

Common Sense Self-Defense

8 Steps to Personal Safety

An Essential Guide



**Denny Strecker's Karate Presents Family Safety -
Everything You Need To Know to Keep Your Family Safe**

About The Author

Denny Strecker, holder of four Black Belts, is an experienced martial artist who teaches hundreds of adults and children each year the ancient art of Shorinji-Ryu and the modern day skills for self-protection. An accomplished instructor, for over fifteen years, Mr. Strecker is regularly sought out as an expert speaker on personal protection skills, physical fitness, nutrition and martial arts. He shares his knowledge and passion of his chosen profession through numerous appearances at corporations, schools, organizations and community events. Mr. Strecker has written several books and created multiple videos that teach children basic personal protection skills.

About This Program

At last, here's a program that explains step by step a common sense approach to personal safety. This program is simple to learn and has been proven to work for many people over the years. Each of our programs are updated with the very latest information. This program hits a bull's-eye by explaining in a simple format the benefits of personal safety including de-escalation, escape and self defense techniques. Our programs put expert advice in your hands.

Read the information, practice the exercises and review the information from time to time. Remember, try to keep things in perspective and have fun while learning these important personal safety skills that will give you the edge in making your life just a bit safer.

About Denny Strecker's Karate

At our school, martial arts and character development work together. We use martial arts as a fun, exciting and practical vehicle to teach children and adults about the person they each can be when they simply tap into their character. We acknowledge that our students and families are looking for a lot more than just kicking and punching these days. After all, when we exercise our minds as well as our bodies, we can achieve great things. That's more powerful than any kick or punch!

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Individual, Group & Corporate Programs

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Common Sense-Self Defense

Introduction

Everyone is a potential target for violent crime. A private home is robbed every 10 seconds in the United States. A serious injury occurs in one out of every 12 robberies. In one percent of those crimes, the victim is also raped.

The police departments do all they can, with limited budgets, to protect us from the impact of crime. However, they can not guarantee that you will never be a victim. Everyone needs to know what to do in order to stay safe in an unsafe world. We need to start using "Common Sense Self Defense"!

There are many common sense things we can do. Often times it's as simple as making sure your doors and windows are locked. Half of all burglaries could have been prevented if a door or window was not left unlocked! It could be as simple as spending a few dollars on a hand held alarm to be carried when jogging or walking in a parking garage. Often it's a matter of learning a simple self defense system and increasing your chances of escaping unharmed.

This program is designed to teach you where and when you and your loved ones are at the most risk. This knowledge will help you live confidently, safely and reduce your risk of becoming a crime statistic.

"Common Sense Self Defense" Is the answer to being safe and staying safe.



Common Sense-Self Defense

Prime Crime Zones

Common Sense Scenario

At two thirty in the morning, "Alice" left home to go to work as a production supervisor at a plant in the suburbs of St. Louis, Missouri. She stopped at a 24 hour convenience store to get her usual container of coffee and realized she had very little cash with her.

"Alice" knew that just a few blocks away was an automatic teller machine at the bank she visits on a regular basis. What she did not know was that two men were staking out the same ATM and they were waiting patiently for an unsuspecting victim to come along.

"Alice" was that person. She was attacked from behind and forced at gun point to withdraw the maximum \$500.00 her bank allowed. The men then attacked and beat her savagely. The mother of three was thrown into some nearby shrubbery.

"Alice" made a terrible mistake. ATM's and darkness don't mix. Unfortunately, she walked into one of today's prime crime zones. In fact, the safety of daylight would have been all the protection she needed. "Alice" never stopped to consider safer options. She could have just waited till the next morning; she could have borrowed a couple of dollars from a co-worker or she could have cashed a check or used her debit card at the convenience store. Obviously, "Alice" did not use *"Common Sense Self-Defense"*.

How knowledgeable are you about prime crime zones?

- Do you ever use public restrooms in buildings you are visiting for the first time?
- Have you ever hitchhiked or accepted a ride from someone you did not know?
- Do you drive through areas of your community you do not know?
- Do you have a prepared safety checklist to take with you when traveling alone?
- Do you know the safest areas to park your car in large shopping malls or supermarket parking lots?

Turn the page and check your answers.

