

SAFE

A COMPLETE MANUAL FOR PERSONAL & HOME SECURITY

by DAVID SCHIED

AT LAST!

SAFE AT LAST!

*THE DEFINITIVE MANUAL FOR
HOME AND PERSONAL SECURITY*

Illustrations By Gerald Bartosch

DAVID SCHIED

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DAVID SCHIED

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The Principle of Non-Dissension

There is no conflict in the absolute universe, but there is conflict in the relative world.

If we unify our mind and body, become one with the universe, and practice its principles, others will follow us gladly.

Do not say that this is a world where we must struggle to live each day. The true way to success is exactly one and the same as the principle of non-dissension, and that is the way to peace.

by Koichi Tohei

Published by Ki No Kenkyukai

Introduction

Assaults, on the whole, are not directed against any particular kind of person. Crime is not prejudiced. Everyone is subject to being attacked without regard to race, religion, political background, physical type or fighting ability.

Although there are as many different reasons for attacking someone as there are people on the planet, probably the most common are robbery, burglary and rape. None of these is sexually biased. Many rapes begin as robberies or burglaries—the attacker then makes the most of his opportunity.

Burglars, except for professionals, choose homes and apartments which have the least security and the most property. Little attention is paid by today's desperate amateurs to the people who live at the residence or whether they might be home.

Even though rape of women and girls is the most publicized, it is not by far the only kind of rape that occurs. Each year thousands of men and boys are attacked, raped, molested and abused. No one is completely immune to the deviated sexual desires of the psychopath.

Urbanization and industrialization have sparked new forms of criminal behavior to include urban riots, skyjacking and international terrorism. Whether these types of crime are increasing or not is irrelevant when compared to the magnitude of crime itself in this country and in the world. The fact is that crime has always been too high and each of us has a responsibility to stop it.

The complexity of the circumstances of an assault are such that you can never really know exactly how you will handle such a situation. It depends on what the circumstances are, who you perceive your attacker to be and how you perceive yourself and your limitations.

We can never be totally in control of our environment—we can only expand our awareness of the here-and-now. To be able to avoid or resist attack we must first increase our awareness of ourselves (mental, physical, emotional and spiritual) and of our surroundings. In this way we learn to work smoothly and effectively with our environment.

Lack of awareness of (lack of concentration on) the environment can keep us from seeing something very real. If our mind wanders as we walk down the street and we think of the past or anticipate the future, we may not see or feel that danger which lurks in the shadow of that carelessness.

Conversely, the lack of awareness of our own selves and of our emotions can allow us in precarious situations to create imaginary realities which are far from true. If we are not in touch with our emotions (e.g., fear) that may pull our awareness away from what is happening and from what is needed to avert disaster. We may instead see or feel that which is not there or which exists only in our own minds.

For example, if as an adult you live life according to your emotions, you are oblivious to those parts of reality which deal with facts. If you are scared you may become so preoccupied with your own fear that you are unable to move your head out of the way of a punch. If you do not react properly to the demands of a given reality you may die in one case, be raped in another, be hit by a car in another, be late for work in another, or have an argument with your spouse or parents in another. As you can see, our total awareness is necessary not only for defense purposes but also so that we might interact harmoniously with everything in our lives.

Most of us don't see ourselves as unified human beings (people who can call forth all our resources and use our total capabilities at will). We tend not to give our all to the situation at hand (even when nothing less will do). Instead of giving our best we give "enough" which rarely is enough. Left to our own means most of us respond to life's demands in a fragmented fashion.

Instead of reacting to the challenges of everyday life by focusing and directing our energies to the task at hand, we respond haphazardly and incompletely.

We tend to separate our minds (intellect and emotions) from our bodies and favor the development of one over the other. Making this division of mind and body however, is not natural. Thinking is a physical phenomenon (impulses traveling along nerves), emotions have physical manifestations, and complex physical movement is impossible without first visualizing the desired movement.

Since we all react to our own perceptions of reality (our environment includes us as an element in it—us with our feelings, emotions, inadequacies, needs, etc.) instead of reality itself, unification of our minds and bodies allows us to respond more harmoniously to each new situation as it arises. In this way we can open our eyes to the facts of the situation without blurring our perception of it with preconceived thoughts. At the same time we can open our hearts to our own emotional and personal involvement with people and with components of the time-place situation. We deal with them while keeping our own true happiness (not merely gratification of sense desires) in mind.

Harmony in each moment requires us to come to terms with the facts of reality and to compromise with what we encounter spontaneously as the moment unfolds. We strike a compromise between what we truly feel with our emotions and what our intellect tells us is appropriate to the situation—and then we intuitively react to it.

