

SURVIVE CRITICAL EVENTS



In loving memory of the victims...

<i>Newtown school shooting</i>	<i>Newtown, Connecticut</i>	<i>12/14/2012</i>
<i>Accent Signage Systems shooting</i>	<i>Minneapolis, Minnesota</i>	<i>9/27/2012</i>
<i>Sikh temple shooting Oak Creek,</i>	<i>Wisconsin</i>	<i>8/5/2012</i>
<i>Aurora theater shooting</i>	<i>Aurora, Colorado</i>	<i>7/20/2012</i>
<i>Seattle cafe shooting</i>	<i>Seattle, Washington</i>	<i>5/20/2012</i>
<i>Oikos University killings</i>	<i>Oakland, California</i>	<i>4/2/2012</i>
<i>Su Jung Health Sauna shooting</i>	<i>Norcross, Georgia</i>	<i>2/22/2012</i>
<i>Seal Beach shooting</i>	<i>Seal Beach, California</i>	<i>10/14/2011</i>
<i>IHOP shooting</i>	<i>Carson City, Nevada</i>	<i>9/6/2011</i>
<i>Tucson shooting</i>	<i>Tucson, Arizona</i>	<i>1/8/2011</i>
<i>Hartford Beer Distributor shooting</i>	<i>Manchester, Connecticut</i>	<i>8/3/2010</i>
<i>Coffee shop police killings</i>	<i>Parkland, Washington</i>	<i>11/29/2009</i>
<i>Fort Hood massacre</i>	<i>Fort Hood, Texas</i>	<i>11/5/2009</i>
<i>Binghamton shootings</i>	<i>Binghamton, New York</i>	<i>4/3/2009</i>
<i>Carthage nursing home shooting</i>	<i>Carthage, North Carolina</i>	<i>3/29/2009</i>
<i>Atlantis Plastics shooting</i>	<i>Henderson, Kentucky</i>	<i>6/25/2008</i>
<i>Northern Illinois University shooting</i>	<i>DeKalb, Illinois</i>	<i>2/14/2008</i>
<i>Kirkwood City Council shooting</i>	<i>Kirkwood, Missouri</i>	<i>2/7/2008</i>
<i>Westroads Mall shooting</i>	<i>Omaha, Nebraska</i>	<i>12/5/2007</i>
<i>Crandon shooting</i>	<i>Crandon, Wisconsin</i>	<i>10/7/2007</i>
<i>Virginia Tech massacre</i>	<i>Blacksburg, Virginia</i>	<i>4/16/2007</i>
<i>Trolley Square shooting</i>	<i>Salt Lake City, Utah</i>	<i>2/12/2007</i>
<i>Amish school shooting</i>	<i>Lancaster County, Pennsylvania</i>	<i>10/2/2006</i>
<i>Capitol Hill massacre</i>	<i>Seattle, Washington</i>	<i>3/25/2006</i>

<i>Goleta postal shootings</i>	<i>Goleta, California</i>	<i>1/30/2006</i>
<i>Red Lake massacre</i>	<i>Red Lake, Minnesota</i>	<i>3/21/2005</i>
<i>Living Church of God shooting</i>	<i>Brookfield, Wisconsin</i>	<i>3/12/2005</i>
<i>Damageplan show shooting</i>	<i>Columbus, Ohio</i>	<i>12/8/2004</i>
<i>Lockheed Martin shooting</i>	<i>Meridian, Mississippi</i>	<i>7/8/2003</i>
<i>Navistar shooting</i>	<i>Melrose Park, Illinois</i>	<i>2/5/2001</i>
<i>Wakefield massacre</i>	<i>Wakefield, Massachusetts</i>	<i>12/26/2000</i>
<i>Hotel shooting</i>	<i>Tampa, Florida</i>	<i>12/30/1999</i>
<i>Xerox killings</i>	<i>Honolulu, Hawaii</i>	<i>11/2/1999</i>
<i>Wedgwood Baptist Church shooting</i>	<i>Fort Worth, Texas</i>	<i>9/15/1999</i>
<i>Atlanta day trading spree killings</i>	<i>Atlanta, Georgia</i>	<i>7/29/1999</i>
<i>Columbine High School massacre</i>	<i>Littleton, Colorado</i>	<i>4/20/1999</i>
<i>Thurston High School shooting</i>	<i>Springfield, Oregon</i>	<i>5/21/1998</i>
<i>Westside Middle School killings</i>	<i>Jonesboro, Arkansas</i>	<i>3/24/1998</i>
<i>Connecticut Lottery shooting</i>	<i>Newington, Connecticut</i>	<i>3/6/1998</i>
<i>Caltrans maintenance yard shooting</i>	<i>Orange, California</i>	<i>12/18/1997</i>
<i>R.E. Phelon Company shooting</i>	<i>Aiken, South Carolina</i>	<i>9/15/1997</i>
<i>Fort Lauderdale revenge shooting</i>	<i>Fort Lauderdale, Florida</i>	<i>2/9/1996</i>
<i>Walter Rossler Company massacre</i>	<i>Corpus Christi, Texas</i>	<i>4/3/1995</i>
<i>Air Force base shooting</i>	<i>Fairchild Air Force Base, Washington</i>	<i>6/20/1994</i>
<i>Chuck E. Cheese's killings</i>	<i>Aurora, Colorado</i>	<i>12/14/1993</i>
<i>Long Island Rail Road massacre</i>	<i>Garden City, New York</i>	<i>12/7/1993</i>
<i>Luigi's shooting</i>	<i>Fayetteville, North Carolina</i>	<i>8/6/1993</i>
<i>101 California Street shootings</i>	<i>San Francisco, California</i>	<i>7/1/1993</i>
<i>Watkins Glen killings</i>	<i>Watkins Glen, New York</i>	<i>10/15/1992</i>

<i>Lindhurst High School shooting</i>	<i>Olivehurst, California</i>	<i>5/1/1992</i>
<i>Royal Oak postal shootings</i>	<i>Royal Oak, Michigan</i>	<i>11/14/1991</i>
<i>University of Iowa shooting</i>	<i>Iowa City, Iowa</i>	<i>11/1/1991</i>
<i>Luby's massacre</i>	<i>Killeen, Texas</i>	<i>10/16/1991</i>
<i>GMAC massacre</i>	<i>Jacksonville, Florida</i>	<i>6/18/1990</i>
<i>Standard Gravure shooting</i>	<i>Louisville, Kentucky</i>	<i>9/14/1989</i>
<i>Stockton schoolyard shooting</i>	<i>Stockton, California</i>	<i>1/17/1989</i>
<i>ESL shooting</i>	<i>Sunnyvale, California</i>	<i>2/16/1988</i>
<i>Shopping centers spree killings</i>	<i>Palm Bay, Florida</i>	<i>4/23/1987</i>
<i>United States Postal Service shooting</i>	<i>Edmond, Oklahoma</i>	<i>8/20/1986</i>
<i>San Ysidro McDonald's massacre</i>	<i>San Ysidro, California</i>	<i>7/18/1984</i>
<i>Dallas nightclub shooting</i>	<i>Dallas, Texas</i>	<i>6/29/1984</i>
<i>Welding shop shooting</i>	<i>Miami, Florida</i>	<i>8/20/1982</i>

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Every day survival

It's a constant struggle out there. Like they did with many other things, the media managed to trash the term "survivalist" and make it into a looney kind of concept. Today, when you hear the term "survival", you just can't help imagining a crazy armed person wearing a helmet at all times and maybe spouting Bible apocalyptic verses.

It's understandable. Like the rest of us, the media must survive too. And for that, they'll tell you anything, no matter how scary that is.

Sure, the world is susceptible to natural disasters and there's nothing funny about that.

Nature is unpredictable and unless you're prepared, it can cause a lot of damage and hurt. Even death. But that's not what this book is about.

This book is about people and their everyday survival among each other. I don't know if they'll ever finish studying human behavior. Probably not. But one thing I know for sure: if there is one common



factor in the history of every race and every civilization, then I guess it must be violence.

The crazy thing is that the more “civilized” we get, the more violent our societies seem to become. Except that we don't always want to call it that, maybe because it offends delicate egos. We dress up the idea of violence with all kinds of words and excuses, like “deprived childhood”, or “misunderstood youth”, “temporary insanity”, “unaware of the consequences of his action” and such like. None of the pretty talk changes the fact that we live in a very violent world that is getting more violent even as you read this.

The so called intellectuals give us all kinds of reasons for the increase in violence, but they can offer no solution for it. None that has worked so far.

Every politician knows that the most rapidly growing problem of the present and future is violence and how to deal with it.

The police? Well, they can't protect

everyone and there isn't enough money to either provide enough security and locks or enough armed guards to protect everything and everyone.

It's NOT your fault. You don't control this. But what you DO control is your family's future. Your family's safety. Consider violence in our



schools. Consider the fact that every day in the United States, more than 100,000 kids bring firearms and knives to school in their pockets, backpacks, and inside waistbands.

There's only one person who can really defend you and your family and that is yourself. Just give yourself a chance and don't always expect the authorities to rescue you.

Step by step, this book will go through critical events that every you and me is at risk facing. Situations like physical assault, kidnap, abuse or shooting.

After reading this book, I'm confident you'll better understand why and when these things can happen, but most importantly you'll learn how to prevent and survive each and every one of them. And by that, I mean continue existing and enjoying your life.

After serving my country during three wars, I've been teaching martial arts to students starting from 5 years of age to 70 and trust me: this book is for everyone.



I'm not gonna give you the fancy talk that other trainers use to "seem professional". I won't tell you to wear that helmet when you

go shopping, either. I will share things with you that work. Tactics that I've developed with experience and that I've seen working against this ruthless behavior that is waiting around the corner to get you and your family. Against violence.

I'm gonna teach you what you need to know about self-defense.

Self-defense does not mean living your life in fear or being paranoid. It means living in a state of awareness of your surroundings so that when something bad happens or is about to happen you can take measures, which are appropriate to counter the event. Living in this state of awareness means that you have several options available to you at any given moment.

These options may include, but are not limited to, a knowledge of possible escape routes, the use of security systems, the use of a variety of non-lethal or lethal weapons, and a knowledge of takedown moves and pain compliance holds. We'll discuss all about it throughout the book and when we finish, I trust you'll start practicing and feeling a lot more secure.

Things you have to accept

Before you start learning how to protect yourself and your loved ones, you need to be aware of a series of facts. Things you need to understand and accept.

1. You can be a victim of crime.

Each day you live increases your chances of being a criminal's target. We are not always talking about violent crime. You may be the victim of a purse-snatcher, a burglar, a hit and run driver, a terrorist,

a rapist, and even a victim of a con man. This book will teach how to be prepared.

2. You cannot eliminate crime but you can reduce your risks.

Until the world comes to an end there will be criminals. You can't wish them away. You can't shut your eyes and pretend that they don't exist. However, you have the ability to reduce the risk of becoming a crime victim. Obviously, there is nothing that can guarantee you that you will never be a victim or that you will never be hurt by a criminal. But, there are definite steps that you can take and procedures that you can implement to reduce risk.

3. When exercising self-defense, accept the fact that you may get hurt.

Which would you prefer?

To have your throat slashed and bleed to death, or, receive a big gash in your arm but live? To be raped and catch the AIDS virus, or,

suffer a broken arm but live? People who fight get injured. If you have an attacker who has a knife, unless you have superior knife defense skills, you can expect to get cut.

You might think that if you don't resist you won't get hurt. Granted, sometimes the best option is to offer no resistance. However, statistics show that 55% of people who offer no resistance get injured anyway! Accept the fact that you can be hurt and probably



will be hurt to some degree. And, if you are going to be hurt, it may as well be while you are fighting for your life rather than while you are doing nothing.

4. There are times when no resistance is acceptable.

When training children in Martial Arts, we teach them the principle of ARF - Avoid, Run, and Fight. In other words, avoid trouble in the first place. Make every effort to stay out of troubled situations. However, if you find yourself in a bad situation, and you can get away from it, do so. Run, walk, crawl, or whatever to get away and stay away. There is no dishonor in walking away from a fight or running away as fast as you can. There is nothing wrong with using what we call in law enforcement “verbal judo” to talk your way out of a situation.

Don't let your ego get in the way of living. A thief comes up to you and wants your money. You've got \$40 in your wallet. Is your life worth losing over \$40? Credit cards can be canceled and replaced. You can get another Driver's License. You can always take more pictures of your wife and children. You can't get another life. However, if worse comes to worse, be prepared and willing to fight.

5. Do not assume that others will come to your aid in time of need.

Most people don't want to get involved, especially when there is a crime in progress. This is one reason why defense mechanisms such as screaming, blowing a whistle, or setting off one of those carry-along alarms don't work very well. Not many people will respond to them. The police usually show up after the incident is over or at

least well after it is started. It's up to you to protect yourself and the only person you can count on to help you is you.

6. The outcome of any attack is usually decided within 7-10 seconds of the start of the attack.

Given this statistical fact, your methods of self-defense must be quick and decisive. Let's say you have decided that carrying a police whistle is one of the methods you will employ in



self-defense. The whistle is in your pocket or purse. Maybe it is on your key ring but you aren't walking with your keys in your hand.

Blowing a whistle can take up to 15-20 seconds depending on how quickly you can access the whistle and whether or not you can actually blow it. By the time you blow the whistle, your attacker is on top of you, has ripped the whistle from your hands, knocked you to the pavement, and kicked the living daylight out of you. Your self-defense responses must be quick and decisive.

Keep in mind that a quick and decisive reaction may be to run and get the heck out of where you are. That is certainly a viable option to staying and fighting.

In fact, if you can be successful at it, running away is a much better alternative to staying and fighting it out. If you choose to run, do it immediately without hesitation.

How to reduce the risk of becoming a victim

- Consider installing a home security system. A home alarm can be an effective deterrent to criminal intruders. A variety of systems are available, ranging from inexpensive, battery-operated



- door models to monitored, motion detecting systems costing several thousand dollars.
- Never open your door to a stranger. Criminals can get a good look at you and your home by posing as a door-to-door salesperson, a neighbor who has lost a pet, or a floral deliverer at the wrong address.
- Install a wide-angle door viewer. These are inexpensive aids for identifying people at your doorstep. If children are allowed to open the door under certain circumstances, install a second viewer at your child's height. Never tell stranger that you are

home alone. If they ask for your husband or the man of the house, tell them he is taking a nap and cannot be disturbed.

- Do not broadcast your plans in public where others can overhear. Burglars can use this information to determine whether your home might be an easy target in your absence.
- Keep your house or apartment well lit. Use exterior sensory night-lights and interior lights plugged into timers to create the illusion of an occupied home at all times.
- Do not leave windows open or uncovered. Prevent casual observers from looking directly into your home. During the day, draw drapes or position blinds to allow only enough light for plants. At night, cover your windows completely.
- Keep trees and shrubbery around your home well trimmed. Overgrown bushes and trees often provide excellent hiding places for criminals.
- Plant "defensive" shrubbery around your home, especially beneath windows. Bushes that feature thorns or stiff, spiky leaves are not good hiding places for criminals.
- When moving into a house or apartment, always change or re-key the locks or have the tumblers reset. Otherwise, the previous resident - and anyone they supplied keys to - has unrestricted access to your home.
- Never hide an extra key under a mat, in a flowerpot, or in any other easily accessible place. Criminals know all the hiding places.
- Lock your doors when working in your yard, attic, laundry room or any place away from your home's entry areas. While you are busy elsewhere, burglars could easily enter your home unnoticed.

- Do not give information to strangers on the telephone. Thieves often target homes using information obtained from "telephone surveys."
- If you use an answering machine, do not announce your name and number as part of the message. Avoid giving criminals any information about you. A common mistake is revealing your exact whereabouts in a message.
- Consider keeping a separate line or cellular phone as a security device. Taking one phone off the hook renders other units on that line inoperable. Using a separate line or cellular phone in your bedroom is a good precaution.
- Never give important information like travel plans or credit card numbers using a cellular phone. For fewer than one hundred dollars, anyone can buy scanning equipment and listen in on your cellular phone conversations.
- Always have your keys out and ready before leaving a building to approach your car. Fumbling through your purse for keys after you've reached your car provides criminals an excellent opportunity to sneak up on you.
- Look around and in your car before entering. If you are concerned for any reason, simply walk past your car instead of getting into it.



