I are repeated for further discussion to emphasize the importance of the desired psychological mind-set.

Please refer to the product catalogue included with this software for pricing and ordering information.

Mike Hayashi holds a Masters Degree in Education as well as a Third Degree Black Belt. He was an educator for 8 years and has over 20 years of experience in the various martial arts. He has over 300 television and radio appearances. Since 1986 he has been working primarily with organizational clients including: AT&T, American Airlines, Apple Computer, AST Research, Blue Cross/Blue Shield, Chase Bank, First Interstate Bank, The Dial Corp, Pepsi, Samaritan Hospitals, Mayo Clinic, National Association of Senior Friends, American Association of Retired Persons, US West, Kemper Financial, Fresno Surgery Center, Arizona State University, University of Hawaii, and many others.

He is joined by Bob Lee, who holds a Bachelors Degree in Finance and a First Degree Black Belt. He has over 8 years experience in various martial arts and is the chief instructor for all of the company's intensive training programs.

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## Top 20 Questions

### 1) How dangerous is it for women today ?

A woman is assaulted every 8 seconds, raped every 30 seconds. These assaults take place in every conceivable place - cars, parking lots, homes, parks, hotels, work, etc.

### 2) Can it happen to me if I'm careful and stay away from places where assaults are most likely to occur ?

You can reduce the likelihood of becoming a victim by being careful and avoiding potentially dangerous situations. However, there is no guarantee that it will not happen and you should therefore prepare yourself to deal with any potential situation.

### 3) Will fighting back make the situation worse ?

Studies show that fighting back usually improves the situation by helping you to escape without injury or by preventing greater injury from occurring. One study showed that 90% of attempted rape victims who fought back escaped without being raped. The same study showed that women who cried/begged and did not fight back were more likely to sustain greater injury.

### 4) How do I learn self defense... Does it take years ?

You can learn basic skills in **1 HOUR** and can improve skills through practice and repetition. To make your skills automatic takes a commitment to continue practicing.

### 5) Do I need to be an athlete or highly coordinated to fight back physically ?

No. Physical fitness does help, but anyone who can clap their hands, turn their hips, swing their arms and lift their knees can learn physical self defense techniques. Everyone can learn and use the psychological skills to handle fear and panic and to develop the right attitudes and mind-set that best prepares you to handle a confrontation. You can learn from this software as well as the tapes published by Mike Hayashi Associates Inc.

### 6) What about age...does it matter if I'm young or old ?

Mike Hayashi Associates Inc. has trained everyone from girls in grade school to women in their 80's.

### 7) How can a woman fight back against a stronger, bigger male attacker ?

By using *Surprise, Anger, Commitment, Clear Thinking, Effective Fighting Techniques* that use speed to create *power* and that hit *vital strike points* of the body.

### 8) What about weapons ?

Understand that the attacker **is** a weapon and is probably the most dangerous weapon you will be facing. YOU are a weapon too by using your mind, body and objects around you as weapons.

**9) What if the assailant has a gun or knife ?**

The highest probability is that the assailant will not use the weapon. Usually weapons are used as a tool to create and/or increase the victims fear and to make the victim more likely to submit without a fight. Tell the attacker that they do not need the weapon, and that you will cooperate. Try to get the attacker to put the weapon away by appearing submissive. When he doesn't feel you are a threat he is likely to put the weapon away or aside and you then will have safer opportunities to fight back physically.

**10) What if he starts to use the weapon ?**

If he starts to shoot or stab/slash and you have no escape route, you've got nothing to lose. Grab for the gun barrel and the gun hand and get it pointed away from you, then attack his vital strike points with your body weapons. If the weapon is a knife, grab for the knife hand to control it and attack his vital strike points with your body weapons.

**11) Where do most sexual assaults take place ?**

Fifty percent (50%) of sexual assaults take place in the home. The second most likely place is in a parking lot or on a street.

**12) What if sexual assailant is someone you know or trust ?**

Verbally demand that he stop and respect your wishes. If he does not stop, he is no longer the person you trusted and is every bit as dangerous as any stranger. Fight back as you would a stranger with whatever it takes to make him stop to create an opportunity to escape.

**13) What can the average woman do against a 250 lb. man ?**

Learn where the vital strike points are located on a man's body. These are "weak" spots that break, collapse, cause pain or otherwise incapacitates a man when struck with sufficient force. Any woman can learn techniques and practice them to strike with Speed to increase Strike Force. The force properly directed to a vital strike point can incapacitate an attacker no matter how big.

**14) What are the most important things to remember and do in an attempted assault ?**

***Get Calm! Get Mad! Plan! STUN! then RUN!***

**15) What if he is on top of the Women ?**

If at least one arm is free, she can strike vital strike points, ideally the eyes and throat. Clapping ears is also an excellent stunner that increases his vulnerability to more strikes. If he wants to rape her and he is not yet between her legs, clothes are still on ,etc., he will have to change positions. This will give her more opportunities to strike him. It's never over 'till it's over. As long as you believe that you're worth fighting for and that there is a way and that you'll do whatever it takes, no

matter what, you will find a way! Of course, ultimately, you want to get him off you to escape.