Experience and learning are personal. I cannot create in you my own experiences relating to self-defense. I can only share my ideas and experiences with you to help you to better deal with your own personal experiences in such a way as to enhance your safety.

Neither can you change the behavior of anyone but yourself. Crime is not just a social problem but a personal one. Beyond the common sense guidelines available in this book there is relatively little else you can do against crime to protect yourself.

What we need to learn is how to prevent, avoid and prepare for being attacked. By putting energy into preparation for defense our safety takes care of itself. The more time we spend in preparation the more experience we get and the greater are our chances of success in responding properly to tense attack situations. (Ninety-five percent of self-defense is prevention. It is knowing where danger lurks, and on what errors it feeds. This places the responsibility for prevention squarely on the shoulders of the victim in the majority of cases. If we want to see the crime rate drop, we must first shift responsibility for prevention to every man, woman and child in our society.) Confidence in our abilities springs from following a training program too. By the experts (those who have already reached the point at which we wish to be and who are deserving of our respect and trust) we are introduced to the how-to of personal safety. This is the concrete action we must practice to reach whatever goals we have for our own positive development. Practicing results in our becoming familiar and comfortable with certain reaction patterns and allows us to judge for ourselves which techniques or methods are effective and in which ones we may have confidence. In addition, because we have spent time preparing and practicing responses, when time is a factor in dangerous cases we are able to recall appropriate reactions faster.

What this book deals with is an expanding of your awareness. By reading the chapters ahead you will learn strategies which will help you to become more aware of and deal constructively with your internal (emotional) reactions to dangers. Many of these ideas not only help resolve your fears, but also may be used to help you remain calm and self-contained in other aspects of your life.

It is important to understand that your degree of safety is inherent in your lifestyle. Your safety depends on the way you live—it involves and affects your whole life and not just a portion of it. Safety involves unlearning past ineffective and inefficient habits and making use of common sense and rational thinking to learn new ones. Safety requires that you look objectively at yourself and those parts of your personality that conflict with your ability to protect yourself.

Crime prevention begins with the change in our character of all human defects. Society simply cannot survive if most of its people are justifiably breaking laws to suit their own needs. Justice is only truly substantiated when it serves, uplifts and protects a whole community and a nation rather than particular members. As long as increasing numbers of people continue to reject their responsibility to be accountable for their actions against society, violence and aggression will plague our great nation.

To rectify the problem of crime in all of our lives we must seek to find out why each of us has so many adversary relationships. Solving the problem requires the maintenance of proper human relations at all times and in all levels of society. It also requires more personal allegiance to the law, the government and the representatives of both. A truly effective system of justice does not start with lots of police. It starts when all of us recognize and appropriate a proper standard of living with right and wrong behavior. Criminality will be abolished only when each of us can replace our lust, greed and hatred with the desire to give, share and love. We begin by making the effort ourselves toward achieving that law-abiding and honorable way of life which not only protects us but serves others as well.

My hope in writing this book is that I may clarify to you the true essence of the martial arts and show how the principles instilled in its practitioners can be directly applied to daily living. As in real life, the martial arts classroom is unpredictable, hard, and often shows us no mercy. When facing our opponent (partner) we face many things about ourselves. As we practice we experience weariness, fatigue and pain, yet we go on; we feel anger, sadness, self-pity, and self-doubt, yet we continue; we even experience fear, humiliation, and defeat, but still we keep on going. As in real life we are subject to infinite numbers of unpredictable circumstances which have cause-and-effect relationships to show us who we really are. Through perseverance and through having the ultimate goal of learning in mind we deal with these realities and continue on to the next day, and we do it day after day. By dealing with such situations in the classroom we realize that no matter where we are, that no matter what our circumstances, we are always changing and learning.

There is no best way to do anything including learning how not to become a victim of crime. The world is a storehouse of information—the answers to any problem or situation are already there and are accessible to everyone.

There is, however, no guarantee that any one way of solving a problem will work for other problems or that one solution to a particular problem will work for everyone. Personal safety is multi-dimensional. Many methods must be combined to insure protection. We cannot totally rely on one strategy alone to save us. Never underestimate criminals nor overestimate your defenses. Each method only covers a small part of a broad spectrum of personal safety and only works under specific conditions. What matters is what works for you.

Do not be reclusive in your existence—progress in the world by taking chances. When chances are taken you learn new ways to deal with situations which are unique to you and from which you can gain experience. The best way to stop crime is to start with yourself. To change the world have a goal or dream of how you wish it to be and be true to that dream. Live out your dream of the way you think the world should be but at the same time realize that it will never become completely that way. Learn to draw the line between reality and dreams—between surviving that which life offers and projecting your own ideas of what life should be. Set an example and thus be a leader. Lead others out of suffering by showing them one who is true to his/her own self and who knows how to follow his/her own heart.