Common Sense-Self Defense

Prime Crime Zones

Unfamiliar Restrooms

Large buildings can be risky business. Too often, there is no guard to check who goes in and who comes out. Predators lie in wait in restrooms where you would seldom expect to be a victim of robbery or assault.

Accepting Rides From Strangers

While few women today would hitchhike, that same common sense rule isn't always recognized by people in similar situations as potentially dangerous. We may find ourselves around people we are meeting for the first time. Just because people attend the same meeting or other function, that doesn't mean they are attending for the same reason! If you accept a ride from someone you just met, tell someone you DO know that you left with that person. In addition, let the driver know that someone else is aware that you are together.

Driving In Unfamiliar Areas

We should always take the time to find out exact directions with the shortest and safest route to take before getting on the road. With the advent of the computer maps and written directions are only a click away (mapquest.com). Never drive with doors unlocked or windows rolled down. Do not drive through unfamiliar areas at night.

Safety Precaution Checklist

Keep a checklist of important telephone numbers including the people or place you may be visiting. Make sure you have addresses and directions to all locations you are visiting. Have auto and health insurance information available in your glove compartment. Don't leave home without a fully charged cell phone. Never let your gas tank get below half full. Note the places that are open 24 hours a day (police station, fire station, food marts, gas stations, hospitals, etc.)

Parking In Large Shopping malls

Try to park as near as you can to major stores or mall entrances. Park in a well lighted area. Leave at least 15 minutes before store closing times. Ask for mall security assistance to your car if you don't feel safe.

Common Sense-Self Defense

Rape: The Greatest Fear

Common Sense Scenario

A young woman thought her date was a real hunk. They met at a party given by one of her friends. She had more to drink than she should have. When he suggested they leave the party early and get some coffee, it sounded like a good idea. In the car, however, he passed every coffee shop and pulled into a darkened lot. He said he just wanted to talk for a while just the two of them alone. Within moments, he turned the comments to sex and asked her some very personal questions. While he talked, he slid his arm across her shoulders and started to caress her leg. She felt uncomfortable and asked him to please stop, but he angrily called her a tease. In the terrifying struggle that followed, he ripped off her blouse before she managed to fight her way out of the car. He sped off leaving her sobbing in a dark and unfamiliar neighborhood with her purse still in his car. Although a complete rape had not taken place, she had been sexually assaulted and left in a frightening position. The chances of this happening to her would have been lessened if she had used common sense.



Indicators that you may be on a date with the wrong person:

- Too much alcohol can impair a persons judgment.
- Your date assumes too much control over most situations.
- Your date displays negative or disrespectful feelings about women, but says he doesn't feel that way towards you.
- He tries to move the relationship forward too quickly.
- He doesn't respect your privacy or your space.

Women fear rape more than any other crime. It is a fact that more than 100,000 rapes in the United States are reported every year. Experts say that at least that many more go unreported. This brutal and terrifying crime is committed every six minutes. The National Crime Prevention Council and the U.S. Department Of Justice separates facts you need to know from some dangerous myths.

Common Sense-Self Defense

Rape: The Greatest Fear

Facts You Need To Know

- More than half of reported rapes are committed by someone the victim knows.
- Forty percent of rapes take place in the victim's home.
- The motivation behind sexual assault is the need to dominate. Humiliation of the victim is the goal and sex is the weapon.
- Rape is often a crime of opportunity.
- Most women try to resist but are overpowered by the attacker. Force is used in eighty five percent of all reported rapes.
- Most rapes that go unreported are committed by someone the victim knows and is fearful of additional harm.
- Studies show that rapists continue raping until they are caught. That is why it is so important to report a sexual assault.

