



Women's Personal Protection Seminar

KEY REMINDERS FOR SELF-DEFENSE SUCCESS

Always take effective personal safety steps to reduce your risk when changing environments. Develop a new habit to raise your awareness just before moving into or out of a secure area.

- *Attackers evaluate and often “shake down” a victim before striking*
- *Street assaults are often accomplished by at least two attackers with a diversion*
- *Predators watch for distracted victims—hands full, on cell phone, children in tow*

DEVELOP A PERSONAL SAFETY STRATEGY

- Have At Least One Hand Free At All Times When Walking
- Make Deliberate, Short Eye Contact With Any Potential Threat
- Plan In Advance How You Would React To Common Threats

WHAT YOU CAN DO TO BE SAFER

- Walk purposefully, communicate calm and confidence.
- Protect your personal safe zone and trust your instincts.
- Re-alert yourself as you pass through doorways and entrances/exits.
- Practice using peripheral vision.
- Develop a habit of raising your awareness and being sure you have full use of your hands and feet when moving in or out of a secure area.
- Evaluate entry areas to your home and garage. Consider locations that could hide an intruder from your view while entering or leaving your home.
- Carry your purse securely under your arm. Never wrap the strap around your arm or enter a tug-of-war if a thief grabs your purse. You could be seriously injured.
- Avoid walking alone and stay away from dark walkways. Avoid shortcuts.
- Have your keys ready but not visible when approaching your home or call.
- Have a “safety drill” rehearsed with your children to safely lock them in the car if you are threatened.

Thank you for attending our event.

Please share these tips with a friend or loved one!

Find more information at brooklynbjj.com