Everyone wants to come and go at will and remain safe without having to sacrifice a preferred lifestyle to escape the criminals in society. To some extent however you must sacrifice yourself for your own well-being. The idea behind the strategies in this book is to give you maximum protection with a minimum of effort. This book offers shortcuts which, if observed, will help to keep your experiences on a more favorable level while still allowing you the freedom and flexibility you want in day-to-day living. The information provided is geared not only to

provide a way to self-improvement but also to stimulate experimentation on your part as it pertains to safety in your own life.

Keep in mind that this book serves only as a guide to help you become more aware of things in your life which need attention with regard to safety from assaults. Of course actual situations will arise from those included in this book and certainly an infinite number of new alternatives in protection can be and are encouraged to be made up in your own mind once this book stimulates your imagination.

It is time for all of us to admit that we are victimized because we have opened ourselves to the precept of vulnerability. Most crimes are committed because opportunities present themselves. Now, let's take a look at some of the dangerous situations which can occur when we lower our guard. Let's learn how *not* to become victims.

Some of the events depicted in this book are real occurrences. To protect the innocent the names have been changed. Any similarities between the names and events in the chapters ahead are purely coincidental.

PART ONE:
DEFENSIVE STRATEGIES

Chapter One

Home Security

Standing at the middle of American society, the home is more than a geographical location. The word "home" still conjures up romantic Norman Rockwellian images of warmth, security and family.

Hardly anyone considers that 69% of all crime including rape, robbery, mugging and burglary occurs in or around the home. It is frightening but true. One out of twelve houses in the nation will be burglarized this year. Daylight burglaries too have risen an astonishing 337%. The real question now is not whether or not your house or property will be hit, but when!

Today's criminals are a new breed. No longer are they easily classified as being either mafia professionals or big city bums stealing to survive. Burglars can just as easily be a doctor's son stealing to support a drug habit or a high class social girl who is bored and steals for the fun of it.

Just because you haven't been victimized yet does not mean you are not affected. Each time a criminal strikes, each of us has something taken away from us—our right to live without fear. The only way to improve our odds at living in a secure environment is to deal with that element of human nature in ourselves that says what is familiar is safe.

When it comes to your safety, take nothing for granted. Each element of your home security must be analyzed, remembering that the security chain is only as strong as its weakest link. Make good security a habit.

Doors

Begin planning your home security with the front door making it your first line of defense against intruders. How strong is your door? A close examination of the relative strengths and weaknesses of your doors may make the difference.

Security experts and police departments recommend that all exterior doors, including those which lead to the garage, be made of at least three-quarter inch of solid wood or reinforced steel. This type of door is termed *solid-core* and should not be confused with weaker hollow-core construction. The difference is that a strong child can kick his way through a hollow-core door. On the other hand, a solid-core door will withstand considerable punishment.

Never lose sight of the fact that the door which so easily gives you access to your home, the door which you know so well, the door which you take for granted may be the only obstacle between you and a would-be attacker. Make dead certain it won't fail you. This has prompted security-minded individuals to refit their homes with solid-core doors inside and out. The investment means not only added security but serves as an excellent fire-block as well.

The best deterrent for burglars is to slow them down. Burglars want to get in and out again quickly and unnoticed. Although it is impossible to completely prevent someone from breaking into your home, there is plenty you can throw in his way to slow him down. If the odds of detection or discovery are high, chances are that person will leave your home and look for an easier "score". To keep the level of risk of discovery or detection high, make the deterrent equal to the potential crime.

If you are unwilling or unable to install a solid core door on your exterior door or garage door leading into your house, reinforce your existing hollow core door. Add a sheet of sturdy plywood or sheet metal to the inside surface of the door making sure it cannot be removed from the outside. Hollow core doors may look formidable but a hole large enough to reach through to unlock the door can be easily cut out with a keyhole saw or rough-tooth rasp. Doors with

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decorative glass panels or windows are easy to break through. If you do not want to replace the door then attach a break resistant plexiglass panel or decorative metal grille over the glass. Attach the grilles with special nonremovable screws.

If need be the intruder could cut out the entire lock assembly from the door. To deter the sawing out of the locking mechanism, secure a metal plate around the handle and lock on the inside of the door. Another effective method is to insert metal rods or rolled up lengths of strong wire into the edge of the door near the lock. You can do this by first drilling holes above and below the latch bolt then inserting the precut lengths of metal until they are flush with the door's edge. (See figure a.)

Once you are satisfied with the strength of your exterior doors, make sure they are locked; keep them locked at all times. Otherwise, what will prevent an intruder from simply walking in? Many rapists find their victims by going from door to door looking for one which is unlocked or open.