Staying Safe At Home

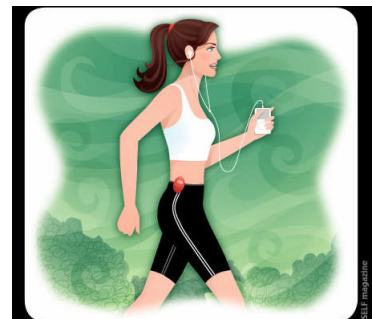
- Use substantial window and door locks for and securely lock all windows and doors in your home and garage.
- Sliding glass doors are an easy point of entry. Purchase special bars to brace the interior frame or place a cut-to-size broom handle in the door's track.
- Install perimeter lighting to eliminate shadows and hiding places near doors, windows and the garage.
- Install a wide angle view peep hole in your front door and never open your door to a stranger without proper identification and ask for a telephone number for verification.
- Create a safe room by installing a dead bolt lock on a bathroom or closet door that can be locked from the inside. The safe room should contain a flashlight and bottled water. Take a fully charged cell phone to call police when using the safe room to secure yourself and family members if an intruder enters your home.

Common Sense-Self Defense

Rape: The Greatest Fear

Staying Safe Outdoors

- Rapes are more frequent in the warm summer months and peak times are early morning and late night.
- Avoid jogging or biking alone. Know the area including, what stores are open, when jogging or biking. Wear a portable alarm!
- Whenever possible, inform someone about your daily routine including what time you leave and when you normally return.
- If you are harassed by someone from a moving car while walking, turn and head in the opposite direction. If you feel threatened, scream for help!
- Listening to your favorite tunes while jogging can make you less aware of your surroundings.
- Walk or jog on the side of the street facing traffic. If someone stops to ask a question, reply from a safe distance.



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Automobile Safety

Assaults in cars have dramatically increased over the last decade. Here are some common sense precautions to use while driving.

Automobile Safety Checklist

- Keep your car in good working order.
- Keep your gas tank no less than half full at all times.
- Don't pick up hitchhikers.
- Always lock your car doors upon entering and upon leaving your vehicle.
- Park your car in well lighted areas near other cars.
- If you get a flat tire in an isolated or unfamiliar area, stay in your car and call for assistance.
- Don't stop to help another motorist who appears to have car trouble. Call the police.
- If your car breaks down, turn on the emergency flashers, lock the doors and call for help. Do not get out of your car.
- If you suspect a vehicle is following you, do not drive home. Drive to a public place and request help. Memorize their license plate number and write it down, if possible.

Carjacking

This frightening and sometimes fatal crime has increased dramatically in the last decade. Carjacking is the theft by violence of an automobile with the driver either behind the wheel or when getting in or out of the vehicle.

Carjacking Safety

- Park in well lighted areas.
- Carry your keys in your hand ready to gain entry quickly and lock the doors right away.
- If you are approached while walking to your car and suspect a carjacking, throw your keys as far as you can and escape when the carjacker goes for your keys.
- You must do everything you can to avoid being taken by a carjacker.
- If someone tries to force their way into your car at an intersection, lean on the horn and do not let up.
- Remember, you can always replace a car. Don't risk your life!

Common Sense-Self Defense

Safety On the Job

Never lull yourself into a false sense of security about your workplace. Many crimes do occur in the office, place of business or with a client in a location you might feel normally secure. Offices, stores and factories offer ideal conditions for a potential criminal.

Facts About Workplace Crime

1. Of all thefts committed in the United States annually, what percentage happen on the job?

- A. 10%
- B. 20%
- C. 30%

Apart from thefts from home, the workplace ranks next highest. Twenty percent of money and valuables are taken from employees while they are at work.

2. What percentage of the nations violent crimes take place at work?

- A. 9%
- B. 13%
- C. 18%

According to FBI statistics about thirteen percent of all violent crimes are committed while workers are on the job.

Tips From The National Crime Prevention Council

When going to work early or staying late try to . . .

- Make arrangements with another employee to be with you.
- Park your car near a light pole.
- Notify security if any strangers are hanging around the parking area.
- Keep your office door locked and stay within easy reach of a telephone.
- Don't wander to other parts of the building.
- Check the elevator before entering. Get out if someone suspicious gets on.
- Make sure security knows you are working late. Inform security when leaving.
- Stairwells can be dangerous. Avoid them whenever possible.
- Tell a friend or relative you are working late and what time you expect to be home. Arrange to notify them by phone that you made it home safely.