- Use a two-piece key ring with your car keys separate from your other important keys.
- Give parking valets or mechanics your car keys only. Supplying your entire set of keys creates an opportunity for duplicates to be made.
- If your car has tinted windows, use the reflection to scan the area to either side and behind you. By being alert to your surroundings you could avoid a potentially dangerous situation.
- Lock your car door immediately after entering the vehicle. Make this your first action - even before putting the key into the ignition.
- Check your surroundings before getting out of your car. If something or someone strikes you as out of place or threatening, drive away.
- If you are involved in an accident, stay in your car until police arrive. In minor accidents where the other driver suggests you exchange insurance information, simply hold up your driver license and consider acquiring a cellular phone. Using a cellular phone is an effective means of keeping help close at hand during accidents, breakdowns, or other roadside emergencies.
- If you are accosted in a parking lot, away from your own vehicle, consider rolling underneath a nearby auto. It is difficult to force anyone out from under a car.
- Make a practice of filling up your vehicle when your gas tank is about half empty. Never let it get so low that you are forced to stop for fuel, particularly at night in an area with which you are unfamiliar.

- Lock your car and take your keys when you get out to pump gas. Leaving the door unlocked and the keys in the ignition invites a carjacking.
- Never pick up hitchhikers. It is never safe to have a stranger in your car.
- Maintain your personal space. Stay alert! If a person moves inside your comfort zone, move away. If that person persists, run.
- Be alert when leaving stores or shopping malls. This is a time when criminals know you are carrying cash, checkbooks, credit cards, or valuable merchandise.
- Don't use ATMs at night, or in unfamiliar or unsafe surroundings. This is another time when criminals know you are carrying cash.
- Avoid filling your arms with packages. You might have to make more trips, but keep one arm and hand free whenever possible.
- Avoid stairwells in parking garages. Try walking down the auto ramp instead. As long as you watch for cars, the ramp is much safer.
- When on the street, walk facing oncoming traffic. A person walking with traffic can be followed, forced into a car, and abducted more easily than a person walking against traffic.



- If asked for directions by a driver, stay far enough away from the car that you can turn and run easily. An alternative is to simply state, "I don't know" and keep walking.
- When friends drop you off at home or work, ask them to wait until you are safely inside before leaving. Extend this courtesy to your own friends when driving them to a destination. If you are on an elevator and someone threatening gets on, quickly step off the elevator. Otherwise, press several buttons for upcoming floors and get off at your first opportunity. (Do not press the STOP button.)
- Approach with extreme caution any entryway where normal lighting is not functioning. Removing, unscrewing, or breaking bulbs in such places is a common tactic of criminals.
- Choose a personal protection device best suited to your situation. Personal protection devices range from sophisticated alarms for your home and car to defensive sprays and key chains you can carry in your purse.
- Make an informed choice about firearm ownership. Firearm ownership is a deeply personal and profound decision.
- Personal safety is not always convenient. You must consciously integrate the options you choose into everyday life until good habits are formed.
- Beware of people selling door-to-door in your neighborhood. The days of door-to-door sales are over. Except in rare instances, it really isn't done anymore, particularly in urban and suburban areas. These vendors often case out your home while trying to sell you stuff you don't need. While giving you the pitch at your front door, they may be taking a quick look around to see if you have a security system, an easy front door

to jimmy open, looking to see if you have a dog, etc. Tell them you are not interested and shut the door. You are under no obligation to listen to their pitch or to be nice to them.

- Criminals prefer easy targets. The more difficult a target you present, the less likely you are to become a victim. If you look like an easy target, you probably are an easy target. Carry yourself with confidence. Keep your head up and shoulders back.
- Don't look at the pavement when you walk. Make eye contact with strangers on the street. I recall reading somewhere that only two types of people make eye contact on the street - crazy people or police. Criminals don't really want to mess with either.
- Don't wear jewelry or clothing that screams "Steal me!" You want to blend in with the crowd and not draw attention to yourself. With the same thought in mind, watch what kind of clothes you wear in areas where gangs may hang out.

PLAN FIRST!

Walking through a neighborhood in an NFL warm-up jacket could get you shot if that is not the jacket or colors of the gang that "owns the turf." It's better to be alive than cool. It's better to be safe than trendy.

- Finally, PLAN in advance. Make sure you have enough cash on hand for your trip. Make sure you have good batteries in your flashlight. Have a map of the area you are driving in so that you can find your way without having to ask someone for directions.

The 7 Principles of Self Defense

These rules are at the heart of a successful strategy of personal safety from the acts of others. They are:

Alertness. You must be aware of your surroundings. You must know when there is someone behind you-you can learn to recognize people by the sound of their footsteps, and should learn to be curious when you hear an unfamiliar person. You should pay attention to your neighborhood- are there people who don't live there who hang around a lot? Any cars you don't recognize?

Do you feel like you're being watched? When driving, keep an eye on the mirror. Are you being followed? When you last went through a grocery check stand, you dealt with a checker. Could you describe the checker? The people in line ahead of and behind you? The person leaning on his car next to yours? The last time that someone came to your door claiming to be a meter reader, did you ask to see identification? One dodge of predators in our society is to gain access to a home under the guise of a utility worker.

However, ALL utility workers carry ID, and show it on request. If the service was unexpected, it helps to call the company and see if they sent the person. (And don't call the number that the man at the door gave you. Find their number yourself) Needless to say, if a man shows up at the door claiming to be from the power company, and they didn't send him, you don't let him in.

Calling the police and taking the other steps in your plan for this incident would seem indicated. (It's worth noted that criminals have used this trick to gain access under other guises-police officer,

firefighter, EMT, UPS/FedEx/ Postal Service, Joe Blow needing the phone because there's been an accident, and for all I know hoods have dressed up as cookie- selling girl scouts.)

A note about gut instinct:

It's worth noting one of the prevailing theories about hunches here- well, prevailing among the people who spend time theorizing about these things.

Hunches and instinct are often considered to be the result of information that your brain has assimilated and processed subconsciously but not consciously. Whether or not that's actually true, it's as good an explanation as any and will serve for our purposes.

The end result of all of the psuedoscience here is that your gut feelings about a situation are generally trustworthy. If a situation feels wrong, but you "can't quite put your finger on it," then it's a pretty safe bet that there is a problem present and that you may well not want to remain where you are. Trust your instincts-you have a few billion years' worth of evolution tied up in them.

The second principle is **Decisiveness**.

When confronted with a threat, you have to ACT NOW! There is no time to hem and haw. "Forgetting your head and grabbing your balls" as my scoutmaster put it can make a bad situation worse, but mulling when you don't have time to mull just gives your assailant more time to attack.

The law in the United States is almost universally a version of "You may use force when and to the extent you reasonably believe necessary to protect your life, or that of another person in the face of an imminent threat of death or grave bodily injury." Some states may impose limitations on self-defense in public, and others may impose what is known as the duty to "retreat to the wall" in which case you are (at least metaphorically) back-to-the-wall. It does help to read the statute and the case law in your state ahead of time.)

Principle Number Three is **Aggressiveness**.

This may seem odd, since we're talking about defensive action and to enjoy legal and moral justification must allow our assailant to strike or attempt to strike the first blow. However, there is one suitable response to physical attack—a FAST and STRONG counterattack. You can retreat all you want, and in some states you're required to do so to one degree or



another. However, if the attack is pressed, sooner or later you'll end up back to the wall.

You may remember the Speck murders. The victims outnumbered their assailant considerably, and gave up massive amounts of force that could have saved their lives. Predictably, they died.

When attacked, when it becomes clear that you are in danger at the hands of another, your life depends upon a swift and explosive counterattack. Remember-you have a duty to yourself to survive. You have no duty to submit. As an Aikido instructor of mine once said: "You have the right to exist, and the entire universe sanctions your right." Therefore, if you are in danger, you have the RIGHT to act to preserve your life. Resistance to violence is not always in fashion in modern society, but you have to be alive to be ostracized by those who fault you.

Remember-aggressiveness does not require that you actually initiate contact. Initiating a violent encounter is neither legally nor morally nor ethically justifiable. However, responding with great speed and energy to someone else's initiation against you is. Not only is it justifiable, but a response with all legally-justifiable force may be your only chance.

The fourth principle-**Speed**.

This blends in with decisiveness. You don't have time to waste. When you discover a threat, and you decide to act, you ACT and act NOW. No referee will call back the play in a self-defense situation.

Principle Number Five-**Coolness**

It's a simple rule-don't panic. Don't get buck fever.

When you need to figure out what to do, you need to have your wits about you. You need be calm, calm enough to not make your situation worse. Anger, so long as it is in the grip of your self-control, will not be a liability. When you lose your self-control, you destroy your ability to react appropriately to the situation.

The surest way to lose a trophy buck is to let fear or eagerness overcome your judgement and those two elements (known in combination as "buck fever") fade as you learn to think and act clearly under stress.

The sixth principle is called **Ruthlessness.**

Remember-you are under no obligation to regard an attacker's safety to any degree that conflicts with your own. If someone comes to you with evil intent, you owe them no consideration. A would-be victim is simply higher in the hierarchy of value than a would-be attacker, in law and custom in the United States. (It is, however, worth knowing that this does not necessarily apply abroad. Many nations, including the United Kingdom, do not recognize self-defense as a defense to prosecution)

Overreaction is proscribed, both morally and legally. However, do not quail in the face of having to use force when it's necessary to protect your own life.



Last principle: **Surprise**

Most violent attackers expect their victims to be easy prey. Any reaction other than submission will throw them off balance. If you submit to an attack, you're giving the attacker what he expects. If you respond with all legally-justified force, you surprise the hell out of him at the very least. More often than not, that forces them to disengage. In rare cases where it does not, it still takes their equilibrium out from under them, granting the advantage to you.

Essential principles of street fighting

The essential principle of street fighting is survival. Without this everything else becomes rather unimportant. Women are generally less strong than men and big people tend to pick on little people. These are realities of life.

To ensure your survival you must fight at a better level than your opponent and if this is not possible, then a 'lower' level. The best way to beat trouble is to avoid it. If you can run away then do so; but if you do have to fight then do so to the best of your abilities.

If your abilities seem to be lacking and you find yourself losing then you must be prepared to move the goal posts. There are no referees or rules out on the street. You must remember this and always fight to the level required to overcome an aggressor. If that means hitting him in the side of the head with a rock then so be it. If it ensures your survival then the law will understand.

When you face your adversary, hope that he is a thug rather than a trained fighter. Thugs will be loud mouthed, overconfident and going for the one punch win. Let this work to your advantage and you will overcome them.

Despite the necessity of raw venom in fighting it is more important to use your head. This doesn't necessarily mean head butting but thinking. If you think before you act then generally you will be more effective, which in fighting means successful.

However, let an opponent dictate the course of a fight. This means taking the lead after the trouble has started. All the time you are tying his brain up you are distracting him from his prime directive which was to hurt you.

- If you're smaller then you are generally better closing on a larger adversary whilst the opposite is true for



larger defenders. Notwithstanding these rules of thumb it's no good closing on your opponent unless you intend to do something. In fighting there is no more deadly move than the half completed one. It leaves you off balance and your defense is wide open. Always be committed to your move.

Similarly whilst a larger person is better off keeping a smaller adversary at bay this is only true if you are hitting him. It's no good hanging back and retreating because one of those incoming punches

may land. You must hold them back and either hit him or restrain them.

- I always recommend that my weaker students slap with the palm of their hands or the edge of a clenched fist rather than punch. If you hit someone's head with a poorly formed fist you are likely to break your wrist rather than hurl the target. If not used for running then your feet are excellent for kicking. Feet are heavier, tougher and more outside your opponent's field of vision than hands and should be used to get into your opponent's targets.

Many fights end in a grapple to the ground with both opponents ending up on the floor. In this situation you will have to wrestle but if things are going against you, then don't forget all the nasty close in moves available to you. Bite, head butt, gouge and pull his ears. In fact do anything which is necessary to deter him from his attack. Remember what I said at the beginning ... without survival you've got nothing.

Never kick above the waist

The essentials of a kick are stability, targeting and recovery; to which training adds focus and no broken toes. Without a stable stance from which to kick you are only adding to your personal danger in street fighting.

If there were rules to Street Fighting one would certainly be that you always kick below the belt. For your own safety you should never attempt high, flashy kicks. When they fail you will feel silly and when your opponent lands a slammer through your open defense you will feel sick. Any opponent who uses high kicks on the street has obviously had no real experience and you should try to be nice to them.

Remember, kicks should always be below the waist and preferably be at foot or shin level. The higher you try to kick the more unstable you are likely to become.

Knowing where to kick is useful but knowing how to kick is essential for both causing and avoiding injury. In an ideal world you would have remembered to put on your size 12 steel toe capped boots before fighting, but alas ... you find yourself bare foot.



Martial Arts emphasize the importance of correct kicking not only for power but also for safety. It is remarkably easy to break your own toe when kicking an opponent... and rather awkward.

- All kicks are delivered from the ball or heel of the foot with the toes raised up and out of harm's way. Kick like this and you will find

kicking opponents remarkably painless, whilst your target will think he has been hit by a hammer.

- The next essential to a successful kick is recovery. Recovery means kicking and getting your foot back from the action without your opponent grabbing it or losing your balance. The higher the kick then the longer or less likely is your recovery and until you have recovered you are not able to nail the next one on him.
- If an opponent aims a high kick at you, try to grab hold of his leg. If you can do this he is then at your mercy. Running at him, while forcing his leg upwards will floor him.
- Unlike the fearless femur the knee can give aggression but is not too good at absorbing it. This is because the knee is a one way ball and socket joint limited in forward motion by the patella (kneecap) and backward motion by the calf and thigh muscles. Rather like the elbow it is superbly strong when used at the right angle, but hates being abused or twisted in the wrong direction.
- Any effective attack to the knee will be from the side. A suitable knife edge kick, snap kick, or similar size 12 incoming will stretch and tear the assembly sideways resulting in incredible pain and a lop sided feeling.
- The effective defense to this ball popping, joint snapping missile is to roll your knee in and absorb the impact on the back. This move is worth practicing and remembering.
- The shins are very resilient to direct kicking but hurt like hell if they are scraped with the heels or soles of a shoe. Many defense books will tell you to try and scrape your attacker's shins to escape from a bear hug, but this can be difficult.

A much better defense for anyone grabbed in a bear hug from behind and lifted is to try running. It doesn't matter that your feet are off the ground but as your legs try and run they will hit your attacker. This, coupled with (the sheer surprise of what you are doing will result in the hug being released.

If you try this release then remember to put your hands out in front of you. When you are dropped you will be projected forwards and should aim to land in a sprinters' crouch, the ideal position from which to run away (after all if they are big enough to lift you up in a bear hug why hang around?)

- Bringing the heel down on to the top of the foot is also a good release defense but it needs to be done with focus. You must raise your knee towards your chin before unleashing a blood curdling cry and focusing the energy of your heel downwards and through your aggressor's foot.

It's nice to be able to do fancy kicks because they impress your friends, but in street fighting you're not out to impress ... only to be effective!



Importance of movement

It may seem obvious but when you fight it is important to move about. Any fighter who remains rooted to the spot will get nailed. This is an amateur's mistake which only training can combat.

The essentials of Western Boxing include the well-worn phrase ... "duck, bob and weave"... and for good reason.

A solid stationary body absorbs the full impact of a blow¹ whereas a moving, rolling body sheds, deflects and disperses the incoming force. As boxing has always been full contact it contains some good blocks and blows which are adaptable to street fighting.

Once you have discovered the essentials of body movement you will begin to learn how to smoothly and with subtlety reposition yourself without tripping over your feet or giving away your intentions. This is where real time sparring can pay dividends. It will help you identify and disguise a dropping shoulder giving away an incoming punch or learn the art of striking from outside your opponent's field of vision.

The Strong Face stance that I advocate for your defense allows a good forward and backward shuffling movement without signaling your intentions.

The True Way Arts advocate not opposing force with force. This principle of flowing defenses is especially useful for smaller men and women and forms the basis of many shedding and blocking moves in this book. Always remember ... pull if pushed and push if pulled ... but never oppose force because it might hurt you. Tai Chi and Sorinji Kempo are proponents of circles.

Turning fear into force

Don't believe the lie that you can learn to become fearless. Anyway it is not to your advantage. What? You say: you mean 'tough guys' feel fear? You bet they do! And they use it to add to their power and to channel the adrenaline into explosive force and aggression.

Okay, if you don't realize the potential of fear you can let it overwhelm you and panic will wipe you out before your opponent does, but once you have caught hold of its energy value you can harness it and pump it into power factor.

Using fear correctly will turn a city-bred weakling into a whirling dervish who can overpower an unsuspecting thug who is taller, heavier and stronger. Fear unleashes rivers of adrenaline that pump power into muscles, drive strength into moves and shoot speed into every reaction. You just have to learn how to use it properly.

Believe it or not, fear is really a neutral emotion that can either galvanize or paralyze you, depending on how you think of it and react to it. You must learn to welcome its stimulation and direct its energizing force. Just like you



can use fire either to warm you or bum your house down, its use and results depend on the use you make of it.

Your present response to fear has been programmed into you. That means it can be programmed out. You just have to rewrite the program. Parents, friends, circumstances from your childhood or youth taught you the reactions to danger that you probably think are just part of your character. Maybe when trouble looms you cower down and want to disappear. That is because you were conditioned into that response.