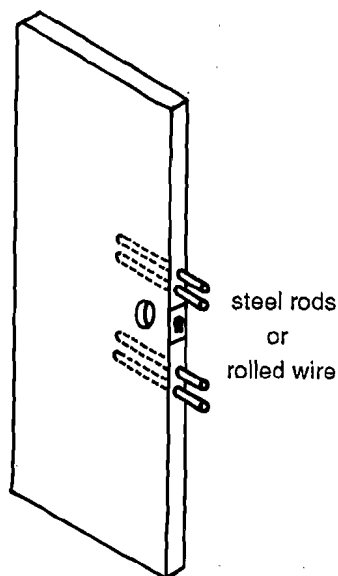


fig. a

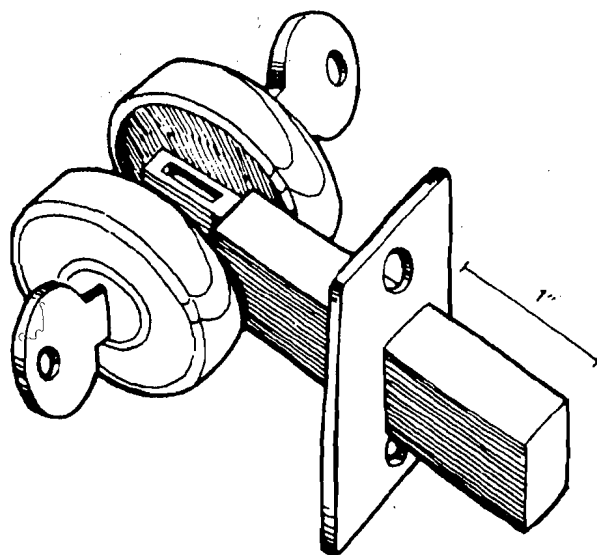


fig. b

Locks

Even the best door cannot protect you if it is not equipped with a secure lock. How good are the locks on your doors? Do you know? Your life could depend on it! Some cheap locks can be opened with a knife or other thin instruments from the outside. Are such locks on your doors?

Beware of self-locking doors. Do not trust your safety to doorknobs which can be locked from the inside without a key and closed in the locked position from the outside. They are inadequate because the latchbolt can easily be pushed back from the outside. About the only positive aspect of these springbolt type locks is that they lock the door quickly and instantly when closed. In the event of an emergency this will allow you time to further secure the door while momentarily obstructing a perpetrator. When walking in with two arms full of bagged groceries it also temporarily locks the door until it is more convenient to utilize other locks. For this reason, it is recommended to use the springbolt *in addition to* other locking devices on your door.

No matter what kind of lock you have on your door there is some degree of assault that will defeat it. Knobs can be twisted off with a pipe wrench to expose the inner mechanisms and opened with a screwdriver. The keyhole can be drilled out allowing the thief again to open the door by inserting a screwdriver. Locks made of inferior metal or construction can be smashed

with a large dense tool like a hammer or sawn through and split open. Locking bolts can be sawn through or "jimmied" from its striking plate by wedging the door away from its frame. Locks secured with screws and bolts from the outside are easily drilled or twisted out.

If a part of your lock sticks out from the outside of the door it can be gripped by a wrench and twisted off. Either replace these locks with tapered rotating collars which prevent gripping and turning or get a security plate to cover it. Heavy metal cylinder guards are also available to cover all exposed lock cylinder heads to prevent them from being drilled, sawn or torn out.

Deadbolt locks must be locked with a key from the outside. These provide substantial security because the deadbolt cannot be pried back. The deadbolt comes in two basic types. One has a thumb latch for the inside and a key for the outside. The other must be locked with a key from both inside and outside. I suggest the latter. (See fig. b.) (Some state laws require a thumb latch on the inside. It is recommended to check first before installing a lock on your door which might conflict with state laws.) The reason is that even if someone should break into your home through a window he still will not be able to open the door from the inside. To steal anything he must then take it out the window which may not be big enough to accommodate what he wants. The window may also have sharp edges of broken glass protruding and its use could arouse suspicion from neighbors.

Make sure, though, when family members are at home that either a key is in the inside portion of the lock or that everyone has his own key on a neck chain at all times. This is important in case of a fire. In an emergency, fumbling with a key during a crucial moment could mean the difference between life and death. This holds true if you should ever have to slam the door on an advancing intruder. It would be easier and faster to turn a latch than to have to insert a key first. The key-latch deadbolt, while hindering burglars, will sometimes adversely affect the homeowner in crisis situations.

If you live in an apartment, do you sleep well knowing that the manager, the maintenance man and who knows who else could come into the apartment any time because they have master keys to all units?