Common Sense-Self Defense

Home Safe Home

Common Sense Scenario

When her father called to say her mother was seriously ill, she rushed to the airport. In her haste, she made a quick check of the house and left. The morning newspaper still lay on the lawn. A mail order catalogue protruded from the mailbox. She couldn't remember if she left a window open, so she called her friend from the airport to get the key under the door mat and check out the house. She wasn't home. Someone else, however, did check-out the unoccupied house. The burglar found the key under the mat at about two o'clock in the morning. When she came home her plasma TV, stereo and DVD player were gone. The antique jewelry Mom gave her, along with her checkbook and credit cards were also missing. She just didn't use common sense. There were many things she could have done and still make her flight. Home sweet home should be safe too. But your home is also the favorite target of burglars.

Safety Tips For A Safe Home

- Check your Locks.
- Check your doors.
- Check your home outside.
- Buy an alarm system.
- Create a safe room.
- Role play danger responses with your family.

Check Your Locks

Check your locks and replace them if necessary. Every exterior door should have a dead-bolt lock. Lock double hung windows by sliding a nail through a hole drilled on a downward angle in each top corner. You can purchase window key locks at most hardware stores. Statistics show that, in forty percent of all burglaries, a window or door was left open.

Check Your Doors

The National Crime Prevention Council recommends a metal or solid hardwood entry door, including the one between your garage and house. The best lock installed in a flimsy door offers little protection.

Common Sense-Self Defense

Home Safe Home

Safety Tips For A Safe Home (continued)

Cut back shrubbery overhanging doors or windows. Trim tree limbs a burglar might use to reach second story windows. Illuminate any dark areas where a burglar might hide. Purchase lights that turn on automatically when a car approaches your driveway or a person approaches your front door. Inexpensive systems will turn lights on and off at preset times.

Purchase An Alarm System

Check into protecting your home with an alarm system. New technology has made wireless burglar alarm systems very affordable. They work by creating a small electrical circuit across door and window openings. When this circuit is broken by an intruder it sounds a piercing alarm. Some of these systems can be programmed to call the police, neighbor or family member. Motion detectors are also inexpensive and available. Don't rule out a barking dog!

Create A Safe Room

Create a safe room by installing a dead bolt lock on a bathroom or closet door that can be locked from the inside. The safe room should contain a flashlight and bottled water. Take a fully charged cell phone to call police when using the safe room to secure yourself and family members if an intruder enters your home.

Role Play Danger Responses

Know what to do if a stranger enters your home. The best general strategy is to avoid any confrontation. If you are awakened by noises in the house, don't rush to investigate. Go immediately to the safe room. If there are children in the house teach them to follow your pre-arranged signal to go into the safe room. Have a safety plan for intruders, fire and weather. Role play with your children and other family members.



Common Sense-Self Defense

Eight Steps To Safer Living!

Step One - Prepare Your Body For Success

The long term effect of resistance, cardio-vascular and flexibility training will improve your overall physical and mental well being. This will greatly affect your ability call on the physical and emotional resources required to defend yourself in a self-defense situation.

Recommended Cardio Vascular Activities

Walking

Jogging

Treadmill or Elliptical

Jumping Rope

Aerobics Classes

Boot camps

Martial Arts Fitness

Recommended Resistance Training

Rubber Resistance Bands

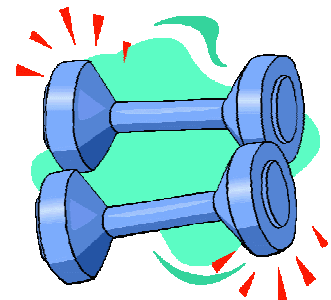
Dumbbells

Isometrics

Recommended Flexibility Training

Stretching

Yoga



Common Sense-Self Defense

Eight Steps To Safer Living!

Step Two - Knowledge Is The Key To Prevention

Gaining knowledge of crime trends and criminal activity is the easiest and one of the best forms of crime prevention to practice.

Sources Of Information

Local Newspapers

Radio and TV Broadcasts

Law Enforcement Agencies

The National Victims Resource Center

The Internet

www.rainn.org (Rape, Abuse, And Incest National Network)

www.disastercenter.com/crime (The Disaster Center)

www.familywatchdog.us (Sexual Offenders List and more)

Common Lures, Tricks And Traps

Fear And Intimidation - Threat Of Violence Or Physical Injury

Impersonation Of An Authority Figure - Police Officer, FBI

The Emergency Lure - Utility Repairman, Family Emergency

Attention/Affection Lure - Compliments, Hugging, Touching

Assistance Lure - Lost Pet, Charity Sales, Package Helper

Bribery Lure - Fame, Fortune, Contests, Jewelry



Common Sense-Self Defense

Eight Steps To Safer Living!