It is not something that just happens naturally. Because you thought it was normal you have just accepted it. Now make up your mind to re-channel it. You were not born to panic, cower, run away or freeze in the face of trouble. What you were born with was a reaction to trouble that people and circumstances have conditioned you to channel into weakness and trembling.

Now you need to learn how to channel it into the power and energy response. Your decision will determine how you respond to danger. Your decision will channel the surge of adrenaline into positive or negative reactions. It all depends on you now, not on what was programmed into you years ago. You can change it!

First you must welcome the waves of fear and don't resist them. Use the force like fuel pumping into an engine and ignite. This is exactly what professional boxers do. You never learn not to feel fear - you learn to harness it and use it to power your moves and actions. So when you train, try to imagine situations that cause you fear, then consciously direct the surge of adrenaline into your counter-attacking moves.

Remind yourself all the time that when you face danger, you will feel fear, and tell yourself you welcome and accept it as an energizer that will drive your muscles with power and force.

Using your head

When considering the head butt you must not forget that it is a multi-directional defense.

One student recalled how she was grasped from behind whilst walking to her car in a multi-store car park. She said that after her initial moment of sheer panic she remembered someone telling her to throw her head backwards if ever in such a situation. This she did and connected nicely with her assailant. In shock, pain or whatever he released her and ran away.

Anyone grasped from behind should immediately drive their heels into the attackers shins so he will lean forward, then fling their head backwards into the attackers face. Backward bulls are unlikely to hurt you, although front ones can if you don't do them correctly. You should be aiming to connect your forehead with your opponent's nose.

1. A grab from the rear.
2. Defender thrusts his hips strongly back into the attacker and simultaneously drives both his arms upwards to break the hold.
3. Defender, clasping the attacker's wrists to prevent him from moving away, then smashes his head back into attacker's face.

If you clash your heads then the smaller framed person will come off worse. It also work sideways, more likely to be of use when grappling close in.

If you're in a clinch and trying to grapple your attacker to the ground, your grappling technique will be much more effective if you butt him in the face.

It will weaken him and make it easier to take him down. If you are in a clinch and the attacker starts to get you in a hold, smack your forehead hard into his face.



Head butting is a great technique to use when your arms are pinned down. If you are held from the front, thrust your forehead forward and smash your opponent on his nose.

Biting

A few purists might say that biting your opponent is rather effeminate but they never had to fight for survival on the street. Purists don't know that anything is reasonable on the street if it aids your survival.

A rash of social diseases, notably AIDS has however, changed attitudes to a defensive bite. Everyone is paranoid about catching something, and not without good reason.

Given the choice between biting for survival or dying disease free, most sensible folk would opt for the former. Biting is not generally regarded as an opening defense. It's usually saved for later in the fight when things have become more intimate; grappling has graduated to groundwork and you're rolling around trying to escape. This is the time to bite.

One of my lady students recalls how she was once attacked. After wrestling her to the ground her assailant managed to climb on top and was pinning her down by the shoulders. Suddenly everything went calm and she looked up to see that he was unzipping his trousers. This was when she went into survival mode and tapped into her inner spirit. Slipping under him she found her face in his groin and bit into his inner leg. She said the speed with which he retreated was incredible.

After flying six feet backwards he collapsed holding his leg and trembling in shock. She made her escape and decided to learn some more about self-defense, which was when I met her. When she told me the story we analyzed what she had done and I now use it to illustrate several points.

By slipping under her attacker, rather than trying to push him upwards, she was flowing with the force, not opposing it. Also, the thigh is an excellent area for biting because the flesh is soft. The bottom, inner arms and stomach are ideal because there's enough flesh to get a good mouthful.

Human bites often become infected because saliva is so powerful. Your attacker's body is likely to find it tricky dealing with the saliva your bite left and an infection is a nice souvenir for him.

Most biting takes place through clothing and biting into fatty areas saves your teeth. If you need to bite to save yourself then do it, and do it hard.

The claw

The "Claw" is used in a pincers attack to the throat. Strike rapidly, using the thumb and index finger to surround and grasp the entire larynx, then tighten your grip as powerfully as possible.

If this doesn't stop the attacker, you are in a position where you could rip his throat out. Be aware however that this is likely to disrupt breathing and the assailant will probably die from suffocation.

You must have tremendous finger strength to make your eagle claw a deadly weapon. The best way to develop this kind of strength is to practice spreading and flexing your fingers with great tension until your grip becomes very powerful.



How to “psyche” out an opponent

You must realize that psychology (or using your brains) is important in every aspect of street fighting. By knowing that you are unnerving your opponent you are improving your own confidence and chances. The brain is a powerful weapon. A little psychology can go a long way toward disarming aggression. Your own personal confidence

will be improved further by defending with routines which you have practiced and with which you are familiar.

Knowing that most people "looking for trouble" are bullies is another great morale booster. Bullies don't want to fight if they know there is a good chance they will lose. They just want to make noise and impress their friends. Remove them from their audience and you will have a greater chance of defusing a situation.

To physically psyche out an opponent try a Straight Finger 'lap to the Chest, but only after practicing it. To be effective you need to project force through a locked and prodding finger but to be really impressive you need to hit the sternum.

A firmly planted pinkie here can give an aggressor a false impression of your power because it makes so much noise and seems to echo inside his body. Try tapping your own sternum and see what happens. Then you'll understand why it freaks a lot of people out.

Developing a presence is another way of freaking out a thug. Think of events where the police arrive on the scene and take over - command a presence, an attitude of control and dominance that stops a lot of attackers in their tracks.

Obviously this is something that you cannot pretend. This will flow up from inside you as you master the steps and learn to harness fear, anger and aggression. Then as the self-confidence grows, so you will be learning to project this attitude of control, of command, of being the top dog. It intimidates the potential attacker, mainly because he thought of you as a victim, as prey, not as someone who could suddenly rise up and dominate him.

To really master this presence, you need to be convinced of your own worth. If you are one of those people who are always making excuses for being, then you need more help than this book can give you. Hey, you are valuable as an individual! So stand up for yourself

Realize and accept your worth, smarten up your self-image. Be proud of yourself. You count, you matter! Walk tall and you will soon start feeling that way too.

A lot of prospective thugs select their victims by watching their body language. So make sure you project confidence, assurance and pride. Very often in psyching



out a guy who wants to beat you up, it's not what you say that will convince him as much as the way you say it and what your body stance says.

Mean what you say. Leave no room for doubt or questioning. Convey strength and in most cases the issue won't even become physical. Just a word of caution though. It is better to try to throw him off guard by pretending to surrender and then attack while he is unprepared.

Shootings and mass-shootings

Have you forgotten how many times this has happened?



The horrific mass murder at a movie theater in Colorado on July 20, another at a Sikh temple in Wisconsin on August 5, another at a manufacturer in Minneapolis on September 27—and then the unthinkable nightmare at a Connecticut elementary school on December 14—are the latest in an epidemic of such gun violence over the last three decades. Since 1982, there have been at least 62 mass shootings across the country, with the killings unfolding in 30 states from Massachusetts to Hawaii. Twenty-five of these mass shootings have occurred since 2006, and seven of them took place in 2012.

Weapons: Of the 142 guns possessed by the killers, more than three quarters were obtained legally. The arsenal included dozens of assault weapons and semiautomatic handguns. (See charts below.) Just as Jeffrey Weise used a .40-caliber Glock to slaughter students in Red Lake, Minnesota, in 2005, so too did James Holmes, along

with an AR-15 assault rifle, when blasting away at his victims in a darkened movie theater. In Newtown, Connecticut, Adam Lanza wielded a .223 Bushmaster semiautomatic assault rifle as he massacred 20 school children and six adults.

The killers: Half of the cases involved school or workplace shootings (12 and 19, respectively); the other 31 cases took place in locations including shopping malls, restaurants, and religious and government buildings. Forty four of the killers were white males. Only one of them was a woman. (See Goleta, Calif., in 2006.) The average age of the killers was 35, though the youngest among them was a mere 11 years old (See Jonesboro, Ark., in 1998). The majority of them were mentally ill—and many displayed signs of it before setting out to kill.

Where do they choose to attack?

Public areas are not inherently considered unsafe. Most criminals will avoid public areas, cameras and people that may observe their actions. However, remember that mass shooters look for the greatest impact and try to obtain as much publicity as they can. They often seek revenge against an unknown adversary and strike out hoping to create as much destruction as possible. Therefore, public shootings in malls and movie theaters have the greatest impact on society. Other mass murders/ shootings occur at the workplace, or schools.

The number of deaths from mass shooting are less than 200 annually, whereas, close to 5,000 individuals are killed annually with a firearm used in a single homicide, domestic violence

situations, random murders, store/bank robberies and gang shootings.

Active Shooter at Your Workplace

Work place shootings can take place at any time during the workday to include overnight shifts. People are particularly vulnerable while waiting to clock in or out or when going through a security checkpoint. You are essentially bottled up and if shots are fired, you may be unable to seek concealment or cover.

Regardless of where you are, you must always drop to the ground when shots are fired. Again, shooters are normally standing and firing at standing or sitting targets. You must remove yourself from the line of fire and conceal yourself from the shooter's line of sight. The shooter's field of fire once you are on the ground is above your head. Therefore you must drop and begin crawling away from the gunfire.



Once there are victims on the ground, the shooter will adjust their field of fire to seek targets on the ground. This is why you must move quickly, seconds count.

Some experts may recommend abandoning briefcase, satchels and purses.

However, if confronted by the shooter anything you have in your hand is a potential weapon that can be used to defend yourself, and

you must decide if anything you are carrying will impeded your escape, if not take it with you in case you need to use it as a weapon later.

The quickest path to safety is exiting the building. You have seen all the signs posted in stairwells and hallways and break rooms that indicate the route workers should take in the event of a fire or emergency.

These signs show where all the emergency exits are located. If the route is posted in the break room then the directions are from the break room to the nearest exit. Of course, once in the midst of an active shooting, you are not thinking clearly and it will be nearly impossible to follow the directions.

Therefore, it is important that you walk the emergency exit routes several times a week so when you are in a crisis you naturally know without thinking, which direction to go in.

Some people naturally or instinctively run from danger, others freeze in place, seemingly unable to think. Some may run toward the aggressor to protect or to help loved ones, seemingly without thinking.

If you know what to do because you have made yourself aware of your exits and surroundings, when gunshots begin to ring out, you will know the escape routes you have been practicing and won't have to stop and think about the best way to get to safety.

Workplace shootings for the most part are carried out by someone who either works, or has worked there. Generally the shooter is connected in some way to someone who currently works there. You may not be a specific target but become one once shots are fired. The shooter may randomly fire their weapon because of unspecified grievances against the company as a whole, or seek specific individuals such as a spouse or previous/current supervisor.



If you are in your office or cubical and hear shots do not go and investigate. The shooter may be walking the halls looking for random targets or specific individuals to vent their anger. You must not become a target by being in their field of fire.

Get down, under a desk, behind a partition or anything that conceals you. Your objective is concealment from the shooter and then cover that can stop a round and then you must exit the building. Lock any doors between you and the shooter and shut off lights in your immediate area.

If you become trapped and the shooter can see you, then you must distract them by throwing something, such as a stapler, cell phone, coffee cup or any liquid towards their face. People will instinctively raise their hands to their face when liquid is thrown at it.

The Aurora Colorado shooter was wearing a gas mask, so any liquids tossed in his face could have impeded his vision, by covering the eye lenses. You can kick a rolling chair at them and possibly trip them.

Once a shooter has you trapped in an office, and they are between you and the door and you have attempted to distract them your only option is physical confrontation.

Charge the shooter from the side if possible.

If the shooter has a handgun, they can change the direction of fire by moving the weapon. If they have a rifle, they may have to move their body to redirect fire because they will typically have both hands on the weapon.

Make them move by going in from the side or under the weapon. However, if they have a handgun they can use it to club you on the back of the head if you attempt to tackle them around the legs.

Throw your body against their legs instead of wrapping your arms around their legs, this keeps your head from becoming a target. If they release their weapon after you have made impact with them grab it or kick it out of reach and run.

You do not want to allow the shooter to grab you with their hands. You must not attempt any further physical contact with the shooter once they have dropped their weapon, you must escape.

Active Shooter in Public Areas

Remember to always walk along the perimeters when in the mall. If a shooter is active, the people in the center will panic and head in various directions and you can be trampled and injured.

You will not be able to find concealment on the ground because of people running over you to get away. Get close to a wall and stay on the ground. Crawl along the wall away from the shooter. The walls protect your sides and keep people from trampling you.

Use walls, fountains and doorways as cover and use anything to conceal yourself from the shooter. Put as many objects between you and the shooter as you can. Run into the nearest store and head for the back emergency exit as soon as you can.

When in theaters or restaurant never sit in the middle of the theater or restaurant. Know where all the exits are, the shooter can enter from anywhere, and you must know which exit is clear for escape. You can turn tables over or get under seats for concealment and cover. You want as many objects between you and any high-powered rounds as possible. Any object can deflect a bullet's trajectory to include glass, doors, chairs and tables.

High-powered rounds can penetrate and pass through many objects but the velocity and destructiveness is reduced each time it

must pass through something. A direct hit can be fatal, but a hit by a round that passed through another object may not be fatal.

Remember concealment, cover and escape are your objectives once there is an active shooting. Practice drills in your head; put yourself



in imaginary situations and go over the escape plan in your head using real places that you visit on a regular basis or plan on visiting.

Looking for exits and formulating plans must become natural and to the point where you do not have to remind yourself to do it. Once it is a habit, you will be ready if you are ever involved in an active shooting.



School Shootings

Since the Connecticut Sandy Hook tragic incident, I think we all agree that assuming our schools are safe places for our children is just pure ignorance. To refuse to take preventive measures and to refuse to prepare for any possibility is simply wrong and irresponsible.

Yes, there are over 100,000 public and private schools and the odds are high that it won't happen at the one your children go to. But it might. The odds were high that it



would never happen at a sleepy university in Virginia. But it did. The odds were even higher that it would never ever happen in an Amish school in Pennsylvania. But it did.

The statistics and the daily news make it clear: The time for denial is over. If you're a student, being prepared is a must. If you're a teacher or a parent, being prepared should be in your job description.

A talk to the parents

Worrying about your child getting shot at school never even used to be in a parent's radar. Parenting a potential shooter didn't used to be a consideration either. But every shooter in every incident had parents.

Here are some things to think about:

- Naturally your defenses come up when you hear something negative about your child from the principal or a daycare worker. While such feelings are natural, strive to listen and to accept that there just might be a problem.
- All your hopes and dreams for your child will be for naught if you can't get beyond yourself. It's hard not to take it personally when your child is having problems; you think it reflects on your parenting. Well, it might indeed be your lack of parenting skills, but it can also be a separate issue. For the sake of your child, it's imperative that you investigate all possible causes.
- Talk to your child. Yes, it can be like pulling teeth from a chicken, but isn't it worth it? When he does talk, let him do so while you just listen.
- Consider the accusation. That your child got into trouble for cracking jokes in class is one thing, but it's something entirely different when he gets into trouble for packing a hammer in his backpack to thump someone.

- If your child is having problems mainly at home, consider taking him to a mental health practitioner. Get a referral from your pediatrician, find one online, in the Yellow Pages, or ask a friend. There is no shame in this. Wouldn't you take him to the doctor if he sprained his knee?
- If your child's problems are occurring in school, ask the school counselors for help. They might arrange a meeting for you, your child, his teachers, and other involved people. Once again, an open mind on your part is an absolute here. Being defensive, angry, and firing back counter accusations won't help.
- You also need to be open minded enough to determine if your child is potentially dangerous to you. If so, remove weapons from your house. Search his room, read his e-mail, and look into his backpack. If you're afraid of him, do it when he isn't around. Those parents killed by school shooters should have.

Where Do Kids Get Guns?

According to the U.S. Secret Service National Threat Assessment Center, two thirds of the school shooters got their guns from their home or a relative's home. There were even some cases where kids were given guns as gifts from their parents. Even when they couldn't find guns at home, they were able to find them elsewhere. The Coalition to Stop Gun Violence estimates there are 192 million guns in private hands in this country.

Their solution - Lockdown

A lockdown means that everyone is locked into their rooms, and no one enters or leaves the building without permission.

Question Nr.1: Do you know what they do in school when 'Lockdown' is announced?

Answer: The teacher usually walks calmly to their desk, gets their keys, then steps INTO the hallway and locks the door from the outside. Then the students are told to go stand in the corner and wait for an all clear to sound.

Question Nr.2: What do they teach students to do if someone gets through that door?

Answer: Nothing.

Question Number 3: In this case, what's the result of someone coming into the classroom with a gun?

Answer: "They're all dead".

