



CONCENTRIC CIRCLES OF SELF DEFENSE

Habit of Prayer: Believers should daily pray for physical protection and that the Lord will help you to be aware of potential threats to your person or family. Be alert but not afraid. ***“For God has not given us a spirit of fear; but of power, and of love and of a sound mind.” 2 Timothy 1:7 (AKJV)***

Other Habits: See ideas on following pages.

Awareness: This is a blend of good habits and correct knowledge. Try to learn as much as you can about the kinds of threats we might face and how criminal minds work. Become more aware of areas the wicked might lurk and the strategies they might use (like “boundary probing.”) See No Nonsense Self Defense website for excellent information in these areas.

“Awareness without knowledge is paranoia.” – Marc MacYoung

Avoidance/Escape: This involves both physical/positional and emotional.

When you become aware of a potential or actual threat you must determine the best way to immediately remove yourself from that situation. Remember that the goal is to get to “a safe place” as soon as possible.

Sometimes a situation can become a threat when we lose control of ourselves emotionally and allow anger or pride to make us say or do something foolish. “Avoid” danger by maintaining control of emotions because many people are caught off guard when a verbal situation suddenly becomes physical.

Diplomacy/Psychology: Using words to defuse a situation before it becomes physical. Know how far you’re willing to go and then confidently and loudly let them know that you will defend your personal boundaries.

If someone starts groping you slap them hard and say loudly *“Keep your hands off me!”* Or *“Don’t touch me like that!”* They are “boundary probing.”

Never be afraid to move away from someone who is making you uncomfortable.

Self Protection Weapons: See below link in Resources for information on pepper spray, personal alarms, personal tasers, etc.

Physical Defense: The last resort. This requires repetition to develop reaction response, strength and speed. You should focus on a few simple techniques like elbows, forearms, knees, hammers, fingers for clawing and poking.

Resources:

<http://www.tbotech.com/> - Great site for Stun Guns, Pepper Spray, Personal Alarms, Dog Repellant, Home Safety and more.

<http://www.nononsenseselfdefense.com> – One of the best websites out there to gain knowledge about self-defense and how the criminal thinks. Many good book recommendations here for further information as well.

<http://www.truthnet.org/Holy-Spirit/9HolySpirit-Battleplan/Index.htm> - Information on “spiritual self-defense” from the Scriptures.

NOTE: Although the above websites are excellent resources and we have examined much of their content, On Mission Martial Arts may not agree with, or endorse all of the opinions and recommendations on them. If you have any questions feel free to contact us.

marco@onmissionma.org – Email me anytime with questions or for further training.

On Mission Martial Arts, Inc. provides ongoing classes to train men, women and children in a self-defense oriented martial arts program. Visit www.onmissionmartialarts.org for more information.

IMPORTANT SELF DEFENSE TIPS

1. Prevention is always the best form of defense. Keep intruders out by having good locks on all doors and windows. Drive with doors locked. Stay away from deserted areas (day or night) and travel with friends.
2. Train yourself to be alert and aware of potential dangers. Learn to notice things out of place (someone following or watching you, for example.) Learn to trust your instincts and listen to what your intuition tells you – you may often be subconsciously picking up subtle clues to a potential threat.
3. Surprise is a valuable weapon. Your attacker does not know that you are capable of fighting back. Striking first without delay will give you a definite advantage.
4. Develop a survival mind set. Imagine yourself in a dangerous situation and visualize what actions you might take to survive and escape. The key is to address your fears before you are confronted with them. While it is unpleasant to visualize yourself as the victim of a rape, robbery or assault, it's necessary to prepare the mind to deal with the trauma. Preparation (while you're still in a safe environment) is the key.
5. Try to anticipate dangerous situations in advance (such as walking to your car at night) and prepare yourself to take quick action.
6. Be sure and aggressive in your response. Don't worry about injuring your attacker. They have made a commitment to do you harm so you must make a commitment to stop them - whatever it takes!
7. Remember, the attacker is not looking for a fight. He preys on the easy target. Learn to walk tall and be confident in everything you do. If you are confident, assertive and determined he looks for easier prey. Look people in the eye and keep your head up. This tells the predator that you are more likely to see him coming and resist. Without the element of surprise, they will likely pass you up for someone who'll put up less of a fight.
8. Always let someone know where you are going and how long you will be.
9. With "Car Jacking" on the increase it is important to keep all doors locked and windows within 2cm of being closed.
10. When faced with someone who demands your wallet, purse, jewelry etc... - give it to them, and get out of there. No possession, however valuable, is worth risking your life over.
11. Be wary of strangers at intersections. Be ready to sound your horn or make an emergency exit, through a red light if necessary.
12. Keep a flashlight, pen, paper and coins for emergency situations in the glove box.
13. Keep a street directory handy and know where you are going. Keep the car fueled, oiled and watered. Avoid filling up late at night.
14. If your car breaks down, use care and discretion. Phone a friend or AAA. Do not accept a ride from a stranger. It may be your last.
15. If you have an accident, (especially at night) assess the situation before you get out of your car. If you are worried, stay in your car or if possible drive to a police station, service station or other populated area.
16. Never leave valuables in full view. Cover them with a magazine or other item of little to no value.

17. Have your keys in hand when approaching your car. Continue observing the area around you as you unlock the door to your car.
18. At night always park under a street light or close to shops.
19. Always check the rear seat before getting into your car.
20. Have good locks on all doors and windows.
21. Install a "peep hole" in your front door.
22. Consider installing a security door or an alarm with a panic switch.
23. A dog can alert you to an intruder and also makes a great deterrent.
24. Always keep doors and windows locked when out and especially when home alone. Avoid sleeping with windows open on hot nights.
25. Garages and carports should be well lit and free of easy hiding places.
26. Be careful to whom you tell what. Do not "advertise" if you are going to be home alone.
27. Never let anyone into your home you are unsure of. Don't be fooled. Ask for identification, phone their employer or refuse access. If it is legitimate, it will soon be sorted out. It is always better to be safe than sorry.
28. Never admit to being home alone. "Stay there, I'll get it!"
29. If you suspect your house has been broken into, do not enter. Call the police and wait for them.
30. Have emergency phone numbers handy. Including your local police station and whether it is open 24 hours.
31. Travel with a friend or friends whenever possible, day or night.
32. Be aware of what is going on around you and alert to any possible dangers. Try to notice circumstances that tend to distract you and work to change those so you can maintain awareness.
33. Always walk in busy, well lit areas, even if it makes the trip a little longer.
34. Avoid taking short cuts through parks, parking lots or alleys.
35. If someone asks you for a light, the time or directions, for example, avoid getting too close or distracted.
36. Do not accept rides from strangers or hitchhike. No matter how "innocent" the person looks.
37. If you are worried about someone following on foot, cross the street or change direction. Head for a shop, office building or where there are people.
38. If someone is following in a car, turn and run in the opposite direction. The driver will have to make a U turn before he can follow.
39. Whenever possible, wear clothing and shoes you can run in if you have to.