Step Three - Be Observant

Allow yourself a thirty second observation before starting out, approaching or leaving a destination.

Observational Safety

- Look for the unusual.
- Be observant when walking to and from your car.
- Look at your doors and windows before entering your home.
- Do not enter a burglarized home.
- Constantly scan the area when jogging or walking.
- Be observant when driving both the road ahead and to the rear.

Safety At The Automatic Teller Machine

- Do not use ATM's at night.
- Do not count your money at the ATM.
- Keep your distance when the ATM is in use.
- Always wait until the person using the ATM leaves before you begin.



Common Sense-Self Defense

Eight Steps To Safer Living!

Step Four - Safety On The Road And In Your Home

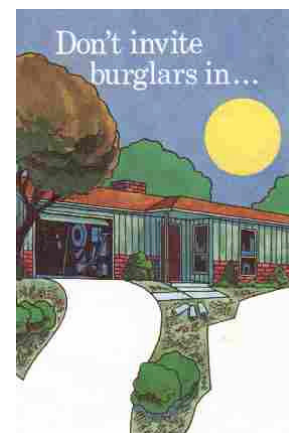
Following these common sense safety tips while driving or just relaxing at home may save you and your family from a frightening or life threatening experience.

Automobile Safety Tips

- Park in well lighted areas.
- Carry your keys in your hand ready to gain entry quickly and lock the doors right away.
- If you are approached while walking to your car and someone confronts you, throw your keys as far as you can and escape when the predator goes for your keys.
- You must do everything you can to avoid being taken from the initial place of confrontation.
- If someone tries to force their way into your car, get out through the opposite door with your keys. If you can't then lean on the horn.

Safety Tips For A Safe Home

- Check your locks.
- Check your doors.
- Check your home outside.
- Buy an alarm system.
- Create a safe room.
- Role play danger responses with your family.



Common Sense-Self Defense

Eight Steps To Safer Living!

Step Five - 24/7 Safe Locations

Make a list of all locations open 24 hours a day in your neighborhood, near your workplace and frequently traveled routes. Include the name of the location, the address and phone number. Keep the list handy and in your glove compartment.

Examples Of 24/7 Safe Locations

- Police Stations
- Fire Stations
- Hospitals
- Grocery Stores
- Drug Stores
- Gas Stations
- Airports
- Military Bases

If Followed While Driving

- Never drive to your home.
- Don't stop and confront the person.
- Let the person know that you are aware by hand gesturing.
- Drive to a populated area.
- Attract attention by flashing lights and blowing your horn.
- Call for help using a cell phone.
- Drive to a 24/7 safe location.
- Report the incident to the authorities.



Common Sense-Self Defense

Eight Steps To Safer Living!

Step Six - Defusing Any potentially Explosive Situation

When a potentially violent situation threatens you and no weapon is present, verbal de-escalation techniques are appropriate.

Two Important De-Escalation Concepts

1. Reasoning with an enraged person is not possible. The only objective in de-escalation is to reduce the intensity of rage so that a discussion becomes possible.
2. De-escalation techniques are abnormal. We are driven to fight or flight when scared. However, you must appear calm even if you are terrified. De-escalation techniques must be practiced so that they can become "second nature."

The Defender in Control

1. Appear calm and self-assured.
2. Use a soft, monotonous tone of voice.
3. Do not be defensive even if the attacker makes comments or insults that are directed at you.
4. Be very respectful while firmly setting limits or calling for help.

The Defensive Stance

1. Place your left foot slightly forward.
2. Keep your hands up and open, available for protection if needed.
3. Never turn your back for any reason.
4. Always be at the same eye level or higher than your attacker.
5. Encourage the attacker to be seated.
6. Stay two steps away from your attacker at all times
7. Do not maintain constant eye contact.
8. Do not point or shake your finger.

The De-escalation Conversation

(Remember your only goal is to bring the situation to a safer place.)