For insurance, change the locks or add a deadbolt for which only you have the key. If you go out of town, give a friend a key marked, "do not duplicate," in a sealed envelope, and let your superintendent know who to contact in case of an emergency. This protection will not cost much and will be worth the short time it takes to install. The best deadbolt locks available today at the most reasonable price are Schlage, Kwickset and Emhart. All can be found at reliable locksmith and hardware stores.

There are more expensive locks. The Medeco Company locks seem to be the most universal choice in dependability by American experts. They are virtually "pickproof". A great lock is the auxiliary rim mounted lock with a deadbolt. It is attached to the door's surface with long sturdy screws. This locking device on the door fits into the frame plate. When you turn the key strong metal bars join between the two parts of the lock. This lock is easy to install yet is considered "jimmy-proof" (see fig. c). Additional types of lock which are out of the reach of most householders but which you may want to consider are the electronic and keyless (combination) types.

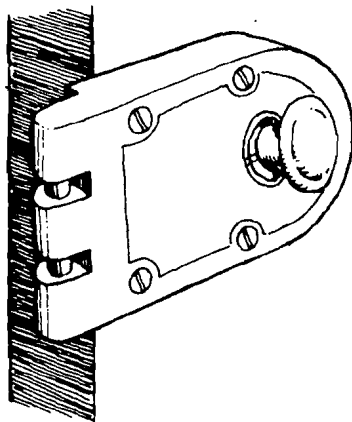


fig. c

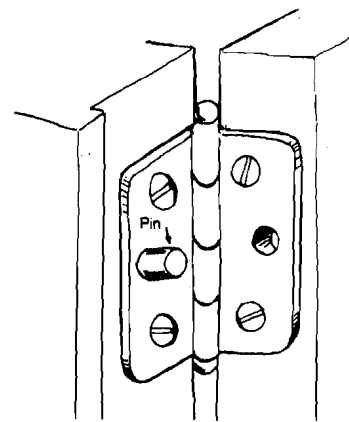


fig. d

Door jams

Many who take the precaution of adequately securing their homes with deadbolt locks before weekend excursions and vacations come home to find their door nevertheless was broken into. This happens because no one paid attention to the stability of the door jam.

In older houses, door jams may become weak or fragmented making it easy to kick in even a strong door with a good lock. Check and reinforce the jam if you feel uncomfortable about its strength. Check it by pounding against it with your palm, your shoulder, and with the heel of your foot. If it moves then it is weak. Do something about it. Do the same when checking out a new apartment. If the jam moves find another place. If your present apartment has the same problem, consult the manager immediately.

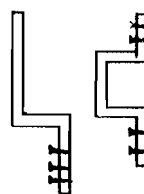
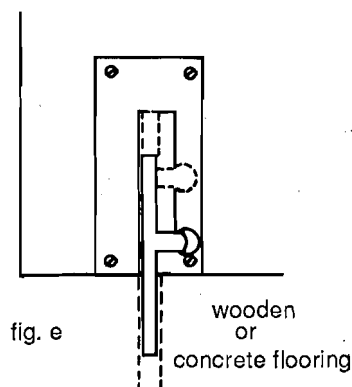
If your door frame is prone to springing remove the fascia or decorative finishing board to reveal the space between the door frame and the house frame. Fill this space with wood or metal shims. Fill the space so the door jam cannot be pried back to the end of the lockbolt. Be sure to shim both sides of the door to be effective. Consider also a "jimmy guard" to insert into the door jam. This simple metal piece is easy to install and provides a protective lip over the strike plate area to prevent a tool from being jammed between the door and its frame.

To keep anyone from jimmying or prying your door open with a crowbar, screwdriver or knife make sure that your solid door fits snugly in its solid frame and that the bolt cylinder on the lock is long enough to bury itself deeply into the wooden door frame. Your door should have no more than $\frac{1}{8}$ " clearance between the door and frame. If it does not, then bolt a metal strip to the edge of the door to fill the gap.

Some homes have been remodeled in such a way that interior door jams have become exterior because an entire room was taken out. Make sure that your outside door opens to the inside and that the hinge pins are not accessible from the outside when the door is closed. Flange the bottoms of hinge pins so they cannot be drawn out of the hinges. Consider two hinges with "security studs" which are small protrusions which match holes on the opposite hinge piece preventing the door from being lifted even when the hinge pins are removed (fig. d). If you need to, hire a reputable remodeler or contractor to help you correct any problem you have in securing the entry.