**16) How does a criminal/rapist select a victim ?**

He watches women's body language and non-verbal signals and selects women who appear "weak" and/or "easy". "Weak" refers to women who look easily intimidated or psychologically dominated. "Easy" refers to women who look extremely busy and preoccupied and therefore, easily taken by surprise.

**17) Should I buy a defensive spray like pepper spray, mace or tear gas ?**

Most recent studies indicate that pepper spray is the most effective of the spray weapons. It is allegedly effective against people on drugs, drunks, psychotics and also against animals. There are many brands on the market. See the Weapons menu and click on Sprays for more information.

**18) If faced with the choice of only one strike, what is the "best" counterattack technique ?**

A strike to the throat to damage the windpipe taking his Air! Deliver a strike to the throat using a V-strike, Hammerfist or knife-edge of your hand.

**19) Does a woman ever have an advantage against an assailant ?**

Yes. The element of surprise. He doesn't think you will fight back. That's why he picked you. You can increase this surprise by playing the role of the submissive victim, luring him in close, getting him to drop his guard then, WHAM, nail him completely by surprise and take the offensive.

**20) What if I hit him and it doesn't work and I make the situation worse ?**

Before you fight physically, commit to going all out, 100%, and don't stop fighting until you can escape. Keep striking at vital strike points. Use speed, use your head, keep going and don't stop. If something doesn't work, do something else. If that doesn't work, do something else. Commit to do whatever it takes, no matter what, until you win. For all victims of violent crime, only 7% of those who fought back said their actions hurt the situation by making the criminal madder. Only 7%. And the criminal is already mad, making him madder is simply a question of degree, like going from 100 degrees to 105 degrees. About 60% of those who fought back against violent criminals said their actions helped the situation by enabling them to escape without injury or by preventing greater injury from occurring. And most of these people have had no training at all.

## Statistics

- 1) 5 of 6 Americans will be victims of violent crime in their lifetimes.
- 2) 50% of them will be victims more than once.
- 3) 30% of them will be victims 3 times or more.
- 4) 1 of every 3 women will be a victim of physical or sexual assault in her lifetime.
- 5) 1 of every 5 women will be a victim of rape in her lifetime.
- 6) 1 of every 2 men will be a victim of physical or sexual assault in his lifetime.
- 7) 1 of every 8 men will be a victim of sexual assault in his lifetime.
- 8) Over 20 million violent crimes every year in the United States of America.
- 9) Over 1 million rapes occur every year in the United States of America.
- 10) 30% of rape, robbery and assault victims sustained physical injuries.
- 11) Approximately 30% of injured violent crime victims receive some kind of medical care.
- 12) Approximately 8% of injured violent crime victims require hospitalization.
- 13) Violent crime is the leading cause of injury for women between the ages of 15 and 44.
- 14) Murder is the leading cause of death on the job for women.
- 15) Violent crime is the third leading cause of premature death in the United States of America.
- 16) All Americans have a greater risk of becoming victims of violent crime than they do of being injured in an automobile accident.
- 17) In 1985, more than 22 million households were victimized by at least one crime of violence or theft.
- 18) Approximately 5 of every 100 people over the age of 12 will be victims of violent crime within the next 12 months.
- 19) Approximately 24 of every 100 people over the age of 12 will be victims of non-violent crime within the next 12 months.
- 20) Victims lost time from work in 15% of rapes, 7% of assaults, 10% of all violent crimes, 4% of all personal thefts and in 6% of all household crimes.
- 21) 73% of violent crime victims reported taking some self-protective measures.
- 22) About 60% of those who took self-protective measures reported that their actions had a positive effect on the outcome of the crime.
- 23) About 7% of the victims who took self-protective measures reported that their actions hurt the situation and 6% reported both positive and negative effects.
- 24) The average total economic cost of a hospitalization for an injury resulting from violence in 1985 was \$34,000.
- 25) In 1985, the direct medical costs of all violent crime injuries added \$5.3 billion to United States health expenditures.
- 26) The total economic cost of injuries that occurred in 1985 include \$45 billion of direct costs, most of which are medical costs.