All students and Staff are told to do is stay behind the locked door until help arrives, and/or comply with the violent intruder's demands. That's as far as the training goes. But what if there is no locked door, or time to lock it? Compliance is getting students and teachers shot.

There seems to be an almost conscious effort on behalf of school districts to provide no information to staff and students on escape, evade, or counter measures if



confronted by an Active Shooter or Terrorist in a school. In the last 5 years I have looked at the schools that have experienced horrific shootings.

It doesn't take a rocket scientist to understand they follow the same defensive strategies that failed to protect students in the first place. They have no idea what they can do if they and their students come under direct attack by a madman or terrorist.

Experience is something we get, right after we need it. When are those times? Right after a tragic event has occurred in one of our schools. However, as time goes by after the tragedy, the issue fades along with its level of priority.

But the issue quickly rears its ugly head again as we are smacked back into reality with the next list of dead students and teachers. Have our schools 'learned'? From Columbine to Virginia Tech, to Sandy Hook, we have seen the cycle repeat itself many times over the last 15 years.

Hundreds of students and adults are being murdered, passively, by an army of ONE. What is wrong with telling, teaching, and training our children how to 'fight' until help can arrive, instead of 'sit quietly' in the corner, and comply with the demands of a madman who is there to take your student's life without remorse, or concern for his own.

Is there evidence demonstrating our kids can be taught what they can do in extreme situations to save their lives? We teach it every day in D.A.R.E. programs, Stranger Danger, etc.

Those in charge of your student's safety continue to stick to the same, ineffective procedures, which have shown to be worthless when challenged.

We are not dealing with trained shooters here

The key changes our schools fail to address is how they can make students into very difficult, and pro-active challenges, to the shooters, instead of passive, non-aggressive sitting ducks. Schools do not take into account most shooters are not, and have not been, skilled in the art of shooting. This is a huge fact which continues to go undeveloped in schools.

The key point to take away here is those responsible for these events have never possessed great skill, training, or experience. In fact, most of them are kids! Yet, these untrained shooters are able to generate casualty rates of killed versus wounded rarely achieved in combat by trained troops.

Is this a testament to their shooting skills, or the ease of access to their targets?

Shooting is a physical skill most of us are not born with. The ability to put a bullet exactly where we

want it to go is generally developed with practice. The skill is a process. In order to shoot accurately, a person must be capable of certain things:



- See the target: It goes without saying that it is very difficult to shoot what you cannot see.
- Aim the weapon: Proper aiming of a weapon requires alignment of the front and rear sights at the target. The ability to match the point of aim and the point of impact is directly related to the ability of the shooter to align the sights on the target. There are many factors that can interfere with this: movement, distance, etc.
- Squeeze the trigger: The trigger must be squeezed not pulled, as pulling will have the effect of taking the sights off the target being aimed at.

My solution – Fight for your life

By interfering with the skills necessary, or putting stress on the active shooter, potential targets greatly increase chances of survival while also diminishing chances of getting hurt. Training students and teachers along the lines of creating challenges to the shooter's ability to shoot accurately, is much more warranted than the "Let's all get behind a door, move everyone into a corner, and stay there until the cavalry arrives" approach.

In reality, a gun has more limitations than a bat. While a firearm can "reach out and touch," it can only fire the number of bullets it can hold. This provides an excellent opportunity to take control of the situation after a minimal number of shots have been fired.

With 200 student's intent on that weapon not being reloaded, the active shooter is going to be in for a rough time. If all 200 turn and try to exit and cause a traffic jam at the exit points, does that cause the Active Shooter any grief at all? This example outlines how

information and training passed along to the students can prepare them for extreme violence with vital information.

When you discuss options with students, you immediately see and hear increased self-confidence in. This self-confidence, along with prior planning and practice, go a long way to combating the initial fear associated with the element of surprise that can be fatal.

Virginia Tech serves as an excellent example of how to and not to respond to the Active Shooter. In the classrooms where the students remained passive there was great tragedy. In two classrooms where there were passive, static targets, 22 people were killed. In three classrooms where

some degree of action was taken, the survival rates were much, much higher, a total of 7 were killed in these classrooms. This helps illustrate the point: If violence is being directed at you and you do nothing, you will likely die.



Should we arm teachers?

The opinions are many as to whether teachers should carry firearms. Would Columbine have ended earlier with fewer lives lost if a staff member had shot one or both killers? How about at Virginia Tech University? How about at dozens of other school shootings? Some people are alarmed at the very thought of armed teachers on campus.

They say, "What if a child gets the gun?" "What if an armed teacher shoots himself in the foot?" But others say, "What if half a dozen students die in a classroom while an unarmed teacher stands by helplessly?" Of these three questions, the last one has already happened-repeatedly.

Gun-free school zones have made schools into one of the very few places, at least in this country, where would-be killers know that they won't face armed victims who can fight back and save lives. That's exactly why schools are so vulnerable.

It's time to react

I don't know about you, but I'm not willing to just hide under a desk or run when there is a possibility to save my life. Sam goes with my children. That's why I've developed a set of instructions applied in specific situations.

How to Fight an Attacker Armed with a Gun

Do whatever he says, but be ever watchful for a window of opportunity, one that is open enough to allow you time to cross the space between you and the attacker and grab his weapon. Lift your hands no higher than the barrel and lean your body forward, but not so much that he notices.

You can grab faster when your hands are on a straight line to the weapon, and you can lunge faster when your body weight is already leaning forward slightly. The instant he is



distracted, he points the gun away from you, or you feel you have no other option, lunge with all the speed you can muster from your leg muscles, with your arms outstretched to grab the barrel and your upper body turned a little to present a smaller target.

You're hiding behind a large file cabinet when a kid with a rifle passes by, unaware that you're only inches away from him as he stalks the office. Should you give up your hiding place and attack him? It's a tough decision, one that only you can make given all the information you have at that precise moment.

For example, is he looking in the opposite direction from where you're hiding? Is his firearm pointed away from you? Is the path from your hiding spot to him unobstructed? Do you believe he is going to shoot others? Once you make the decision to move, you must burst from your hiding place like a rocket. You cannot hesitate!

You cannot have second thoughts halfway there. Your only objective is to cross that space and grab hold of his weapon. When grabbing the attacker's weapon arm or the weapon itself, grab with both hands, then ram him with your shoulder; drive him into a wall,

against a desk, or into a locker-and hold on. Even if he drives you back into a wall or over chairs, hold on.

Gripping his weapon arm or the weapon is a strong position because you can apply all of your arm and body strength against his one arm. Press yourself into him for maximum strength and tuck your head into his chest, his side, or his abdomen to decrease the impact he can deliver. Since he most likely will hit you, expect to eat some pain as you continue to hold on, and hold on you must.

During the struggle, always know where the muzzle of the gun is pointing. You don't want it pointing at any part of your body. When you have a solid grip on a suspect's weapon arm, don't give it up until you have a window of opportunity to take the struggle to the next level, such as a restraint hold, a debilitating blow, or a fast and sure escape.

How long? Only you can decide when the moment is right to let go and try something else, such as when:

- The shooter weakens with fatigue or injury;
- You maneuver into a position where you dominate;
- The shooter tries to transition to a different technique;
- You get assistance from one or more classmates or teachers;
- You're about to get shot anyway.

Example: You're losing the struggle and the gun barrel is slowly turning toward your head or body mass. If you can't push him or trip him, consider releasing one of your hands and ramming your fingers into his eyes or punching the front of his throat.

Handgun-Specific Considerations

If you must fight, you have many factors to consider:

- He will usually (but not always) be closer to you than if he were armed with a rifle.
- He will probably (but not always) hold the gun in one hand and stretch his arm all the way out toward you.
- It's more awkward for him to move his gun arm to the outside of his body than it is to move it across his body. (Therefore, try to approach on the backhand side of his arm.)
- You can only push the barrel right or left when the gun is pointing at your stomach or chest, because to push it up or down means your body will still be in its path. But when the barrel is pointed at your head, you can push it right, left, or knock it upward a few inches until you are out of the bullet's path.
- He will probably have his finger on the trigger. Rifle- and Shotgun-Specific Considerations The mechanics of wielding a long gun are different than the stances used in firing handguns:
 - He is more formidable at a distance.
 - For you to be in hands-on fighting range, you may have to be taken hostage; leap out at him from hiding; or confront him accidentally,



such as running into him, literally or figuratively, as you round a corner.

Before attacking a shooter with a rifle or shotgun, hold your hands up about head high, one hand closer to him than the other. As you talk, move them a little so they are in continuous motion and less obvious when you make your move. Remember that it's more awkward for the shooter to swing the rifle to the outside of his body than it is to move it across his body. Therefore, try to approach on the backhand side of his trigger hand. Once you're in touching range, the elements are similar to fighting a shooter armed with a handgun.

Methods of attack

As the shooter holds his gun on you, raise your hands and cower, lowering your body and head to the height of his gun barrel. To the person holding the gun, this appears to be a natural fear response. While cowering might not take that much acting, the position is a good one tactically.

When the moment is right-the shooter is talking, listening to you talk, or is somehow distracted-grab the barrel with one or both hands as fast as you can and jam it upward. Simultaneously, drive your body weight into him and knock him back or into a hard object. Hold onto the gun barrel with all your strength.

If you're able, ram him with your shoulders, hips, or knees. Bite his neck or face, slam your forehead into his nose, and slam his gun arm into anything hard. Fight with ferocity, and keep that gun barrel pointed up. Keep fighting until you get help or you have weakened him to the point where you can take possession of the weapon.

When headbutting, strike with that part of your head-front, sides, and back-that is covered when wearing a sweatband. Slam your head into the shooter's nose, cheekbone, and temple. When using this cowering technique, wait until the shooter is talking, when he is listening to you talk, or when he is distracted, then lunge into him as you simultaneously jam the barrel up, down, or to the side with one or both of your hands.

If for whatever reason the cowering approach isn't doable for you, choose the right moment, as noted in the previous lists, to grab the barrel and push it away from you as you simultaneously pivot your body out of the line of a bullet's trajectory.

Grab the weapon as the shooter is talking or as he is listening to you or someone else talk. This provides you with an extra fraction of a second as his brain makes the transition from processing language to reacting to your grab.



Whatever technique you use to grab the barrel, maintain a death grip on it as you struggle, keeping it away from you and directed at the floor, up in the air, or to the side. Expect him to pull the gun away from you.

Don't resist his pull and turn the moment into a muscle contest, but rather follow the momentum and push your weight into him. Use the strength of your legs to drive him into a wall, door, anything hard. If you're stable enough to knee him, smash him in his groin and take the gun away from him.

Moving to another location

Should the armed subject indicate that he wants you to go to another location, obey him at first while thinking quickly how to attack him or escape. As he follows you with the weapon trained on your back, think offense.

Slow your pace, even fake a stumble, so the shooter closes in on you close enough for you to reach him. He might even force you with a nudge of the barrel. That is the instant you spin, knock the barrel aside, grab it, and follow up as already suggested. Dangerous? Yes. But so is going willingly to another location, the place where you might be shot.

When you take the weapon away, hit him with it. Butt-stroke him, rake the barrel down his face, or use both hands-one on the barrel and one on or near the stock-to thrust the gnarly middle section into his throat or face.

If you're familiar with how the weapon functions, consider threatening the shooter with it. But you'd better be ready to shoot him, repeatedly if necessary, if he presses his attack. You don't want him taking it back. If you don't know how it works, you're better off hitting him with it and running off. Remember, he might be armed with multiple weapons. Don't stick around to find out.

Get rid of the weapon as soon as you're out of sight of the shooter. Drop it behind a bookcase, file cabinet, or into a trashcan. If you're confronted by the police while you still have it, do exactly as they say-and do so slowly-because they might think you're the shooter. Don't argue that you took it away from him.

If they tell you to drop the gun, do so. If they tell you to get down onto your knees or to lie down on the floor, do so. You can explain everything later.

What if you get shot?

You're struggling with the gunman, the weapon explodes, and a bullet rips through your arm, your belly, or your thigh. You're going to die, right? NO! You're not going to die, you're going to continue to fight back. Maybe even harder.

Men and women in today's modern military and law enforcement learn to reach inside themselves to draw out the will to continue to fight, no matter how injured and debilitated they might be. Don't give the assailant the opportunity to strike again. If you are shot while on the run, don't stop.

Keep moving to safety. If you're shot in the midst of a struggle, keep fighting. Tell yourself now that there is no way you're going to give up should you be injured during the course of a fight with someone



armed with a weapon in your school. Whether you're shot, knifed, beaten with fists, or struck with an object, you're going to continue to fight back and do so with ferocity.

Tell yourself, "OK, he got me once, but he unleashed a ferocious beast" It doesn't matter if you're a couch potato, that you walk with a cane, or that you're convinced you don't have a physical bone in your body.

Tell yourself right now that no matter how injured you are, you're going to fight hard and never-never-give up. Do it for your family, do it for your friends, and do it for you. This is known as a proper combat mind-set.

How to get the shooter down?

Pinning a violent person on the floor isn't about strength but about knowing how. Here are critical elements that increase your chances of success:

- Get him onto his stomach to decrease his mobility and his ability to punch and kick.
- You kneel on one side of him as another person kneels on the other.
- Force his arms straight out from his sides in a crucifixion pose, palms up (his palms must face up to lock his elbows, which makes it difficult for him to bend his arms).
- Place one hand on his elbow and the other on his wrist as your partner does the same on the other side. Lean your weight onto the two points, especially his elbow, the primary leverage point.

- A third helper should lie across his knees.
- Hold him in this position until additional help arrives.

Should the person tolerate the pain and begin to defeat the hold, use the heel side of your fist to strike down hard and repeatedly onto his upper arm, forearm, wrist, and hand. These blows are especially painful to the shooter when the floor supports his arm.

Should his weapon be one that is especially lethal, such as a cutting instrument or firearm, strike the back of his head and neck area to stun him and maybe even knock him unconscious. This is a vulnerable part of his skull, even more so when the floor supports his head. Know that this is a potentially lethal target, so be sure you're justified before you resort to it.

You have defensive weapons all around you

Do you have any idea how many weapons are there available for you to use in school? No matter where you are in your school, keep in mind that you're always in the midst of a weapons cache. But to know it exists, you have to see all the objects as being used for more than their intended purpose. The following is only a partial list of ordinary items in your school to use as weapons to defend your life.

Weapons in the Classroom

- Stapler: Strike the attacker's face, throat, weapon hand, and groin.
- Pen/pencil: Jab, stab, and scrape his face.
- 500-sheet ream of copy paper: Grab it with both hands as if it were a large stone and slam it down onto his head.

- Coffee cup: Throw the hot liquid into his face or use the cup to slam his head, weapon hand, and groin.
- Scissors: Stab him anywhere.
- Telephone receiver: Strike his face, throat, groin, and weapon hand.
- Heavy book: Grab it with both hands and slam it into his head. Use the corner of a paperback to jab his eye, throat, and groin.
- Chair: Hit him with it and when he is on the floor, slam it on top of him and use it to hold him down.
- Heavy flower pot: Throw it at him.
- Fire extinguisher: Spray his face and then hit him with the canister.

Weapons in the Faculty Room

- Coffee pot and mugs: Throw the hot liquid into the attacker's face and use the cup to slam his head, weapon hand, and groin.
- Knives and forks: Stab his body or scrape or slice his face.
- Hot soup: Throw into his face.
- Cleaning liquids (e.g., ammonia) under the sink: Splash into his face.
- Books and magazines: Strike his face, throat, or groin with the corner of the book. Roll the magazine into a tight tube and use it to strike or jab his face and throat.

Weapons in the Custodian's Room

- Heavy tool: Hit the attacker anywhere with it.

- Heavy box: Use it to block a knife attack, to throw at the threat, and to slam on top of him when he is down.
- Fire extinguisher: Spray him in the face and then hit him with the canister.
- Dangerous liquid chemicals: Throw or spray them in his face.
- Water cooler jug: Throw it at the attacker or use it to hold him down.
- Barrel or large box: Throw it at him or use it to hold him down.
- Mop: Throw it at the attacker or strike him with it.

Weapons in the Gym

- Balls: Throw at the attacker.
- Trash can lid: Use it to block and strike.
- Hockey sticks: Use them to block and strike.
- Barbell plates: Throw.
- Wrestling mats: Drape over the attacker and pin him to the floor.



Weapons in the Cafeteria

- Chair or stool: Block with or strike.
- Serving tray: Block with or strike.
- Dishes: Throw at the subject.

- Boiling water: Throw onto the subject.
- Utensils: Strike with or stab.
- Trash can lid: blocking and striking.
- Table: Ram into the subject.

Face to Face Encounter with the Shooter

You're standing face to face with a teen holding a handgun. You can feel your every heartbeat in your throat as you look into his crazed yet frighteningly calm eyes. Then he looks off to the side.