There are a couple of do-it-yourself methods of securing your door further. Safety chains are not recommended. While they may allow the door to be opened a crack to allow eye contact, they do not secure your home from intruders. Even if the chain is strong, the screws holding it from the wall to the door are weak. Often these screws do not go past the fascia board around the door frame. It is much better to use a foot bolt (see fig. e). This is a bolt about 5" which screws into your solid-core door on the inside at the bottom corner of the door opposite the side with the hinges. By stepping lightly on the bolt with the door closed the door locks into place as the bolt slides downward and jams into a hole drilled out on the floor. The foot bolt is simple and neat and has the same effect as a rubber door stop or your foot braced against it—only it is better because it is stronger.

The "police lock" is another device which works well on rear and basement entrances and in apartments (fig. f). It is a metal bar braced against the inside of the door at an angle which slides into a small hole bracketed on the door. It prevents the intruder from kicking in the door.



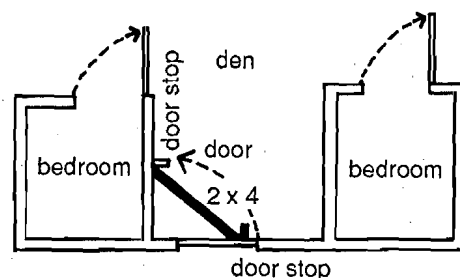
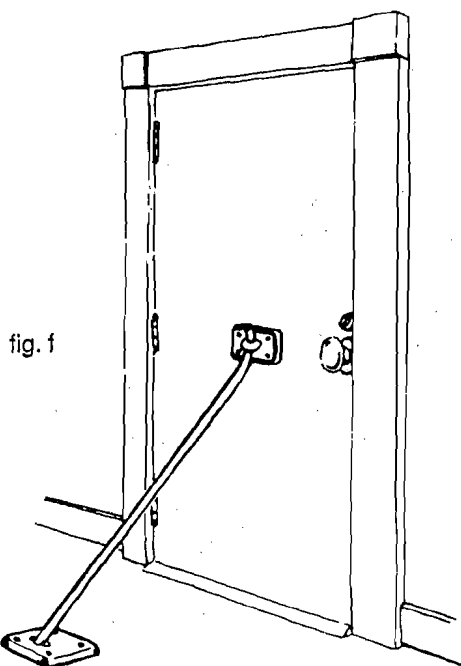
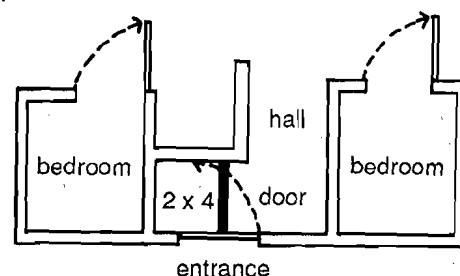


fig. h



An alternative is to bar the door. There are a couple of ways to do this, however neither is cosmetically appealing. Both are effective though in fortifying your entryway. The idea is to secure a horizontal bar over the door by attaching it to the wall on both sides of the entry. The bar itself can be made of wood or metal. The support brackets are dependent on whatever you choose to bar the door with. If you choose wood go with a 2" x 4". Fasten two brackets on either side of the door making sure the fastening screws go into the wall studs a full 1 1/2". The preferred brackets are the open bar and the closed bar (fig. g). They most commonly are used on horse stalls. Just remember as you set it up to keep the open bar on the hinge side of the door to keep someone from lifting the 2" x 4" out through a crack in the open end of the door. A metal rod works on the same principle except it is harder to saw through for anyone who is equipped to break in. You may use whatever your local hardware store suggests as anchors on both sides, however I recommend using two hefty lag screw eye bolts big enough to accommodate your bar.

A simple piece of 2" x 4" with some felt or sponge rubber glued to each end can provide protection from forced entry through a hall door. The piece of 2" x 4" can be sawed to the required length to reach from the closed door to the wall in the hallway. The felt on one end of the 2" x 4" prevents it from damaging the wall as well as supplying friction to prevent it from slipping away from the door or wall. Although this bar is obviously unsightly, it is used only during the night or when you are away from home and can leave the house through some other exit. It is simple but extremely effective. When this bar is in place, the door simply cannot be opened without breaking the hinges or the door. (This same device can be constructed to work where there is not a wall a short distance across from the doorway. Simply cut the 2" x 4" ends at forty-five degree angles to fit across to a corner wall. Install a regular doorstop at this point to prevent the 2" x 4" from slipping. This will give some additional security.) (fig. h)

Windows

Treat your windows as you would doors for intruders. Make sure they are of solid construction. If you have wooden windows with multiple panes of glass, consider replacing them with aluminum framed windows. Statistics show that burglars are now more frequently breaking glass to enter the home. All a burglar need do with a multiple-frame wooden window is to break a pane of glass and slip his arm through to unlock the window and open it.

