

PERSONAL SELF-DEFENSE



District 659

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There are hundreds of defense tips but they
all center around:

- PREVENTION
- RECOGNITION
- COMMON SENSE
- INSTINCT
- ACTION

The fact that you even *think* about a defense
strategy will take you a long way in staying
safe

~Use your head

~Follow your heart

~Trust your instincts

Be Rude: Treat the person to your dark side...and don't be afraid to hurt someone's feelings, remember they're planning to hurt you. Give the impression that you are the last person on earth they want to mess with.

False Impressions: If you suspect you are being followed, open your handbag, purse, backpack and place your hand in it – and leave it there. You will give the impression that you may be carrying a weapon.

Your Key as a Weapon: Before leaving to go to your car, place your car key between your index and third fingers. Grip firmly and proceed to your car, being aware of your surroundings and making sure to look under your car as you approach it as well as in the back seat. This allows you to get into your car quickly without fumbling around for your keys. Also, if you are actually attacked, use all your strength to go for the eyes with the key. Remember, an unpleasant defense could save your life.

Use Space and Time: Put space between you and the problem. The more space, the more time you have to react and get away. Avoid walking next to hedges or past alleys with blind corners. *Don't be ashamed or embarrassed to cross the street.*

Avoid Becoming a Victim

Don't appear passive: Walk with a quick, confident stride.

Give the appearance that you have places to go and things to do and "Get out of my way!" This is especially true if you are in an undesirable area. *Don't give the impression that you are an easy target*

Be Observant: Always know what's going on around you.

Constantly check what's in back, side and front of you. Never stare at the ground as you walk. Notice people, cars, bushes, trees, and alleys...

Make Eye Contact: If you feel you may be in a position to become a victim, make eye contact with the person threatening you. By doing this you are telling that person "I know what you look like". And while you're at it, take a good look.

Starting at the head and going down – be able to make a good description. If you don't know what they look like, the police can't help as much.

Look Disgusted: Don't ever appear docile. Give the person the look that says, "Don't even think about it! I haven't got time to be hassled by a low-life like you"

11. Be alert at stop signs and traffic lights
12. Always have an avenue of escape i.e. don't stop so close to the car in front of you that you can't get around if you have to
13. If suspiciously 'bumped' by another car, drive to the nearest police, fire department, business, etc.

Safety at Home

1. List only your last name and initials
2. After moving into a house or apartment, change the door locks
3. Install and use deadbolt locks and a peephole
4. Do not permit strangers to use your home
5. Law enforcement personnel should display credentials when asked – always ask.
6. If a wrong number call is received, never reveal your name, address or admit you are alone
7. Keep your windows and doors locked
8. Draw window shades after dark
9. Leave a light on in 2 or more rooms to simulate more people

General Rules of Safety

Safety on Foot

1. Dress appropriately
2. Walk on well-lighted streets and paths
3. Have keys in hand
4. Be aware of pedestrians and cars following you
5. NEVER hitchhike.

Safety in Cars

1. Keep windows and doors locked
2. Travel on populated and well-lighted streets
3. Check the back seat and floor before entering your car
4. Keep your gas tank at least ½ full at all times and keep a map of the area in your car
5. Park in well-lighted and secured lots and check for loiterers
6. Park as close as possible to your destination
7. If you have car trouble, use your cell phone or, raise your hood and wait in a locked car with the windows rolled up
8. If you suspect you are being followed, do not drive home
9. When approaching your locked car, have keys in hand and ready
10. If suspicious, wait and walk with a crowd to your car, or get an escort

SESSION 6

1. Dream Fighting
2. Breaking Holds
 - a. One hand grabs
 - b. Two hand grabs
 - c. Shoulder grabs (front and behind)
 - d. Pushing releases
 - e. Choking holds (front and behind)
 - f. Head locks (back and side)
 - g. Hair holds
3. Standing up vs. lying down.
 - a. Finger jab to eyes.
 - b. Groin grab.
4. Wait for an opening to attack or escape.
5. Weapons
 - a. Common: keys, pens, purse and newspaper
 - b. Specific: mace, gun and knife
 - c. Consider **passive weapons**: personal alarms, car alarms.

Remember that all weapons can be used against you

If you are not well practiced in the use of the weapon, it will be more dangerous to you than not having one.

SESSION 5

Elements of physical self-defense

1. Striking surfaces

- a. Head
- b. Fist and nails
- c. Ridge hand
- d. Knife hand
- e. Palm heel
- f. Elbow
- g. Hips
- h. Knees
- i. Foot (ball, blade, ridge)
- j. Heel

2. Targets

- a. Head and neck (Senses)
- b. Mid-section (Breathing)
- c. Legs and feet (Mobility)

The degree of seriousness and the specific situation will dictate the target.

3. The role of Kihap

- Breathing
- Adrenaline (flight or fight)
- Surprise and/or frighten

4. The mind-set of active defense.

- a) Willingness to injure
- b) Control fear for efficient action.
- c) Strike as hard and as accurately as possible

SESSION 4

ACTION

Forms of Action

1. Passive

- a. Visual - You must be confident. Center your vision on the nose or chin.

2. Active

- a. Verbal - Can you embarrass someone? Can you hurt someone's feelings?
By taking control of the situation, would you be embarrassed?
Probably.

b. Physical

- A very small part of self-defense.
- The most dangerous.
- Requires reflex action.
- Requires a clear mind.

Physical defense is a matter of degree depending on the specific situation.
Don't try to break a bone if someone is bothering you to buy a magazine,
but if the situation is serious don't hold back.