Because you have thought about this moment and imagined what you would do, you seize it, and lunge forward and grab him in an arms-pinned bear hug.

But he still has the weapon and he still has enough wrist mobility to shoot you. If he were holding a knife, he could cut you. If he were gripping a three-hole punch, he could still move his hand enough to smack you in the knee or groin.



Once you have a hold on him, you must neutralize that arm and hand. Draw on all the strength you can muster to slam his weapon arm into something hard: desk, doorframe, wall, or trophy case. Knobs, sharp corners, and edges are especially painful.

Don't stop after he weakens and drops the weapon; keep on smashing him until he weakens enough for you to take him to the floor, preferably on his stomach. Be careful not to position him within reach of his dropped weapon. Lie across his upper back and neck, and pin his arms to the floor. Push down on his elbow joint for a leverage advantage.

Should he try to push himself up with his hands or reach for the dropped weapon or something else to use, smash the heel side of your fist against the back of his hand, his fingers, the large forearm muscle near his elbow, or the back of his head.

You can hit one of these targets repeatedly, two of them repeatedly, or hit all of them one after the other until he stops trying to get up or reach the weapon. The order in which you hit them depends on what targets he gives you. Hit the one closest first. Continue to lie on top of him, hitting him whenever necessary, until help arrives.

Grab a finger and jerk it in the direction it isn't supposed to go, and break it. This is acutely painful and forces the subject's mind to focus on the intense agony radiating from his injury, and not on you.

If you and two other people are standing face-to-face with the armed subject, when the moment is right, the three of you rush him, preferably from three angles: his front, his right, and his left. Whoever has the weapon side must secure that arm and never let it go.

Grab his elbow and his wrist or hand, and jam his arm forcefully down and against his body. Pin the weapon against his person and keep pushing it against him no matter how you get knocked around as you and your helpers wrestle him to the floor.

If it's a firearm, fight with all that you have to keep the barrel pointed down. If, because of his superior strength or some other reason, you cannot pin his arm to his body, hold onto it no matter how he pulls and pushes, and ride it all the way down. Hold his arm against the floor—you have the most leverage when you push in the area of his elbow—using as much of your body weight as possible.

Hit him hard and hit him often! When the moment is right for you to release one hand, strike him in any of his vital targets: eyes, ears, nose, and throat. If your classmates are already doing that, then you should hammer on his weapon arm: punch the back of his hand, his wrist bones, the tender muscle on top of his forearm next to his elbow, and the tender belly of his biceps.

Grab a finger and bend it back until he releases the weapon. (Be prepared for it to break with an audible snap. Now isn't the time to get squeamish.) If he tolerates the pain and doesn't release the weapon, keep hitting. If he starts to free his arm, stop the hitting and return to holding onto him with two hands. Communicate to your partners what is happening so that one or both of them can strike at his vital targets.



Identify the vital targets

You want to strike targets that debilitate quickly—eyes, neck, nose, ears, groin, and fingers—in that order. These targets don't require

great skill to hit, or great impact to do damage. There just needs to be an opportunity to reach them.

Eyes: Use your fingers or an environmental weapon to gouge, dig, flick, and scrape.

Effect: Excruciating pain, heavy tearing and blurring, partial blindness (permanent blindness is rare but possible).

Neck: Use your fist, side of your hand, foot, or an environmental weapon to hammer his throat, the sides of his neck, or the back of his neck.

Effect: Blows to the front of the neck cause excruciating pain and a sensation of choking. A hard blow to the sides or back of the neck causes extreme pain, confusion, and loss of coordination.

Nose: Use your fist, palm, heel, foot, or an environmental weapon to strike.

Effect: Extreme pain, tearing of the eyes, and mental confusion.

Ears: Use your fist, palm, heel, foot, or environmental weapon to strike.

Effect: Extreme pain, a powerful sense of an implosion within the head, and confusion.

Groin: Use any part of your body or environmental weapon to strike, rip, and squeeze.

Effect: Extreme pain and nausea.

Note: While self-defense classes often emphasize kicking and punching the groin, impact to this target doesn't have an effect on everyone. It's recommended that you strike the groin multiple times

and/or follow with blows to any of the other vulnerable targets listed here.

Fingers: Use your fist, heel, foot, or an environmental weapon to strike, crush, and break. Use your hand to grab a finger and break it by jerking it across the back of the threat's hand.

Effect: Excruciating pain and possible debilitation of the entire arm.

Don't depend on one blow to do the job. Many people in an agitated mental state are impervious to pain. Plan right now to strike these targets repeatedly until the shooter weakens, drops to the ground, or gives up.

For easy-to-learn instruction on this topic, check out my video *Vital Targets: A Street-Savvy Guide to Targeting the Eyes, Ears, Nose, and Throat*, available from Paladin Press.

Protect yourself at work

Domestic violence in the workplace

Domestic violence that finds its way into the workplace is becoming a considerable problem.

The U.S. Department of Justice estimates that 13,000 acts of violence in the workplace each year are committed directly by significant others.

Contrary to popular belief, most instances of



workplace violence are committed by a customer or other stranger to the company, rather than by a disgruntled employee. This means that those who deal directly with the public are at greatest risk for workplace violence.

Prevention programs should include strategies for recognizing and repairing danger areas such as weaknesses in security or constant friction between organizational layers or departments, as well as training for recognizing and responding to violence. The plan should also include counseling and employee-assistance to help employees manage the aftermath of violence. Proper exit interview and discharge procedures are vital in preventing workplace violence.

The best defense is to stay empathetic to your co-workers and employees.

Watch for warning signs of domestic violence such as an erratic schedule, phone calls that leave the employee distressed, numerous absences, reluctance to establish friendships, and of course, bruising.

The employer should not create an obligation to protect the employee, but should take the situation seriously by establishing an employee assistance program to deal with this problem, offering legal assistance, and maintaining a list of community counseling and safe-house resources.

Employers should establish a threats and violence policy that forbids verbal and physical threats, physical violence of any kind, weapons, and clearly states the action which may be taken in response to violation of the policy. Search and seizure policies should also be written and made available to all employees.

While these policies are vital, beware of establishing “zero-tolerance” policies that allow no room for uncharacteristically poor judgement on the part of an extremely distressed employee. Such rigid policies can inflame an otherwise

Post-incident counseling is a vital step in responding to workplace violence, and this process should be established before violence occurs.

Unlike other forms of violence, workplace violence is highly preventable because there is usually a long string of warning signs. Training is the key to recognizing these signs and responding before a tragedy occurs.

Bomb threats & emergency plans

If you work in an office, factory, or any other kind of building, your employer has a responsibility to maintain bomb threat and emergency plans to include:

- Procedures for handling bomb threats, to include training for those who answer phones or greet the public.
- Procedures for evacuating the premises and accounting for all employees.



- Procedures for calling medical assistance (which may include onsite personnel).
- Contingencies for evacuating and securing any work area.
- Training in recognizing warning signs and responding to workplace violence.

Bomb Threats: Every workplace should have a bomb-threat plan that includes plans for evacuating the premises, designating personnel familiar with the facility to assist authorities in search efforts, instruction of all employees, especially receptionists, in responding to bomb threats, training each employee to recognize suspicious packages and suspicious tampering with the physical environment.

Contact the Bureau of Alcohol, Tobacco, and Firearms to obtain guidelines for handling bomb threats. Your employer may also wish to take measures to protect sensitive documents and data in the event of an explosion.

Questions to answer during a bomb threat include: exact time and date of threat, how reported, and the exact words of caller.

Questions to ask the terrorist include: When is the bomb going to explode, where is the bomb right now, what kind of bomb is it, what does it look like, why did you place the bomb, and where are you calling from.

Pay particular attention to the caller's voice. Were they male or female, young or old sounding? Did they have an accent? If so, from where?

When did they hang up? Record as many details of the conversation as possible. Those who answer the phones for the company should have these questions printed on a sheet of paper.

Two-way radios and cell-phones should not be used once a bomb threat is received. It is possible that these types of transmissions can detonate devices.

Take all bomb threats seriously.

Sexual Harassment

What is sexual harassment? In general, any unwelcome sexual conduct can be harassment if you have to submit to it to get or keep a job, enter an academic program, avoid negative consequences from a superior, get ahead in your job or academics, or any other such contingency.

Sexual harassment is a complex issue, and it is beyond the scope of this guide. However, we can offer a few guidelines:

- Don't ignore it. Sexual harassment will only get worse if it goes unaddressed.
- Begin taking control with a simple verbal warning, for example: "I don't like being stared at. Please stop", "Don't touch me again", or "Please address me by my name, not 'babe'."
- Keep written records of events, times, meetings, and witnesses. You might consider writing a letter via registered mail to your harasser so that you have documented proof of your request that the person stop the behavior.

- If the behavior continues, consider filing a complaint with your workplace or school. You may even need to file legal charges in extreme cases. Be sure that your organization has strict confidentiality policies in order to protect your safety.
- If ever you fear for your safety, don't hesitate to leave the scene, go to friends or coworkers, yell for help, or call the police. Always trust your intuition.

Danger spots in the workplace

Elevators: Elevators can be dangerous areas in any building. Muggers, rapists, and other criminals often use this environment to trap their prey by pressing the emergency stop button, or by carrying them to a floor where their criminal cohorts are waiting or the environment is conducive to committing a crime.

Here are a few tips to keep in mind any time you ride an elevator:

- When waiting for an elevator, stand away from the entrance so that you are not pulled or pushed in when the door opens.
- Get on with a group or a friend whenever possible.
- While waiting, don't become fixated on the elevator door. Remain aware of your surroundings.



- If you are on an elevator with a stranger, position yourself next to the control panel so that you can exit the elevator if you need to, and so that a predator doesn't have easy access to the emergency stop button.
- If ever you are uncomfortable entering an elevator with a stranger, simply wait for the next car. If a stranger enters your car and you are uncomfortable, don't hesitate to get off before the door closes. A couple of moments spent waiting for the next car is a small price to pay for peace of mind.

Stairwells: Stay out of stairwells before and after hours! By law, stairwells are fire proof and therefore very secluded, especially when you consider that very few people use them. The heavy, latching doors tend to insulate sound, which could put you in a precarious spot if confronted by a predator. The same rules that apply to elevators apply to stairwells:

If you're uncomfortable, leave. If you are under attack, yelling "fire" in an office building or business will attract attention—much more so than on the street.

Restrooms: Restrooms are particularly dangerous, and a high percentage of workplace crimes occur here. Keyed restrooms that are off limits to the public are preferable, and any restroom in a high-traffic area is safer than a secluded restroom. Avoid restrooms after hours, before hours, or any other time when you are alone.

After-hours: It's best to avoid your workplace altogether after hours.

Enjoy your weekend. But if you must work other than normal hours, use the buddy system or have a friend come with you.

Parking garages: Avoid this area after hours. If it's the weekend or night time, try to park directly in front of the building. Always use the buddy system when returning to the parking garage, and always check under, around, and in your car before getting in.

Workplace habits

- Use a third party to help settle disputes with co-workers.
- Don't keep personal items or information such as checkbooks or ID in your desk.
- Use the buddy system before and after hours, or when travelling to homes in the community.
- Get to know security guards. Few states regulate guards, and it's even possible to get a job as a security guard when you have a criminal record. Talk to your security guards and learn as much as you can.

Trust your intuition.

- Get to know contractors for the same reason. Know their schedules, when they are supposed to be there, and when they are not.
- Avoid being predictable with deposits and cash handling.
- See to it that your employer has well-lit and well-guarded facilities, that visitors require an escort, restrooms are not available to the public, hiring techniques include background checks and drug testing, and that the company takes sexual harassment and threats seriously.

Ask your employer for training in recognizing and responding to hostile behavior.

- Ask your employer for training in self-defense.

On the road employees

Sales people, real estate agents, and other on-site workers need to be aware of the dangers of entering an environment that may be unfriendly.

Whenever you enter a new environment with a client, follow these simple guidelines:



- Make sure that somebody knows where you are, who you are with, and how to reach you.
- Get a dog that can travel with you when you meet clients.
- If you are meeting a client for the first time, meet in your office. If your intuition tells you something is not quite right, take someone with you when you meet them on-site.
- When entering an environment with a client, follow behind them, leave doors unlocked behind you (or open if possible), and always be mindful of escape routes. Don't let a stranger stand between you and the exit.

- If your intuition says leave, then leave!
- Ask your employer for training in self-defense and hostile conflict management.

Traveling sales people: Because you are constantly changing environments, you need to be extra vigilant to the people and circumstances around you.

- Get to know the people on your regular route: hotel workers, store clerks, gas station attendants, and anyone else you can get to know. Build a network of people who know and like you.
- Keep in regular contact with the home office. Make sure someone always knows where you are and when you will check in next.
- Arrive at your destination before dark.
- Keep an emergency kit in your car including flashlight, extra batteries, blanket, water, food, matches, medical supplies, cell phone, road flares and tools.
- When staying at a hotel, control your environment as you would at home. Park close to the entrance, don't have the counter person shout out your name and room number, don't park in a numbered space that corresponds to your room, and be careful who you give your car to. Not all valet parking attendants are the genuine article.
- Stay at hotels that use programmable keys rather than mechanical ones. Once a key is re-programmed, there is lesser chance that strangers can get into your room.
- Use the hotel's safe safe-deposit box rather than keeping expensive items in your room. Hotels will rarely cover losses of more than

\$100—keep a clause in your homeowner’s or renter’s insurance to cover expensive items that you take with you on the road.

- The safest hotel rooms against fire hazards are the lower floors. Higher floors insulate you more against robbers. Rooms near the elevator tend to be safest because traffic is higher there; rooms near back stairways offer the least protection against robbers and other predators.
- Keep your hotel and car keys where you can get to them quickly.
- When asking for room service or maid service, ask the front desk the name of the person who will be coming to your room, and never let strangers in. If you feel uncomfortable about a hotel employee, verify his identity with the front desk before letting him in.
- Beware of the “clean this room” sign that tells criminals you’re not there. Instead of posting this sign, call the front desk and ask for maid service.
- Don’t assume that high-priced hotels are safe. More important than the cost of the hotel is the neighborhood. A high crime rate doesn’t bode well, no matter how posh the hotel is.
- When you’re out on the town, wear sneakers that you can run in, and never wear convention or other ID badges. These badges advertise that you’re from out of town and unfamiliar with the terrain.
- In airports, hotel lobbies, bus stations, restaurants, or other public venues, don’t let phone calls, trips to the rest room, televisions, commotions, or conversations deter your attention from your

luggage. Whenever possible, maintain physical contact with your luggage, even if it is merely resting under your legs while you read.

- If you're out on the town in a strange city, consider carrying two wallets. One should contain the money you'll be spending that evening—money that you can part with should you be held up. The other should carry the bulk of your cash, traveler's checks, credit cards, and other important documents. Don't reveal this wallet in public.

Protecting yourself on the street

General tips

- Don't walk, jog, or bike with headphones.
- Don't walk around in public in self-absorbed, angry, or otherwise self-absorbed state of mind. This behavior severely impairs your awareness.
- Never flash big rolls of money or expensive jewelry on the street.
- Check the area before using an ATM and don't hesitate to use the "cancel" button if you're uncomfortable. Don't use any ATM that isn't well-lit and in plain view to the public.
- Lock your car when driving. Carjackers and "red-light robbers" prefer cars that are unlocked. See section on car safety.



- Keep your keys and ID separate.
- Check the surroundings before entering a store or gas station at night. If you see suspicious people, or the situation doesn't feel right, move on.
- If you're uncomfortable in any situation, get to a populated area as quickly as possible—never question your intuition.
- Carry yourself with confidence and intent. Strong body language is a powerful deterrent.
- Avoid secluded restrooms such as those in the mall at the end of long hallways, or unlocked gas station restrooms that are located “round back.” Restrooms in department stores, restaurants, or supermarkets are preferable.
- Always wear comfortable shoes when out on the town.

Training for handling predators

I recommend you don't resist muggers, burglars, or other predators that are only after a bit of material gain. Keep in mind, however, that roughly one in five robbers seeks more than just material gain—they want to hurt you as well. If you sense that something larger than property is at stake, it may be time to fight. This is a difficult call to make, and we cannot stress enough the value of training.

According to almost every federal and local crime statistic, assaults and murders are most often committed by friends, lovers, family members and other acquaintances for the sake of love, money, or petty arguments. If you find yourself in or near a heated argument, LEAVE.

Physical preparedness

- Keep yourself in good physical condition. Predators tend to avoid people who look like they can take care of themselves. In addition, sound physical condition will place you in a much better position should you ever need to run or fight.
- Enroll in women's self-defense classes often. Take different classes from different instructors. Classes taught exclusively by women are valuable, but it's also good to take classes that incorporate male attackers—it's important to learn that you can disable a full-grown man.
- Consider enrolling in a martial arts school. You will gain all-important confidence that will drive most predators away before they attack.