1. Do not get loud or try to yell over a screaming attacker.
2. Do not argue or try to convince.
3. State the consequences of inappropriate behavior without threats
4. If de-escalation is not working, STOP! Begin escape techniques.

Common Sense-Self Defense

Eight Steps To Safer Living!

Step Seven - The Next Option - Escape!

If verbal de-escalation does not work you must try the next option. Remove yourself! Always scan the possible escape routes and position yourself to take advantage of the element of surprise.

Defense Against A Push, Punch Or Attempted Two Hand Grab - *Be The Wind*

If The Attack Comes From The Right Hand

1. Step back and to the left.
2. Control the hand and push on the shoulder.
3. Escape to the left.

If The Attack Comes From The Left Hand

1. Step back and to the right.
2. Control the hand and push on the shoulder.
3. Escape to the right.

If The Attack Comes From Both Hands

1. Step back and to the left or right.
2. Control the hand and push on the shoulder.
3. Escape to the left or right.

Defense Against A Wrist Grab - *The Cobra*

1. Glance at the grab and work against the thumb.
2. Snake your hand up and over the thumb.
3. Push and run.

Defense Against A Two Hand Grab - *Swimming The River*

1. Bring your right hand up and over then your left in a swimming motion.
2. Push and run.

Defense Against A choke - *Punching The Moon*

1. Stay calm.
2. Bring your fist straight up through the middle of the choke then turn your body and run.

Common Sense-Self Defense

Eight Steps To Safer Living!

Step Eight - The Next Option - The Basic Seven!

THE BASIC SEVEN

A solid body of research over the last 20 years indicates that immediate and firm resistance is a key factor in discouraging unarmed attacks. There is no substitute for joining a local martial arts school and practicing self defense on a regular basis. The techniques will become second nature.

1. EYES

- Rotate trunk to launch strike.
- Extend your arm toward the eyes.
- Stiffen hand and fingers.
- Aim for eyes with your fingers.
- yell!

2. NOSE

- Rotate trunk to launch strike.
- Extend arm in a straight line.
- Keep fingers pressed together.
- Strike with the heel of the hand.
- Aim for the nose.
- Yell!

3. THROAT

- Rotate trunk to launch strike.
- Extend arm in a straight line.
- Fingers together, spread thumb.
- Strike throat between the web of the thumb and index finger.
- Yell!

4. CHEST

- Rotate trunk to launch strike
- Extend arm in a straight line
- Keep fingers pressed together
- Strike with the heel of the hand
- Aim for the sternum (mid-chest)
- Yell!

5. GROIN

- Grab the attackers clothing.
- Sharply pull towards you.
- Lift your knee into the groin.
- Drive through the target.
- Repeat if necessary.
- Yell!

6. KNEE

- Look over your right shoulder.
- Lift your knee & kick backwards.
- Turn your foot sideways.
- Aim for the attackers knee.
- Yell!

7. SHIN

- Scrape down the shin.
- Stomp on the attackers instep.
- Yell!

Common Sense Self Defense

Conclusion

You are now on the road to keeping yourself safe! Your education doesn't end here though. All too often, people will become overconfident in their abilities because they have read what they should do and fail to practice it regularly. I hope you are not one of those people. Make it a priority to read this manual again in a couple of weeks and then again and again for the next 6 months. Once you are able to recite it, then you have a solid understanding of how to keep yourself safe.

"Knowing" is still only half the battle - "Doing" is just as important. You must practice techniques and scenarios thousands of times so that your body will react without you having to think about what you should do. I highly encourage you to find a self defense program in your area that will help you practice your self defense in a safe environment. There are plenty of martial arts schools and self defense programs all over the world. Finding a quality one is a little more challenging - all schools are not created equal. If you are not sure how to find a good quality school in your area, I would be happy to help you. You can send me an email letting me know that you read this guide and that you would like to find a good program in your area. Make sure you include your City and State and most importantly, your Zip Code. I can search your area and help you get started in the best program in your area.

Thank you for taking the time to read this guide. I hope you have found it helpful. Please feel free to pass this guide along to anyone you feel would benefit from it.

Feel free to check out my web site <http://www.WarrenKarate.com> for more information about Self Defense and how martial arts can help you.