

# Self-Defense 101

Week 1



# Every Attacker Need Two Things

First, a target





# Every Attacker Need Two Things

Second, an opportunity





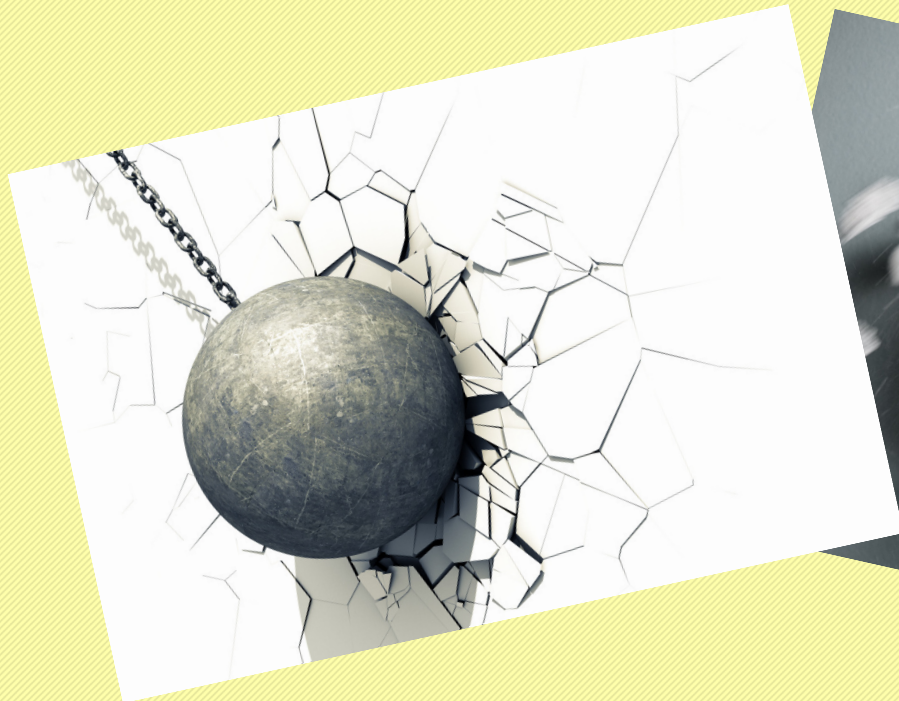
# You Need FOUR Skillsets for Effective Personal Safety

**FIRST** is recognizing when someone is looking at you like a target





# You Need FOUR Skillsets for Effective Personal Safety





# You Need FOUR Skillsets for Effective Personal Safety





# Boundaries

- Three Types
  - Space/Touch
  - Verbal
  - Visual



# You Need FOUR Skillsets for Effective Personal Safety

**SECOND** is repairing those boundaries, which we call your **Exit Strategy**





# You Need FOUR Skillsets for Effective Personal Safety

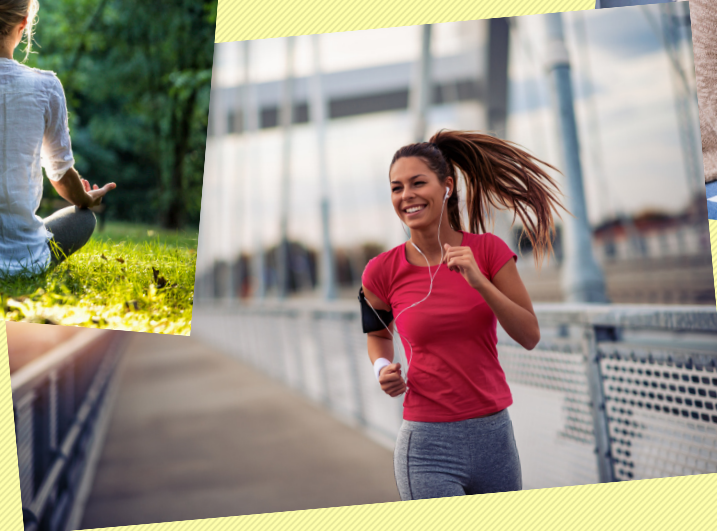
**THIRD** is physical fighting skills. This is what most of us think of when we hear “self defense.”





# You Need FOUR Skillsets for Effective Personal Safety

**FOURTH** is self-care.





# Body Language

- Take up your space bubble - open and expansive stance
  - Feet shoulder-width apart
  - Hands visible and ready
    - Meaning they are not crossed, clasped, or in pockets
  - Eye-to-face contact
  - Control your smile



# Voice





# Voice

- **Repeat after me:**

- Thank you for asking, I won't be accepting the offer
- That's so kind of you, and no thanks
- Thank you for thinking of me, I won't be able to participate
- That sounds amazing, I can't make that commitment
- I appreciate you wanting to help, and I have to decline your offer
- I get it, you're tired of staying in, and I feel this is the safest option for me



# Voice

- **Repeat after me:**
  - No
  - Stop
  - I said No
  - I don't want to talk to you
  - That's not your concern
  - Put my phone down
  - Don't read my emails
  - Don't touch my hair
  - I don't want to go out with you



# Voice

- **Back off!**
- **You're in my space, please back up.**
- **My space bubble is bigger than yours, I'm more comfortable back here.**



# Voice

What about **The Parting Shot?**

Use **The Broken Record!**

Antidote for **The Conversation Web**



# Voice

- **Most boundary-setting is done in conversational tones. When do you want to get LOUD?**
  - When you want to attract attention
  - When you believe they've pegged you as intimidated
  - When you are going to hit them



# Physical Skills

- Skills you hope you never have to use
- No substitute for physical skills
- Your only goal is to safely escape, so you need to disable them long enough so they can't follow you
- No “warning shots,” give it 110%



# Physical Skills

- **Decisive Targets - have the best chance of disabling attacker long enough for you to escape**
  - Eyes
  - Nose
  - Throat
  - Solar Plexus
  - Groin
  - Knees