“Hard styles” such as Karate and Tae Kwon Do usually offer sparring and a heavy sport-orientation combined with martial philosophy.



“Soft styles” such as Aikido and Tai Chi offer brilliant fighting technique and a peaceful philosophy, but take many years to master. Judo, Jujitsu, and grappling schools offer realistic, street-oriented technique.

Before you choose a school, observe a few classes at different “dojo” or training halls. Avoid schools that insist on lengthy contracts; instead, find small schools with friendly, passionate instructors. If you live in the Denver area, we highly recommend the Red Mist Society.

Turn your car into a safe place

- Lock your car when driving. Carjackers and “red-light robbers” prefer cars that are unlocked.
- When stopped in traffic, keep enough room between you and the car in front of you so that you can pull out and drive away if necessary.

Whenever possible, use the middle or inside lane at intersections.

- If you think someone’s following you but you’re not sure you’re being followed, take four right or left turns. If they stay with you, drive to a police station or a busy place. Don’t lead them to your home, and don’t pull over to confront them. Carjackers often follow their prey in pairs, waiting for an opportunity for one to jump out and take the victim’s car.
- Always check around, under, and in your car before getting in. When returning to parking lots, use the buddy system. Pre-plan your environment when parking your car. A parking lot that’s bright and safe during the day may not be so inviting after the sun goes down.
- Keep home keys and personal information away from car. In the event that it is stolen, you don’t want to leave the thief an open invitation to your house.

- Single women should consider tinting windows to conceal identity, and keeping a man's article of clothing, such as a necktie, visible in the back seat. Dogs are great deterrents and should travel with you whenever possible.
- When leaving a parking lot or garage, have your keys ready before you arrive at the car. Check in and around your car, get in quickly, lock the door, start the engine and drive away. Fasten your seat belt and situate your belongings after you've begun driving away.
- Always check the back seat before getting in.
- Don't bait the "smash and grab" scam by leaving items visible on the seat. In this scam, robbers wait at intersections for stopped cars that have purses, wallets, duffel bags, expensive jackets, or other tempting items lying in plain view on the front or back seat. Keep these items hidden on the floor or in the trunk.
- If you are bumped from behind, drive to a public place before pulling over. This is a scam often used by carjackers. The carjackers bump their victim, and when the driver pulls over and gets out of his car, the carjackers go into action.
- When exchanging information after a minor accident or "bump," offer only your license number and insurance agent.



- Don't argue with carjackers. If you have a child in the car, announce this fact to your attacker in a calm, clear voice. Most carjackers just want the property; they don't want trouble.
- If an armed carjacker orders you to start driving, here is one very high-risk defense: wait for an opportunity in a public place and crash your car into a stationary object (avoid hitting other cars—you don't want to hurt innocent bystanders). This is very high-risk behavior, but it is most likely better than going to an environment of your attacker's choice.
- Beware of signals from other drivers that something is wrong with your car. If you suspect a problem, drive to a service station, but don't pull over on the spot unless you must.
- If you see a woman hitchhiker or a person stranded on the side of the road, be aware that it could be a trap. An alternative to pulling over is to call police and give the person's location.
- Keep a cell-phone in your car. If you are stranded by the side of the road, raise your hood, lock the doors and stay in your car until help arrives. If your car is in danger of being hit by traffic, then find a safe vantage point while you wait for help.
- Always keep your car in good running condition with at least half a tank of gas.
- Rather than driving through bad neighborhoods, take the long way. It may cost you a few minutes, but it will help you avoid being stranded in a dangerous or deserted area.

- Keep an emergency kit in your car including flashlight, extra batteries, blanket, water, food, matches, medical supplies, cell phone, road flares and tools.

Alcohol and physical assaults

Alcohol is a factor in more than half of all physical assaults, and more than half of all rapes and sexual assaults.

Alcohol can greatly reduce a person's inhibitions against violence. Be particularly careful of those who tend to become aggressive when angry, are controlling by nature, or have difficulty communicating.

In a sober person, these are not necessarily warning signs, but when drunk, these traits can spell danger.

Always trust your intuition. If you feel hostility beginning to build around alcohol, it's time to leave.

If you are the victim of alcohol-related violence, the best thing you can do for yourself and your attacker is to press charges. Don't ignore the problem.

Alcohol in any environment increases your chances of injury. Alcohol is often a factor in violent acts including family violence, sexual assault, rape, assault and aggravated assault, murder, and suicide.

Alcohol does not in and of itself cause violence, but it can be used as an excuse to become violent, it lowers inhibitions, it impairs judgement, and can cause paranoia.

Over half of all physical assaults involve alcohol. Avoid areas where alcohol and violence seem common, stay sober, and stay alert to signs of trouble. If you're with friends, be sure that you have your own way to get home. You won't want to be around these people if they become hostile, and you certainly won't want to ride with them if they are drunk. When alcohol is involved, always travel in groups, or with someone you know very well.


Some of the warning signs for alcoholism include:

- Frequently needs a drink.
- Obsesses over alcohol or drinks alone.
- Frequent difficulty remembering what took place when drunk.
- Lies to conceal drinking.
- Argues with friends and family members about drinking.
- Feels that alcohol enhances performance, or needs alcohol for certain activities.
- Ignores work, school, or family obligations for alcohol.

Rape – prevent and escape

Studies show that 73% of all U.S. women over the age of 12 will be victimized at some point in their lives - a third of them will be violently raped, robbed, or assaulted. Rape is a horrible thing to experience. Once it happens to you, you don't want to tell anyone, because you are afraid. Or you think people will think less of you after you tell them.

Rapists are predators. Period. Predators never let victims know when they will attack ... or that they literally "hunt" for a victim. While these attacks are not the fault of the victim, there are things you can do to prevent or defend yourself. Effective things.

- Men are most likely to attack & rape in the early morning, between 5: 00am. and 8: 30a.m. Let your boss know that coming in prior to 9AM puts you in harm's way. If he/she won't recognize the physical danger and you don't have a big strong man who won't rape you to escort you, quit. What choice do you have?
- 
- Rapists do not necessarily look like criminals. The person could look very normal, well groomed, athletic pleasant, young, etc. They might not look evil or like a bad guy. They could be your boss, a teacher, a neighbor, boyfriend or girlfriend, or relative.
 - The number one place women are abducted from/attacked is grocery store parking lots. Number two is office parking lots/garages. Number three is public restrooms. The obvious answer is to have a man, one who isn't all rapey, to accompany you on any and every outing and errand. If you are alone in a parking lot and feel someone is following you, start making

noise - talk to yourself loudly, talk to an imaginary person, or pretend to talk on your cell phone. The louder the potential victim, the more the predator is apt to freeze.

- Understand that your hairstyle could benefit an attacker. Ponytails and long hair are the number one styles rapists seek because long hair and ponytails are easy to grab.
- How you dress matters. Not how attractive you dress, but how hard it may be to get away should you be approached by an attacker, and how easy it is to remove the clothes. Long, thin skirts that make it hard to run make you vulnerable. Harder-to-remove clothes are the best. Overalls and one-piece jumpsuits and rompers (preferably with rear or side fasteners) are best; they are hard for someone else to remove forcefully.

Avoid pants and skirts with elastic waists - these are easiest to remove. Slacks and skirts with the fastener at the rear or side are advantageous because these make it harder for an attacker to reach to unfasten these. Belts are also great; they are an extra item an attacker must remove.

A belt that has a complex fastener different from the traditional type is excellent; one that you understand how it works, but the attacker may not. Dresses and even tops with a zipper or one or more buttons in the back are to your advantage. These may be harder for you to don and remove, but a few extra minutes every morning and evening getting dressed and a little more stretching is priceless to prevent rape.

- Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years. Rapists, as you can see, are very conscientious of consequences. They've thought this through. When you are making life choices, you have to really weigh all of your options. This shows that 98% of rapists have their sites set on a future and don't want to get into real trouble by using weapons when they rape.
- Understand that Vans are the #1 vehicles used in rapes. Rapists will park next to the driver's side and, as you are trying to get in, they will pull you into the van. If there is a van on the driver's side of your car, go in through the passenger's door. If there are vans on both sides, go back to where you were and get someone like a security guard to walk you to your car. Don't park any place that feels unsafe.
- If you put up any kind of fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming. Use anything and everything against your attacker. Bite, poke, elbow, kick, knee, scratch, rip and gouge... every and all parts of his anatomy. Remember, they are looking for an EASY target.
- If someone grabs you, you can't beat them with strength but you can by outsmarting them . If you are grabbed around the waist from behind, pinch the attacker either under the arm (between the elbow and armpit) OR in the upper inner thigh VERY HARD. Another option would be to grab his first two

fingers and bend them back as far as possible with as much pressure pushing down on them as possible. That really hurts!

- Learn to trust your gut instincts. It could save you from being raped or worse. If you feel uneasy or unsure in anyway, it is in your best interest to get away and get help. Use your instincts and be aware of your FREEZE instinct. Move quickly ... fight, flight or freeze are our natural instincts, so be aware that all 3 exist.
- Rapists declare they would not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands. Remember however, to carry defensive items only if you know how to use them. Any "weapon" that could hurt a potential attacker can be used against you if you are not well trained and comfortable with it.



If you are going to carry a handgun, make sure to take classes in its use, practice often at a firing range, and apply for a concealed weapons permit; if you carry a knife, take a course in the most effective way to use it. Of course, whatever you have on you can be used as a weapon in some way or form.

For example, if you have a pair of high heels on, get those shoes off and stab them in the eye or something with the heel. Even

your keys can be used as a weapon, if they're spiky enough. Slit their wrist or throat or poke their eye out.

- Stay careful at parties and bars. Treat your drink like a \$100.00 bill. Don't let anyone hold your drink. Do not leave your drink anywhere. Avoid anything that somebody gives you. It could be "counterfeited." Always hold, keep and get your own drinks. Never leave a drink unattended for even a moment. Keep your hand over the top of your drink because it's easy to drop something into it.

Do not accept a drink from a date unless the bartender or staff member delivers it straight to you. Don't want to be rude? Who cares, just state your preferences, AND if he doesn't adhere to the waiter drink delivery, then take the drink to the restroom with you and dump it. GHB dissolves immediately, especially if it's powdered. DO NOT leave your friends alone and drunk. DO NOT be left behind by your friends. Tell other people where you are going. Be aware of public bathrooms in clubs and bars. Women have been attacked in the ladies room if it is deserted.

- Keep personal information private. Don't advertise your info verbally or on the Internet. Also, be very wary of meeting up with anyone whom you meet on the Internet. There is never a good reason to meet up with a person whom you have never met in person, or who talks you into meeting-up when you are hesitant. If you think you must do so, bring someone else, preferably a friend who is older and meet the person in a public place.

- Notice and leave identifying marks. A large bite mark on their face, punctured eyeball, deeply scratched leg, ripped out piercing etc. is easily identifiable, as are memorable tattoos, etc. Think kill. Go for weak spots like eyes (poke hard), nose (hard upward motion with the lower part of your open hand) genitals (grab really tightly and squeeze or punch hard) etc. to make sure the person's hands aren't free to punch or hold on to you and you can run for it. If you are in a place where you can't run, notice your surroundings and leave a mark on them if you can. Rapists have been caught because their victims left identifiable teeth marks, nail marks, or DNA in the cars or rooms where they were assaulted.
- Bring a dog, if going to the park, beach, etc. alone. If you have a dog with you, it's like having another person with you. Large dogs are intimidating to predators, even if your pet isn't exactly brave. If you don't have a large dog, bring the small one anyway.

Chances are when your little pup sees you in trouble, he'll be more than happy to protest. Predators won't usually attack a person with a dog, large or small, because dogs usually make such a racket you're bound to draw attention, which is undesirable for predators. Who knows - your poodle may just surprise your attacker when he grabs you.

- Mentally prepare if you are taken by a rapist. You must do everything in your power to escape even if it means hurting yourself. Sometimes, the rapist will kill his victims to prevent him from being caught or identified. If the rapist comes in your

home, throw heavy items through windows and at the rapist. Make as much noise as you can. Do not get in the car or van with them



if you can help it. Jump out of a moving car or crash the car if you are driving. Look for every opportunity to hurt them and escape. Take your extreme fear and turn it into fighting anger at your attacker. Do not be passive unless you feel you have to because a weapon is on you. Never give up without fighting a battle.

- Learn to sing. This means Solar Plexus-Instep-Nose-Groin, the four attack points you should focus on if grabbed from behind. Elbow them in the solar plexus, stomp on the foot as hard as you can, and when they let go, turn around and jam the palm of your hand into their nose in an upward motion, then finish with a knee to the groin. This may disable your assailant long enough for you to get away.

Don't worry about hurting them, because they intend to do something much worse to you. Do anything that can prevent them raping you. If none of this works, just scream and shout but if you're in the middle of nowhere, try fighting and running to cover or higher ground.

- Use distraction. Physical distraction: throw a chair, deliver a blow to the throat, or use your whole body to move them beyond a door that you can then close. Then run in the opposite direction. Verbal distraction: start yelling loud and deep.

Tell them lies: 'my husband is in the mafia...' Bring up their grandmother. 'Does your grandmother know you are doing this?' Anything to bust up their attack mode. Visual distraction: pick up defensive item or an expedient weapon. Throw items that make them duck and cover - choose anything that is to hand.

- You do have the option to act like a victim and play along. By doing this you bide time and reduce the attacker's adrenaline. Then you explode into action at the earliest opportunity. Feigning capitulation is often ideal when all other options have been exhausted. Tell the attacker that you are scared and don't want any trouble.

Say something like, 'Please don't hurt me.' This will fool the attacker's reasoning process into believing that you are already beaten, thus switching off his adrenaline and maybe even spurring an endorphin release... This will drop his defenses long enough for you to preemptively escape or attack and escape. Use your instinct on this.

- A personal security alarm (noisemaker or screamer) has a piercing, 120 decibel shriek that alerts witnesses nearby to

your emergency - and might spur someone to come to your rescue. At the same time, anyone attacking you fears witnesses calling the police as well as identifying him and/or having to deal with a possible rescuer.

Thus an attacker usually will flee. A personal alarm will probably keep you safer or even save your life whenever you're outdoors where other people are nearby - such as on the street, in a parking lot, or in a public park. Amazon.com has tons of options. Just type the words "personal security alarm" in the search bar.

Actually, your best weapons are your brain and common sense. Women are making a grave mistake when they think they are paranoid if they feel uncomfortable or their intuition is telling them to leave a situation that may get out of hand.

It is better to be prepared and aware than to face the lasting and devastating mental, physical, and emotional horrors of being raped.

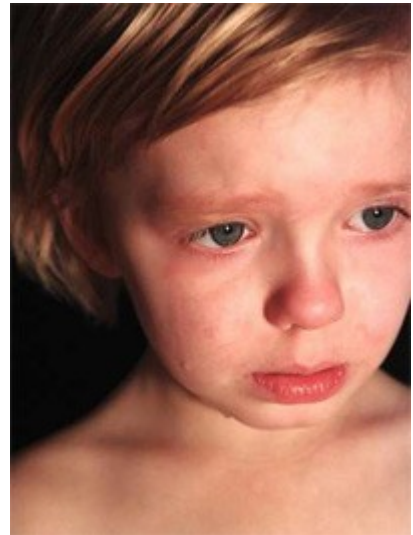
Women must realize and make their date or possible attacker realize that "NO!" means no. Women have a right to protect their body and not feel obligated because of a fancy dinner date.

If a woman feels uncomfortable, she should immediately remove herself from the situation without any remorse of insulting her date or, in this case, would-be attacker.

Child sexual abuse

What is child sexual abuse?

Child sexual abuse includes the employment, use, persuasion, enticement, or coercion of any child to engage in, or assist any other person to engage in, ANY sexually explicit conduct. It includes rape, molestation and prostitution of children, but also includes things like using sexually explicit language to scare or threaten a child, showing pornography to a child or using email or the Internet to communicate with a child in sexually explicit ways.



Another critical fact to understand is that the sexual abuse of children happens EVERYWHERE. It crosses ALL ethnic, religious, economic and regional boundaries. The offender is often an adult, but can be another (often older) child, too.

The vast majority of sexual offenders are someone the child and his or her family already knows and trusts, which is why it is so critical that parents and other caregivers know about prevention and signs of abuse.

How can we PREVENT child sexual abuse?

The first step to working to protect your children from sexual abuse is being proactive and opening the lines of communication with your kids. Talk to your children about sexual abuse in age-appropriate ways. Teach them about their bodies, how to respect them, and that it is “against the rules” for adults to act in sexual ways or touch special parts of their bodies. Tell them that if someone makes them feel anxious, sad angry, or confused that they can talk to you about it and you will listen.