## Success Stories

- 1) **Marsha T. Phoenix, AZ.** After completing the 5th class of Mike Hayashi Associates, Inc. six week self-defense course, Marsha T. was confronted by an ex-boyfriend who had previously assaulted and hospitalized her. They began talking, they argued and he started to bang her into a wall. She then got mad enough to fight back and struck the side of his neck with a single V-strike knocking him unconscious for twenty (20) minutes. He was revived by police who handcuffed him, arrested him, and jailed him.
- 2) **Donna S. West Palm Beach, FL.** Two weeks after attending a 3-hour self defense seminar by Mike Hayashi Associates at a 5-star resort, Donna S. was grabbed from behind while walking through the employee parking lot. She got calm, struggled and turned to face her attacker. She struck at his throat with her fingers and then delivered a palm heel strike under his chin, knocking him down and allowing her to escape. She returned to work the following day, uninjured, unafraid and filled with even greater confidence to fight if necessary.
- 3) **J.S. Phoenix, AZ.** Several months after attending a 3-hour seminar by Mike Hayashi Associates, she parked her car 2 blocks from a hotel where she was going to attend a business seminar. As she walked to the hotel, she was grabbed by two men. She got calm, then struck one attacker in the throat with her fingers, and struck the other in the face with a hand technique allowing her to escape. She ran back to her car and sped away.
- 4) **C.P. Phoenix, AZ.** Nearly 2 years after attending a 3-hour seminar by Mike Hayashi Associates, a serial rapist broke into her apartment at 6:30am and attacked her while her roommate was in the bathroom. She fought with the attacker for nearly 10 minutes while her roommate hid in a closet with a phone in order to call police without being noticed. The attacker saw the phone cord, heard the roommate calling police and fled. Although injured, she was not sexually assaulted and attributes her success to the training. She later testified against him leading to a conviction and several years in jail for the attacker. Of the rapist's 7 targeted victims, only she and 1 other woman successfully prevented him from sexually assaulting them.
- 5) **Melissa, R. 9 years old, Phoenix, AZ.** Melissa had learned some of Mike Hayashi's key mental and physical skills from her mother, who had learned them from her neighbor, who had seen Mike Hayashi teach on a 90-minute cable TV show. On the first day of school, she entered the bathroom, was grabbed from behind and pulled into a stall by a 6 foot tall, 200lb assailant. Although she was just 4'9" and 90 lbs., used several techniques and inflicted enough pain to make him let go and also caused him to fall onto the toilet seat. He then immediately fled from the bathroom. From her description, police determined it was the same man who allegedly raped and/or assaulted several female teachers in the same school district.
- 6) **Lonnie, M. New York, NY.** Lonnie went through two, 6-week classes with Mike Hayashi after having been raped twice. About 1 year after the class, she was attacked on the streets of New York, in front of her sister's apartment building. The attacker grabbed her wrist and attempted to abduct her. For a moment she had a flashback of the previous rapes but instead of panicking, she triggered a great deal of anger and struck back. Using several palm heel strikes, she knocked him onto his back which caused his head to strike the pavement knocking him unconscious. The police arrived while he was still unconscious and arrested him.
- 7) **P.C. 56, Phoenix, AZ.** "Using Mike's simple psychological and verbal strategies, I was able to rescue a young woman who was being assaulted by her boyfriend in an alley."

- 8) **D.B. Phoenix, AZ.** D.B. took a 6-week class from Mike Hayashi Associates after being separated from a physically abusive husband. About 6 months later, while in her bed, the drunk, estranged husband broke into the apartment and threatened to rape her. She grabbed her key chain weapon and struck the temple of his head knocking him to the floor. He crawled to the door and fled.



## **Viewing Window**

This is the area of the screen where any sequence is shown.

## **Sequence Index**

Click on any of the thumb nail images to view the sequence that they suggest.

## **Attacks Index**

Shows the Attacks Index.

## **Techniques Index**

Shows the Techniques Index.

## **Last Sequence**

Plays the Previous Sequence.

## **Next Sequence**

Plays the Next Sequence.

**Sequence Title**

Shows the Title of the sequence being viewed.

**Message Line**

Will contain progress and error messages, if any.



## **Cycle Button**

If this button is green, the sequence will automatically be replayed until this switched off.

## **Last Frame Button**

Click this button to view the sequence in reverse frame by frame.

## **Next Frame Button**

Click this button to view the sequence frame by frame.

## **Pause Button**

Click this button to pause the playback of the sequence. Click again to continue.

## **Play Button**

Click this button to play or replay the current sequence. When any movie is playing, this button becomes a pause button.

## **What She Says**

This panel is used to indicate what she says, pleads or yells.

## **What She Thinks**

This panel is used to indicate what she thinks, feels or needs.

## **What He Says**

This panel is used to indicate what he says or threatens.



## **What He Thinks**

This panel is used to indicate what he thinks or feels.

**Frame**

This panel contains the current frame for the sequence being reviewed.

**Fastest button**

This button sets the playback speed to the fastest speed.

## **Slowest button**

This button sets the playback speed to the slowest speed.

## **Speed Slider**

To control speed, drag the slider left to slow down playback and right to speed up playback. Center the slider to reset the speed to normal.

## **Progress Slider**

This slider shows the relative position of the movie player as the clip is being played. You can also drag the slider to position where you want the clip to start and press the play button.

## **Volume Slider**

Pressing this button will popup a slider with which you can adjust the sound levels.

## **Sequence Steps**

This panel lists a summary of each frame in the sequence. The highlighted item will be the current frame being viewed.



## **Details**

This panel give additional detailed instructions for the frame being demonstrated.

