



BASIC STREET SELF DEFENCE GUIDELINES

- Attackers**
- > Want an "easy target" someone who wont cause trouble
 - > Want to get what they want without being caught or injured
 - > May use violence to maximise advantage
 - > May be charming or overly nice

- Signals**
- > Hairstyle: Long, Ponytail, Bun, Braided
 - > Something that can be grabbed
 - > Clothing: That can be easily removed with Knife, Blades or Scissors
 - > Distraction: Women on Mobiles, Rooting Handbags, Fixing Makeup - people off guard and can be easily overpowered

- Locations**
- > Avoid Parking Lots, Garages, Stairwells and Public Restrooms
 - > Avoid walking alone in unpopulated or badly lit areas, take a taxi
 - > Always take an elevator over stairs

- Guidelines**
- 1 Be aware of your surroundings
 - 2 Ask yourself what unconscious signals are you giving off?
 - 3 Do not dismiss or ignore odd behaviour
 - 4 Travel with company if possible
 - 5 Check around and inside your car before you get in it
 - 6 Avoid sitting around in your car, lock the doors and leave

- If You are Approached or Threatened:**
- > Consciously move to a more populated area
 - > seek help - if in doubt, RUN
 - > If possible sight your follower. You may need to describe them or make an Identification later on
 - > Do not engage in conversation - this may give them the time and justification to attack you
 - > Call the Police - If your safety is in danger, This is already an emergency

- If you are forewarned:**
- > Keep as much distance as you can between you and your attacker - Make Noise - YELL
 - > Keep an eye on Attacker at all times
 - > Use any weapon you can lay your hands on - If you carry Pepper Spray, Use it
 - > Avoid use of 'Keys' due to distance and range
 - > Survival probability is greatly increased if you put up any fight. The bigger the chance of injury, the more discouraged an attacker will be - Must be a total effort

- Attacked with No Warning:**
- > Go for the GROIN, EYES, THROAT - EVERYTHING! - This includes Women Attackers
 - > Use Elbows, Knees, Slaps, Pinches, Gouges
 - > Scratch attacker for DNA Evidence
 - > There is no level of force that will simply discourage an attacker - He must be totally incapacitated

- If Attacked**
- Robbers:**
- > Toss Wallets / Purses away from you and RUN - Everything can be replaced
 - > at 20' - there is a 16% chance of being fatally shot - Continue running
- Hijackers**
- > Do not let yourself be tied up or be taken to a Secondary Location. The outcome will be no better than it is now
- Car-Jackers**
- > If you are placed in Boot / Trunk kick out
 - > The taillights and wave to attract attention

- 4 Simple Rules of Self Defence**
- * NEVER EVER DELEGATE RESPONSIBILITY FOR YOUR SAFETY
 - * NEVER EVER OVERRIDE EXPERIENCE OR COMMON SENSE ON THE 'SAY-SO' OF A SELF APPOINTED "EXPERT"
 - * NEVER EVER IGNORE OR DISMISS WHAT YOUR EYES SEE BECAUSE IT ISNT WHAT YOU IMAGINED
 - * CHARM IS A TOOL PEOPLE CONSCIOUSLY USE TO GET WHAT THEY WANT