Children often feel more comfortable telling someone other than a parent (often because the abuser is a trusted friend or family member), so also be sure your children are aware of the professional adults in their lives such as guidance counselors, school social workers or pediatricians to whom they could speak if something is bothering them.

One of the most effective ways to prevent sexual abuse is by carefully considering the safety of ANY activity where your child will be alone with another adult. This includes things like time spent with a babysitter, a sports practice with a coach or a one-on-one church activity.

These one adult-one child events are where the majority of sexual abuse occurs. Remember that most abusers try to form trusting relationships with children AND parents first, so even someone you would never suspect could be an abuser. 93% of abusers are trusted family members, friends or acquaintances.

If you do allow your child time alone with an adult, plan to drop in unexpectedly. When scheduling the event with the other adult,

confirm that the time will be spent in public places, and be sure to talk with your child when he or she comes back. Limit these one-on-one experiences and you can dramatically reduce the risk for sexual abuse.

If your child attends a summer camp, daycare, church school or other program where he or she could be alone with adults at any time, ask about and insist on screenings such as criminal background checks, interviews and professional references for adults who serve your children.

But also remember that just because an adult has passed a background check does NOT mean that sexual abuse is not a possibility. You should STILL take precautions when it comes to leaving your child alone with another adult!

Another creative prevention tip is to openly discuss with the adults in your child's life that you have talked to them about sexual abuse, that your child is very open with you and that your child is well aware of the need for privacy and boundaries and knows that they have the right to stop any behavior that makes them sad, afraid, uncomfortable or angry.



How to recognize child sexual abuse?

Physical signs of sexual abuse are not common, but bleeding, redness, rashes or other ailments in the genital area as well as urinary tract infections can occur. Other physical signs include trouble sitting or walking. If a child DOES have physical signs you suspect to be caused by abuse, have them examined by a doctor immediately.

The more common physical signs are actually symptoms associated with anxiety and trauma, such as headaches, stomachaches, insomnia, nightmares and bedwetting.

Emotional/behavioral signs are much more common than physical signs, and can vary greatly. Some children become depressed and withdraw, often acting clingy or anxious. Others act out or regress developmentally and seem to lose abilities they once had, such as potty training and language skills. Some become perfectionists, while others begin to do poorly in school or in activities such as sports.

Keep in mind that any drastic behavior changes can be a sign that something is bothering a child, whether it be sexual abuse or any number of other types of trauma. The important thing is these changes are a cry for help and should be addressed.

One of the most obvious signs of sexual abuse can be sudden sexual behaviors in a child, such as use of sexual language, promiscuity, or knowledge of adult sexual behavior that's not appropriate for the child's age.

Also be aware if your child suddenly exhibits a fear of certain places, activities or--especially--certain people. Ask them about their feelings, listen to their concerns and talk openly about it. Remember that some children show NO SIGNS of sexual abuse, which is why it is critical for adults to be alert and pay close attention to where their children are, whom they are with and how they behave after these activities.

How should I react to child sexual abuse?

First, TRUST YOUR INSTINCTS! If you have even a small suspicion of sexual abuse, take action. If it is someone else's child, make a report. You only need suspicion to make a report, and not proof!

Second, BELIEVE the child if they open up to you. Young children very rarely make up stories about sexual abuse, and they often disclose it accidentally the first time. Keep in mind that it is not your responsibility to investigate. You should focus on the safety of the child!



So if a child tells you about abuse, remain calm. A child needs a responsible, composed adult who is a source of comfort. They want-

-and need--someone who is willing to listen without being overly emotional or negative.

Think about how difficult and scary it would be for a child to talk about sexual abuse, especially when you consider that they probably have very little knowledge or understanding of sexual activity other than fear, and that their abuser is most likely a friend or family member.

Keep in mind that your response can have a huge impact on their future willingness to trust others and talk more about the abuse. They may also fear what will happen as a result of their disclosure, especially if they feel like the abuse is their own fault, or if the perpetrator is a family member or friend. Reassure the child that they have done the right thing by telling you.

Do not make promises you can't keep. Instead, focus on saying things like:

“What happened was not your fault.”

“We are going to work on a plan to try and help make sure you are safe.”

“You did the right thing by telling me this.”

If it is your own child, sit down and talk with them when the suspected abuser is NOT present. Keep in mind sexual abusers often manipulate and threaten their victims, make them feel guilty, and confuse them about what is right and wrong. Victims feel uncertain about what the right thing to do really is.

The most important thing to remember is that it is OUR responsibility as adults to protect children from sexual abuse. No matter how many times a child has been told to talk to someone if something bad happens, they still might be too frightened, embarrassed or angry to do so on their own.

So be aware of the children in your life, as well as the adults whom they interact with on a regular basis. Be open to discussing uncomfortable issues with your child, and consider their safety and feelings when making decisions about the people they spend time with.

Kidnapping

In South and Central America abduction has become a profitable business. In the Middle East Jihadist use abductions to make political statements. In the US abductions usually target children or women and most of the time the victim is sexually abused and killed.



Never assume your child will not be abducted, you should always act as though it could happen. It is important that you establish solid

communication with your child and make sure that your child knows he/she can confide in you in case of trouble.

Teach your child the facts of abduction early. If handled simply as just another fact of life that needs to be acknowledged and dealt with, children need not be inordinately frightened by the idea of abduction.

A pedophile is usually an adult whose sexual preference is confined to youngsters. The classic pedophile preys on runaways or children from unhappy homes. He showers the child with affection. By the time sexual activity takes place, the child is often an uncomplaining partner and it goes unreported. Be aware of any adult that showers your child with an inordinate amount of attention and/or presents. No one should care more about your child than you.

Taking the proper measures

- Never leave young children unattended (at home, in a parked car, shopping cart or in a public restroom).
- Have pictures taken yearly. For preschoolers, pictures should be updated quarterly.
- Keep records of fingerprints, footprints, dental and doctor information, birthmarks and birth certificates. You should keep copies of x-rays as hospitals do not keep such records for more than a few years.

- Get your child a passport. Once a passport has been issued it is both difficult and suspect to attempt to get another for that person. Contact Passport Services, Bureau of Consular Affairs in Washington, D.C. for a copy of passport procedures.
- Tell baby-sitters or friends caring for the child not to let your child go with anyone but you.
- Know who your child's friends are, where they live, and their telephone numbers.
- Make certain your child knows his/her full name, your name, address and telephone number, including area code. Teach him/her to use the telephone. Help may be available by dialing 911 or "0".
- Teach your child to avoid people they don't know and explain the concept of "stranger danger". Explain that a stranger is ANYONE they do not know.
- Teach your child that adults usually do not ask children for directions. If someone should stop in a car asking directions, tell your child not to go near the car.
- Have your child practice the buddy system until old enough that this system is not necessary.
- Caution your child not to play in deserted places. There is safety in numbers.

- Teach your child never to go anywhere with anyone who doesn't know a family "Code" word. Make it anything that is easy for your child to remember. Explain to your child that only adults responsible for them will know this code word (mom, dad, siblings, grandparents, other adult that is authorized to pick them up from school), and to never go anywhere with anyone they don't know unless they know the code word.



Tell your child to keep their code a secret! (Code words are not a fool-proof safety measure, since in order for a child to ask someone what the "code word" is, they need to let them get close enough so they can hear it. In turn, they let people they don't know into their "safety zone.")

- Make sure that your child does not have his/her name on a visible place such as clothing or belongings. It makes it harder for strangers to be on a first name basis with your child.
- Explain to your child that if they are home alone not to open the door for anyone except previously designated persons. This includes a salesperson or delivery person.

- Teach your child never to answer the telephone and tell anyone that he/she is home alone. If someone should call, instruct your child to make a prepared statement such as, "Daddy/Mommy cannot come to the phone right now... can I take a message."
- Teach older children to come home at dark.
- Remind older children to phone home.
- Teach your child that if they are being followed not to hide behind bushes, but to go where there are people or to a safe house. Teach your child that it is appropriate to "make a scene" if he/she senses danger from an adult. Teach him/her to yell "HELP!", or "I DON'T KNOW YOU!" and not just scream.
- Know as much as possible about your ex-spouse and his/her friends and relatives. Pay attention to threats of stealing the child. Watch for attitude changes and/or unstable behavior in your ex-spouse. Be aware of how a life-style change by you or your spouse might affect your child.
- Establish strict procedures regarding who will pick up your child from school and be meticulously consistent.
- Have your school establish a "School Call Back Program" and visitor check-in policies.

Avoid becoming a target when out of town

If you must be out and about in a volatile or dangerous region, do the following:

- Do not dress in a way that makes you appear western.
- Wear nothing that indicates wealth, such as gold jewelry, designer watches or clothing, etc.
- Learn and use local phrases.

Contact your local embassy. Let them know where you are and ask about areas or situations to avoid.

- Do not argue politics.
- Be friendly to the locals, but do not let them take advantage of you.

How to survive a kidnapping

While negotiations are ongoing, the only concern that you as a kidnap victim should have is to survive. All other concerns should be dropped and the morals of normal life should be suspended. Your one goal is to survive.



Once you are freed, you can go back to normal life. Until then, you must survive.

You survive by following these guidelines:

1. Remain inconspicuous. Make no eye contact and do not confront your kidnappers.
2. Do not appear to be interested in what your captors are doing.
3. Maintain a sense of dignity, and increase your requests for comfort in a low key manner.
4. Do what you are told without argument.
5. Try to regain your composure as quickly as possible. You will be terrified. This is most unpleasant, but normal for the circumstances. Breathe deeply and slowly and work through it.
6. If questioned, keep your answers short and do not volunteer information.
7. Condition yourself, mentally, to a lengthy stay. It is not long endurance that breaks men's spirits, but disappointments. Don't trust them if say you will be released the next day. Prepare for a long stay and survive mentally.
8. Stay active in both mind and body. Read anything that is available. If no books are available, read your favorite book in your mind. Keep your body healthy and strong by exercising.
9. Communicate, comply, and stay alive.
10. Your best defense is passive cooperation.
11. Avoid politics or any other sensitive issues. If in doubt, be quiet. Take no risks in your conversations.
12. Drink no alcohol.
13. If a rescue attempt is made, lie still on the floor and do not move. Rescues involve noise, confusion and fear. Lie still so there is no reason for you to be mistaken as one of the captors.
14. Remain positive.
15. Ask for writing materials.

16. Make detailed mental notes of your captors and your surroundings.
17. Expect political abuse. You will be accused of working for your government.
18. Attempt (carefully) to establish rapport and find common ground with your abductors.
19. If you and another kidnap victim are separated from each other, attempt communication.
20. Request medical assistance.
21. Carefully consider the political and social climate of the region.

Security While Traveling

Traveling adds enormous risk to your life. When living in one place, we adapt our activities to avoid risk in dozens of ways. We reside in a safe place and we know what types of risks are possible and which are very remote; then we accommodate them. We drive the safe routes to our usual destinations. We know which roads to avoid in bad weather or at certain times. We know which persons or vehicles fit the surroundings and which do not.

You lose all of the above (and much more) when you travel. This makes you much more likely to stumble into a harmful situation. More importantly, the criminals at your destinations have all of the things mentioned above.

This is their home territory. They know the shortcuts, the unlit places, the corrupt officials. You not only lose your home advantage, but the bad guys retain theirs.

In this chapter we will cover three specific situations: Moving from point to point, the use of taxis, and security in a hotel.

How to protect yourself on the road

While on the road (or maybe off the road) between locations, you are always more vulnerable than in your usual surroundings. You will also be far more subject to making unpleasant mistakes. Losing your way, taking wrong turns, having to encounter a thousand unknowns greatly opens you to the possibility of trouble.

Here are the things you should bear in mind when preparing to travel:

- Use up to date maps. This will prevent not only serious problems but also delays.
- Check in advance for roadwork, delays, or any other changes.
- Research your final destination or destinations. Using the Internet makes this much easier than it ever was before. Check the news and weather at your destination. Check the new developments and public events. Be informed.
- Don't hitch-hike. If situations force you to hitch, do not choose a lone driver. Choose a family if at all possible. Turn down rides that don't seem safe. Remember, you have instincts and this is the right time to use them.
- If you encounter serious problems while hitch hiking, you are in a very bad situation. Act crazy. Stick your fingers down your throat and vomit on the driver. Then pull then hand brake, act thoroughly insane, attract attention, fight to flash the vehicle's light. Do whatever it takes to make other drivers to report your behavior. In

this situation your life is on the line and all the normal rules of behavior are suspended. Survival is all that matters until the danger is past.

- Use well-lit gas stations.
- Avoid isolated areas. Remember, a criminal doesn't want other people to see him victimizing you. He will wait until you are isolated, then hit. Don't give him an opportunity.

• If you are unsure, stay in service areas or public places and call friends. Being in public areas and surrounded by other



people gives you a position of strength; do not give it up.

- Try to have two mobile phones, so there is always a backup. Phones malfunction, run out of battery power, and are subject to coverage problems. Communication is too important to risk. Backup phones are cheap; get the cheapest phone on the pre-payment plan for a very affordable backup.
- Don't log numbers into phones. If you do, anyone finding or stealing your phone can ascertain most of the important details of your life. Use your imagination for a moment and try to think of how this information could be used by the wrong person.
- Always travel at the maximum safest speed, but within the legal speed limit. Move quickly, but do not subject yourself to highway police, who may not always have the best intentions.
- Be aware of your vehicle's capabilities. Do a bit of testing and see what you and your car can do together. (Obviously you will have to do this carefully, in a safe location, and far away from all passers by)
- Always lock the vehicle when parking.

- Check the area before parking. You can always drive away, and you should if things do not seem right to you.
- Lock garage doors. Simple, but also easily forgotten.
- Never park the vehicle nose-first. Make it easy to get out quickly. At one time or another you'll have to maneuver to or from the spot, so do it at the safest time—when you are pulling in. You are far more vulnerable when leaving, so make that time safer and easier.
- Lock the doors and trunk while driving. Get in the habit and it's easy...and safer.
- Tilt sun roof, do not open it. An open sun roof makes you vulnerable, especially when stopped, even if it is momentarily. This is important in areas that you do not know well.
- Do not roll down the windows more than two inches. For the same reasons as above.
- Use your mirrors to the fullest.
- Be prepared to take evasive action. We will cover this in more depth in a later chapter, but remember you should be mentally and physically ready to get away from a threat. Stay aware of other vehicles on the road and of all your driving options.
- Be aware of important points on your map. Notice them as you go by and keep track of the next one. Such points would include anything that injects a variable into your travels: Side roads, junctions, areas of bad weather, and so on.
- Be prepared for diversions. Also, verify that they are real. A simple detour is easy enough to fake. Think about what you are getting in to.
- Have alternative routes planned. Always; even if the route includes backing up to the previous cross road.
- Avoid being blocked in by other traffic. Again, do not surrender your options.

- Keep enough distance from the car ahead to allow for evasive actions.
- Drive toward the center of the road.
- If you cannot see the rear wheels of the car ahead, you are too close.

Vulnerability inside a taxi

Once you are in a taxi, you are contained and vulnerable. Here are the rules to follow for safety:

- Make sure it is a respectable firm. Reputation is a very valuable thing. Firms that have a reputation to maintain will go out of their way to keep it. This is exactly what you want—local people with a financial interest in keeping you safe.
- Get recommendations from hotels or businesses. To assure the above. They will also tell you the right fare to pay.
- Book in advance. Choose your cab or cab company; don't let them choose you.
- If a woman, request a female driver.
- Sit behind the driver. Always default to a position of strength.
- Stop (pull over) in well-lit areas.
- Stop where there are plenty of people. Avoid becoming isolated.



- Use the awareness skills we have previously taught. Use your instincts.

Hotel security

Hotel security is an important concern. A hotel concerned with security will keep you and your belongings safe, one that is lax will make it easy for a criminal to steal, to snoop, or to attack. Keep the following in mind:

- The most secure room key is the electronic type. However, this is subject to the hotel handling them properly. For example, look to see if there are keys piled up on concierge's desk. If so, even the best keying system is of limited effectiveness.
- The location of the hotel. The truth is that local police pay attention to the best areas and less attention to the worse areas. This is true world-over. This being the case, criminals tend to stay away from the best areas and wait in a dark area as nearby as is safe for them.
- Overall appearance. If money is not being spent on maintenance, it is not likely to be spent on security.
- Service: If you are not happy, move to another hotel. Again, if they are not serious about service, they are not serious about security.
- Use the hotel safe deposit box for your valuables.
- See if the staff have IDs on their jackets. They should. ID photos should be included.
- City centers are targets for criminals and prostitutes. Tourists are prime targets and thieves will tend to go where money can be found.

