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SURVIVAL MINDSET

Be **Confident**, don't look like a victim, give 100%- **Fight or Flight!**

"It is not the size of the dog in the fight, but the size of the fight in the dog."

THE FOUR A'S OF SELF-DEFENSE

AWARE: 90% of self-defense is awareness. Be aware of your surroundings and lifestyle. What are your hot-spots?

ASSESS: Once you are in a situation ask yourself; "Can I escape? Does he have a weapon? Do I need to fight?"

ACT: React quickly! Be loud! Run or fight back **You must give 100%**

ATTITUDE: Attitude is the decision to do or not to do the other three "A"s. Look confident, always make eye contact, develop a warrior spirit.

YOUR PRIMARY TARGET AREAS

- EYES, THROAT, GROIN, KNEES

Secondary target areas include the **NOSE, EARS, SHINS** and **soft tissue under back of arm.**

POTENTIAL WEAPONS

- EYE GOUGES, PALM STRIKES, ELBOW STRIKES, KNEE STRIKES, SHOVEL KICK TO GROIN

USE COMBINATIONS: strike more than once and strike more than one area **BE LOUD!!!!**

Plan A- Keep a stranger 6 or more arm lengths away, run, yell and go to safe people

Plan B- If grabbed, strike or kick, break-away and run to safe people

Plan C- If you can't get away, drop to the ground and have a self-defense temper-tantrum and go CRAZY! KICK to the groin, knees, throat and face!

PRACTICE, PRACTICE, PRACTICE!

100% of self-defense is mindset. You must believe you can defend yourself. Planning, practice and energized commitment are the *keys* to not freezing if you are attacked. Practice teaches you to react without thinking or panicking. Look for self-defense classes so you can brush up on your skills. Self-defense classes will empower you and teach you to react under stress.