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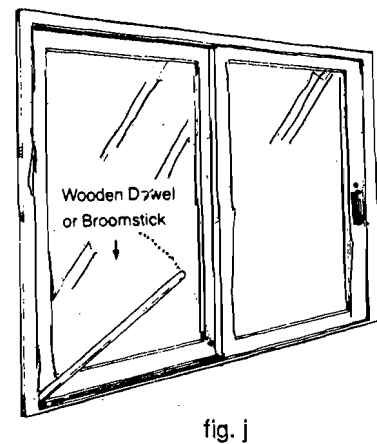
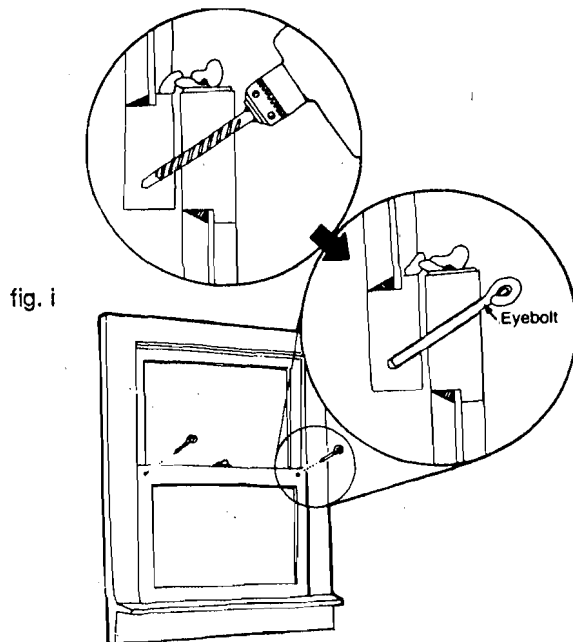
The same is true of the aluminum frame window, but it has a sturdier frame and a bigger window. The larger area of glass makes a louder noise when broken. It also diminishes the burglar's ability to control where the glass flies while breaking, thus increasing his chances of injuring himself, and thus discouraging the attempt to break in to begin with. A close friend of mine went so far as to replace all twenty-five of his wooden multi-pane windows with aluminum single-pane windows. Each is about three and a half feet by five feet. Before he bought them his home was being broken into once to twice a year. By getting rid of the old windows he seems to have gotten rid of his problem.

Replace windows glazed from the outside with windows glazed from the inside. You may want to consider windows with supertough glass. Some glass, though expensive, is tough enough to stop bullets. Single-pane windows, because they are always closed, are always locked. A window which does open should be equipped with a good lock, whether it is wooden or aluminum framed.

Many of us open some or all the windows in the summer. Can these windows be locked in the open position so a person can't crawl through? If not, it would be wise to find out what locks are on the market for that purpose.

A hole drilled through the lower window sash and a steel bolt or rod can provide a great deal of security against window break-ins (see fig. i).

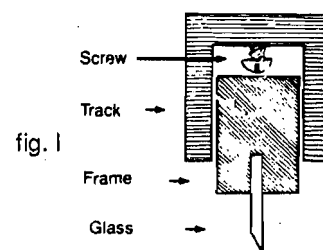
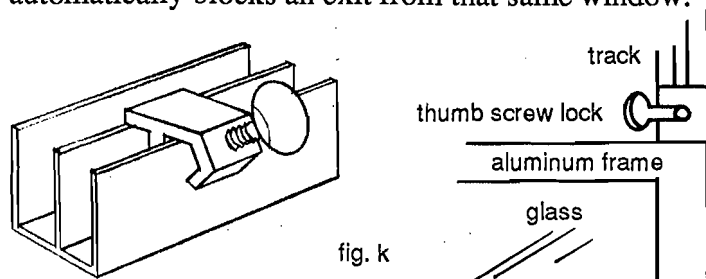
Drill a $\frac{1}{2}$ " hole completely through the lower sash, raise the window about three or four inches, and then drill through the upper sash. Attach the bolt to the window casing with a long wood screw and a short length of chain or drill a second hole with the window partly open. This arrangement permits the window to be raised slightly for air at night without the danger of someone opening it completely while you are asleep. The bolt passing through the lower sash into the upper sash prevents someone from raising the window rapidly against the bolt, breaking the window frame and gaining entry. (Note: Do not use a wooden dowel, as it may shrink and expand in warm and wet weather causing it to become loose and weak. It could then fall out by itself or by jiggling the sash. Use only a steel bolt or rod.)



Even if you have a good window lock it would be a good extra preventive measure to cut a length of stick or metal rod and jam it between the mobile frame and the jam. The same precaution should be used with sliding glass doors (fig. j). Most such doors are equipped with inadequate locks. You may also wish to buy a window lock which clamps by a thumb screw to

the rail of the sliding glass door or aluminum frame window to further impede its being opened (fig k). A screw drilled into the door or window and inserted through the frame keeps them from being lifted out of its tracks (fig l).