**Physical action is like pointing a gun - you must be willing to
injure your attacker as your primary goal.**

Should you use physical resistance as a last resort?

The answer to this question is very personal and may be different for different people. The point is to decide NOW what you will do so you will be more emotionally prepared.

Will you get hurt if you struggle?

Probably.

Will you get less hurt if you struggle?

Possibly.

SESSION 3

RECOGNITION

1. Ability to **read the environment** as well as the people around you.
2. For some people it's paranoia, for others it's awareness.
3. Turn 'what-ifs' into reality (parking lots, elevators)
4. Decide **who is a stranger** and **who is a friend** – Friendship should never be assumed...
5. Decide who is potentially dangerous.
6. Don't assume others look at you the same way you look at yourself - or the way you look at others
7. Be prepared to challenge pre-conceived notions of who's a nice person
8. **TRUST YOUR INSTINCTS!!**

BORDERS

1. General space
2. Social space
3. Personal or intimate space

Much of our defense against assault will be a protection of these different borders

SPACE -vs.- TIME

The more space there is between you and a potentially bad situation, the more time you have to react to it or get away from it

PEERS

1. Same sex
 - Types of assault
2. Opposite sex
 - Types of assault
 - Sexual assault/Rape
 - Usually not about sex -> usually about
POWER and CONTROL

PREVENTION

Better never to get yourself into a dangerous situation in the first place!!!

1. What can you do to **avoid** a dangerous situation?
2. Go through '**what if** situations (actually, when it happens, not 'if')
3. Develop **strategies** for different situations
 - parking, movies, elevators, home callers.
4. **Maintenance** (Car, House security, personal)
5. Consider a dog...a big one.
6. Don't carry a purse if you don't have to.
 - How to carry a purse/clutch/backback
 - Nothing is worth getting hurt over...
7. Consider your **self-attitude**. Try to project an **image of confidence** and determination.
 - Attackers are usually low-confidence individuals who choose a target that they think are least likely to resist, i.e. helpless, unsure, and easy to intimidate.
8. Remember the power of groups

You have already been sized up as a target for some form of assault...

What image did the assaulting person have of you?

Prevention is 90% of self-defense

E. What should you expect to get out of this course?

1. a heightened **awareness of yourself**
2. a heightened **awareness of the people around you**
3. a heightened **awareness of your surroundings**
4. a greater **sense of your abilities and limitations**
5. a true **assessment of your confidence and emotional strength**

Types of assault:

1. Physical - an actual attack
2. Verbal - shouting to 'harmless' comments
3. Visual - lewd looks
4. Emotional - usually following a threat, waiting in fear of something to happen even without an attacker being present (obscene phone calls)

SESSION 2

Clear Mind

The idea here is to be able to 'clear' your mind so that you will be able to think clearly and rationally in a fearful situation

FEAR - Fear is a double-edged sword.

FEAR -> PANIC – vs - FEAR -> ACTION

1. A fundamental emotion we've all experienced.
2. The 'red light' that goes on and makes us very cautious.
3. A protective mechanism that gives us respect for a situation.
4. Never ignore or be ashamed of fear.
5. Fear can be manipulated:
 - you can instill it in others
 - others can instill it in you
 - you can instill it in yourself

Personal Safety and Self-Defense

A. This course will deal with three primary aspects of self-defense:

1. Prevention
2. Recognition
3. Action

B. Self-defense v. Fighting: In self-defense, you strike hard, fast and get away. Fighting involves hanging around to see who the last person is standing.

This course is not about fighting.

The course will deal more in **attitudes** than with hand-to-hand combat techniques. The simple truth is that unless you train daily so that the defense techniques are part of an '**unthinking**' reflex, you will **not** be prepared to defend yourself in a combative situation.

This course is intended to be a frank dialogue. I would rather have you 'put-off' or embarrassed here than to get hurt in a real situation later. I welcome comments or questions at any time. Please do not hesitate to speak up and speak freely.

In order to encourage an open dialogue, I request that all comments and questions of a personal nature remain within the confidence of this group.

C. Why are you taking a self-defense class?

D. What's wrong with self-defense classes?

- a. False security
- b. Over-confidence
- c. Requires reflex training (easier said than done...)

Self-Defense Test

1. In the US, a rape occurs every 14 minutes.
False. A rape occurs every 7 minutes in the US.
2. The majority of attacks occur on empty streets and parking lots.
False. 50% happen in the home, 30% in cars and 20% on the streets.
3. Most attacks happen between the hours of 8pm and 2am on weekends.
True. 70% - with the highest incidence during the month of August.
4. In most cases, the victim is given some warning that an attack is about to happen.
False. Most attacks come from behind without warning.
5. Most rapists come from the ranks of the unemployed, the poor and the ethnic minorities.
False. 50% of rapists are blue-collar workers, 25% from lower income strata, 15% are high school or college students and 10% are professionals.
6. The average rapist is between the ages of 16 and 25
True. The average rapist is between 18 and 22 years old.
7. The victim usually does not know the attacker.
True. However, 45% of victims did know their attackers.
8. Women subconsciously signal a desire to be raped by their dress, their gestures or their behavior.
False. This is a common misconception promoted by pornographers.
**However, many men still believe this statement to be true...
9. Sexual gratification is the main reason for most rapes.
False. If that were the case, 70-year-old women and 7-year-old girls would not be raped.
10. The woman who fights back is only causing trouble for herself by angering her attacker.
False. The person who fights back effectively is less likely to be raped.