- Are there criminals and prostitutes in collusion with the hotel staff? It happens frequently. Be aware.
- Make sure the hotel has secure parking facilities. Ask prior to booking the room.
- Look for safe exits and entrances. They should be well-lit, open to large public areas, etc.
- The better the hotel, the better the security, and a hotel with a good attitude towards security is worth paying for. Again, if they have a reputation that pays, they will maintain it.
- A hotel with a good attitude toward security will never give out a guest's name.
- Do not be flashy or draw attention to yourself.
- Note emergency exits and emergency procedures.
- Do not invite people back to your room, no matter how attractive they may be.
- Always lock all your doors, including any adjoining room doors.
- Do not take anything abroad that you cannot afford to lose.
- Remember the personal security material covered earlier.
- Do not bring a laptop computer unless you truly need it. If you must bring it, secure it in its case and lock it away when not in use.
- Always believe you are being watched by someone. In some places you certainly will be, and in others you certainly could be.
- You are always potential targets when abroad.
- Always lock your suitcase when leaving the room.
- Never get into an elevator with people you are unhappy about.



- If you are on your own and someone enters who makes you uncomfortable, get out.
- Press several elevator buttons to disguise your floor. Don't give out information unnecessarily.
- If possible, always enter an elevator with a crowd.
- Never leave keys, personal details, company details laying around at hotel facilities.
- Always use the hotel's main entrance. It will, in almost every case, be the safest means of ingress and egress.
- Always make a reservation.
- Your company travel department must be part of the security process.
- If you check in early, leave your baggage locked in a secure environment.
- If the hotel requires you to leave your passport in their custody (as is required in some countries) obtain a receipt for it.
- If you are a lone female, use your first initial only, not your first (Christian or given) name. Criminals see women as easier targets. Don't let them know.
- If waiting to be picked up, wait in the lobby only. Stay in a safe place and do not throw away your advantages.
- Beware of pickpockets. They look for tourists and can be very clever. They may employ razor blades to slit open backpack pockets in a crowded train, for one example.
- Do not get isolated. This is when the economies and percentages are in the attacker's favor. And this is where they look for victims. Avoid the problem.
- If you are unhappy about your room, ask to be moved. Make the hotel conscious of you and your expectations. You will generally get better service this way.

- Take a look at the hotel room door: Is it solid? Does it have a peephole? A safety chain? The answer to all three questions should be yes.
- Do not leave luggage unattended when checking in or out. For obvious reasons.

- Hand in your room key at the reception desk.



- Know the telephone

number and the location of your hotel.

- Safeguard your room key as you would your house key. Report the loss of a room key immediately.
- Avoid using rooms for meetings. For example, if you are told that your pre-arranged meeting had been moved from the reception to the potential new client's room, you cannot be sure that you will not expose yourself to taping, blackmail, extortion and a potential kidnap situation. Meet in public places, there is safety in the crowds.
- Think about a mobile door alarm. Several small, effective models are available. They are inexpensive, battery-powered and are easy to pack.
- Do not sleep with the windows open, especially on lower floors or where access is possible via balconies, ledges, etc. (Note that we said: "where access is possible," not where it is easy.)
- Check ID before admitting anyone. Why take chances? The hotel provides IDs to employees entirely for this reason.
- Check if repair men are genuine before admittance. Call the desk to verify. Legitimate repair people will gladly wait.

- Keep your plans to yourself. It is much easier for a criminal to set you up, knowing your schedule, than it is to wait for a random opportunity. Remember that these people frequently work as teams, and that the pleasant cleaning girl may be giving information to her idiot (and criminal) boyfriend or brother.
- Use low-key security: Leave the television on when you are out, leave the Do Not Disturb sign on the door when out, draw the curtains at night.
- If someone is loitering near your room, do not approach. Go to reception and have them check it out.
- Always have your room key in your hand. Fumbling at your door is nearly ideal, as far as an attacker is concerned.
- If you are expecting someone, have them call you from the lobby on the house phone.
- Do not open the door if someone simply knocks. Check and double-check.
- Your hotel room door is your first and only line of defense. Remember this.
- Do not sign for parcels or flowers that you do not expect. Check and check again.
- If you have an unexpected call, and if the hotel does not give it full attention, call the police.
- Check on all fire drills and know them.
- Know your way to your room and how long it takes. Know your assets and liabilities.

Danger while driving

Driving a car is a wonderfully fast and convenient means of transportation. But it also makes you more easily followed and attacked. Compare the ease of tracking a car with tracking an individual on foot, especially in an urban area, where he or she can pass in and out of stores, bus and train stations, and so on. Being in a car or truck makes you significantly easier to locate and to watch and/or attack.

Being followed

One of your first concerns when driving in a dangerous place is determining if you are being followed. You accomplish this by paying attention to the other vehicles on or near the roads you travel. Is a vehicle showing up repetitively? Are the same faces in alternating vehicles showing up? You must be alert and aware.

If in you suspect that you are being followed, do the following:

- Drive to the police or a security force, not to your hotel or residence.
- Use your mirrors to keep track of your pursuers.
- Vary your times and routes. Randomness can be a virtue.
- Make deliberate movements such as stopping, braking, and changing direction. Notice how the vehicles around you respond.
- Make more than one circuit of roundabout.
- Make U turns and see if you are followed.
- Stare openly at suspect vehicles or persons.
- Use illogical and routes.
- Attempt to throw the enemy surveillance team by close shaves at traffic lights or when overtaking.
- Use decoy vehicles.

- Utilize the local police or other security agencies.
- Use a layback car to carry out further observation of suspects or to effect delays in traffic. That is, have your associates follow you at a distance and watch the vehicles that are or may be following you.
- Beware of motorcycles. They can move in and out of traffic much more readily than cars.
- Use your mirrors.
- Maintain your awareness.
- Keep asking, “What if?”

Evasive driving

If you are being followed and are in any danger, evasive driving may be necessary.

But bear in mind, this is not like a movie; evading someone could get you and others seriously injured. Your primary goal in evasive driving is not to crash. If you do not drive very carefully, it is highly likely that you will crash your car.



This will not only get you caught, but it is also likely to result in your injury or death, and the injury or death of others. This is not a game, and there are good reasons why the police frequently disengage

high-speed chases. In a high-speed chase, it is the person who makes the first mistake that loses.

If you do have to evade another car, here are some things to keep in mind:

- The best methods of evasion involve using other vehicles to block your pursuer. For example, you can cut across one or more lanes of traffic to an exit, while your pursuer is stuck behind a third vehicle. You can also take a fast left-hand turn (right hand in the UK) just before a car going the opposite direction reaches the intersection.
- When going around a turn at speed, try to be closest to the inside curb on the far side of the turn, not on the near side. The speed at which you leave the turn is generally most important, and this is how you arrange that.
- Put some run-flat foam in your tires and keep them slightly over-inflated.
- If you have to jump a curve, try to do so at an angle of about 45 degree angle, and at a speed of less than 45 miles per hour.
- Armoring a car is a very special process, including upgrading the car for significant additional weight. For a fast, home-made fix, you can install half-inch aluminum plate on the back of the seats. This plating is not overly-heavy and will generally stop small-arms fire.
- Obviously your vehicle should be in top condition. Springs, shock absorbers, and tires are especially important.
- If you must go off-road, avoid dips, low spots, rough terrain and soft terrain.

How to survive terrorist attacks

Terrorism is a criminal act that influences an audience beyond the immediate victim. The strategy of terrorists is to commit acts of violence that draws the attention of the local populace, the government, and the world to their cause.

The terrorists plan their attack to obtain the greatest publicity, choosing targets that symbolize what they oppose. The effectiveness of the terrorist act lies not in the act itself, but in the public's or government's reaction to the act.

For example, in 1972 at the Munich Olympics, the Black September Organization killed 11 Israelis. The Israelis were the immediate victims. But the true target was the estimated 1 billion people watching the televised event.



The Black September Organization used the high visibility of the Olympics to publicize its views on the plight of the Palestinian refugees. Similarly, in October 1983, Middle Eastern terrorists bombed the Marine Battalion Landing Team Headquarters at Beirut International Airport.

Their immediate victims were the 241 U.S. military personnel who were killed and over 100 others who were wounded. Their true

target was the American people and the U.S. Congress. Their one act of violence influenced the United States' decision to withdraw the Marines from Beirut and was therefore considered a terrorist success.

There are three perspectives of terrorism: the terrorist's, the victim's, and the general public's. The phrase "one man's terrorist is another man's freedom fighter" is a view terrorists themselves would accept. Terrorists do not see themselves as evil. They believe they are legitimate combatants, fighting for what they believe in, by whatever means possible.

A victim of a terrorist act sees the terrorist as a criminal with no regard for human life. The general public's view is the most unstable. The terrorists take great pains to foster a "Robin Hood" image in hope of swaying the general public's point of view toward their cause. This sympathetic view of terrorism has become an integral part of their psychological warfare and needs to be countered vigorously.

Preparing for terrorism

1. Wherever you are, be aware of your surroundings. The very nature of terrorism suggests there may be little or no warning.
2. Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel.

3. Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.

4. Learn where emergency exits are located in buildings you frequent. Notice where exits are when you enter unfamiliar buildings. Plan how to get out of a building, subway or congested public area or traffic. Note where staircases are located. Notice heavy or breakable objects that could move, fall or break in an explosion.



5. Assemble a disaster supply kit at home and learn first aid. Separate the supplies you would take if you had to evacuate quickly, and put them in a backpack or container, ready to go.

6. Be familiar with different types of fire extinguishers and how to locate them. Know the location and availability of hard hats in buildings in which you spend a lot of time.

What to do to save yourself and the others?

As a first responder, safety is your most important concern.

You must protect yourself so that you can protect your fellow responders and the public.

If you do not arrive safely at the incident scene, or if you become injured or incapacitated in any way, you will not be able to provide the services required by the initial call for help.

Remember that the initial actions taken by the first responders will affect the final outcome of the incident.

It is important to keep in mind that:

Terrorism has no rules, either fight or die.

Terrorism on a plane – How to stay alive

- Identify a terrorist bomber before it comes to armed struggle. Look at who is boarding your plane. Watch for Red Flags - someone wearing an expensive suit but a military watch, extremely nervous passengers, people with neither carry-on bags nor luggage, someone wearing military boots with normal clothes, strange behavior. To save your life, it's best you tell someone in charge immediately.
- The beginning of the flight is when you need to stay focused. Ninety percent of hijackings happen in the first 20 minutes because the plane is still full of fuel. Don't panic. Control your breathing and heart rate. Try to stay calm.
- The first thing the hijackers will do is stab a couple of people, slit their throats and then shake blood on nearby passengers. They are trying to control you with terror. The terrorists then

urge everyone to the back of the airplane. Why? Because they are afraid of passengers rushing and overpowering them. There are many more passengers than hijackers.

- Do not go to the back of the plane. If you do this, you and everyone else are probably dead. You must take back the aircraft.

- It's time to take action. How many hijackers and how many weapons? Where are they located on the aircraft? You are all leaders. What do people do when a



leader gets up? They follow. Tell someone to help you. You must take back the aircraft at all costs. Together.

- What about hostages? Would you risk the life of a passenger? How about your wife or child? Could you rush the terrorists if they have your seven-year old boy and they say that if anyone moves they will cut his throat? You must, because if you do nothing, he is going to die anyway.
- In a hijacking the, passengers are divided up into hostages and victims. Terrorists kill hostages to scare you and control you. So if you have a loved one who is taken hostage their best chance of survival is you fighting back.

- If you get the chance of firing a gun, remember this: the most important thing is aiming. Do this quick exercise: hold your index finger up to a spot on the wall. Close one eye and then the other. Looking with one eye your finger will appear to jump while with the other eye it will stay on target. The eye that does not jump is the one you should aim with. Keep your eye on the front sight and align that with your target.

Items that you can use

You will need items that can be used as weapons. Prepare in advance. Always bring along a hardcover book, a newspaper, keys and a pen and ask for a blanket and two unopened soda cans. Keep a fairly heavy bag under your seat. These ordinary items are weapons that can save your life.

When the terrorist comes down the aisle as soon as he passes you throw your blanket over his face so he cannot see. Then knee him in the spine, pull him down and strangle him with the blanket until you get another passenger to help you restrain him.

To block knife slashes, wrap the blanket around your forearm. Hold the blanket out and catch the arm of the terrorist as he slashes at you. Then hold the knife arm wrapped up while other passengers take the terrorist down.

A hard cover book can block any stabbing attack. A heavy book can smash a hijacker's nose, collar bone, Adam's apple or back of his head.

When on board, ask for two unopened cans of soda. A full soda can thrown at someone's temple can kill him. They can smash a terrorist's nose, knee cap or head. If everyone throws a full soda can at a terrorist he can be stoned to death. A full soda can wrapped up inside a blanket can be swung as a deadly mace.

Women can take off their high-heeled shoes and punch them at the terrorists who will be knocked out.

A newspaper folded once or twice and stuck inside your shirt is body armor strong enough to stop most knife stabs. A rolled newspaper becomes extremely hard and can be used to smash the nose or stop the heart by hitting the arteries on the side of the neck.

A heavy bag kept under your seat can be used to block knife slashes, smash a terrorist or can be thrown into the aisle to trip him.

Stab a pen into the terrorist's eye, hand, throat, anywhere. Don't be afraid to do it. If you don't want to be a victim, make him one.

Keys can be stabbed through a terrorist's ear into his ear drum, gouge out his eyes, or even cut his throat.

A leather belt wrapped around your arm can stop knife cuts or the belt can be swung as a flail. Smash the buckle into a terrorist's face.

Belts can quickly strangle terrorists and can also tie them up when they are disarmed and unconscious.

Terrorism on the ground

Do not go to the scene of a terrorist attack to watch. Terrorists like to set off secondary targets to kill as many police and rescue personnel as possible. If you are on a bus or train be alert for unidentified packages or someone hurriedly getting off and leaving a package. If this happens try to throw the package out a window if you can't get off.



If you are on a subway system that has been attacked try walking down the tracks until you find an emergency ladder leading up to the street.

If you are on a subway car or a bus that has been attacked first assess your own injuries then, if possible, help those around you.

Keep low to breathe the best air possible. Smoke inhalation is the number one cause of death after an explosion.

Stay out of the subway system and don't take buses until you feel secure again about using them. Terrorists sometimes strike the same targets twice to reinforce fear.

Terrorist alert!

If someone comes into a building and puts a briefcase down and walks away get your family out first, then make a phone call to alert the restaurant of a possible bomb.

If a terrorist throws a hand grenade down in front of you don't run. You will be killed by flying shrapnel piercing vital organs or your head. Seek shelter behind a chair or table in the two to four seconds before the grenade goes off.

If there is no cover, fall face down with your feet facing the coming explosion. Pull your elbows into your sides to protect vital organs and cover your ears. This will change you from a five or six foot tall standing target into a tiny six inch box on the ground. The blast may miss you entirely or flying shrapnel may hit the soles of your shoes. You will survive and that's what matters.

When facing a suicide bomber, you must first determine which type of detonation control he is holding. A Remote Control Detonator looks like the button held by a photographer in a studio. The explosion is caused by pushing the button. You must grab his thumb so he can't press down.

The 'Dead Man's Switch' is similar to the safety pin on a grenade. If the terrorist is shot or killed or releases his grip, the bomb goes off. You must not let him open his hand.

As a last resort if you are behind a suicide bomber and can't see what type of detonator he is using you must use him as a cushion to save your life and the life of others.

First grab the hand with the controller. Then kick him with your right leg in the back of his right knee. Then you are going to fall on him as he goes down. The explosion will go off under him. His body will protect yours.

You will probably be thrown fifty feet in the air, break a few ribs and suffer second degree burns – but live. A soldier in Israel stopped a suicide bomber in a café using this technique and survived.

In the end the only way terrorism is going to be stopped is if ordinary people start fighting back. We have to make terrorism more dangerous for the terrorist than for their victims.

Final Thoughts

You never know when you might be called upon to perform an act of extreme bravery and to choose life or death with your own actions. You never know when your family is in danger and you need to defend them with your own knowledge.

But when you are called, I want to be sure that you know what to do. It's the promise that I made to you and I shall keep it. That is why I

wrote this book and I'll continue to give you what you need in order to help you.

Should you have to face a survival situation, keep in mind what is motivating you to survive. Focus strongly on that. It will give reason to your "will to survive" and block out any feelings of despair.

Remember that your emotions belong to you and you are in control of the emotion you choose.

This "will to survive" is a mental state. A conscience decision. A commitment to yourself and your loved ones that you absolutely refuse to give up trying to survive, to the last breath, no matter what.

It is a psychological game you must play within yourself in a survival situation. You must be in a constant state of positive thinking, confident in your abilities, always ready to solve problems, and forever holding on to hope. Thoughts of how bad an injury hurts or how far you must travel could be all it takes to mentally wear you down to the point of giving up. Once you give up, death is sure to follow.

Never give up!