In high crime areas it is best to consider either removing or permanently blocking easily accessible windows. Heavy mesh screens or steel grills can be used to seal off entry through accessible windows without blocking out light. Just remember that blocking an entry automatically blocks an exit from that same window.



The proverb, "Man who live in glass house dresses in basement," goes double for women. Keep blinds shut, curtains closed, and shades drawn while dressing or undressing. Do not underestimate the danger which lurks in the eyes of the Peeping-Tom. Make sure that even the smallest openings in the windows are covered in both your room and your children's.

Keep all your windows clear of obstructions. Their visibility is a key to the security they provide. Remove trellises, screens and other ornamental wood and metal work away from the house which could be used to climb up to an otherwise inaccessible window. Lock up your ladders and ropes in the garage or basement. As an added measure of security on garage doors in case they break a window while you are out, insert a padlock on the track of overhead doors so the door cannot be raised. Add additional locks where necessary on other entries and exits peculiar to your own situation. Consider attic trap doors and basement and cellar doors and windows which are accessible from the outside.

A passive deterrent inside the home is to keep a small table under the window loaded with pictures, a lamp and other knick knacks. The noise created by falling pieces will alert anyone within earshot and will give any burglar second thoughts about entering.

Remember, acting on your awareness of dangerous circumstances is your best weapon against attack. Prepare yourself by constantly being aware of your vulnerability in the here-and-now. Make it a habit also to do a "safety" check each night before retiring.

Did you know that seven out of ten people this year anticipate that they will become the victim of some crime before the year is out? They also believe that there is relatively little that the individual home dweller can do to change crime and the way criminals think.

Unfortunately, both are true. Seven of ten do believe they will be the victim of crime before the end of the year. Why? Because seven out of ten were victims of crime last year, and the year before that!

While we cannot individually change crime, we can do so indirectly by finding ways to protect ourselves from falling victim to it.

To be able to adequately secure our homes against criminals we must first try to understand their way of reasoning (however warped it may be) as to which house is best suited for breaking into and entering.

For the most part, the psychology of the criminal is relatively simple (excluding that of the professional theft ring). His first priority is not to get caught. His second is to find homes which offer the quickest and easiest entry. His third priority is to steal the smallest items with the lightest weight so as to escape quickly. His fourth, and least important most of the time, is to take what is most valuable.

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These priorities are common to all burglars. Notice that the first three all involve secrecy. (The rapist's psychology will also put secrecy first. Other characteristics common to the rapist's disposition are further elaborated on in the chapter for Women.) Anyone who breaks into your home is there for one of two reasons. He either wants something you have or he wants you. Either way he has to secretly get into your house first.

Lighting

To foil the burglar's need for secrecy use light as your deterrent. The last thing a burglar wants to do is attract attention to himself. Though many break-ins are in broad daylight, the majority occur after dark. It's simply easier for a man to slip through an open window or pry a door open unseen while deep in the shadows of darkness than it is in the daytime.

Light is always an effective deterrent so long as it is placed in strategic locations outside the home or apartment. Locating flood lights near windows, doors, and walkways will not only help keep burglars away, but will also take away from robbers and rapists those dark places to hide.

On days when you aren't going to return until late in the evening, leave one or two outside lights on when you leave. It won't cost much. If you own a home, check out the possibility of installing an outside gas lamp or two that can be left on all the time without attracting attention.

For lighting inside the house, give the appearance of occupancy by using timers to turn on lamps at various hours. You need not stop with lamps. You can hook up radios and television sets to timing devices. Some devices react to the absence of daylight and turn on as it becomes dark. Investigate these also.

Some people hook up their porch light to the doorbell by way of a delaying mechanism. This is effective when a burglar tests the house to see whether or not it is occupied. The device makes it appear that someone is home but does not wish to open the door.

When timers of this type are used do not set them so all are turned on or off at one time. For example, the light in one room might be set to come on for a short interval at about seven in the morning while another light in another room might be set to kick on and off at a totally different time. Such variations in timing provide a more natural lighting use to any outside observer.

If you favor apartment living, visit your prospective apartment complex at night before you move in. Consider the lighting of walkways, the areas between buildings and especially the parking lot. Look for special security features in your building. If there is an alarm button be sure to know where it is.

If you are established in a complex and feel jittery every time you walk from your car to your apartment after dark, get some of your neighbors who feel the same way and approach the management with the problem. Demand action. Use the strength of your group to get a change made. Don't settle for anything less than feeling safe. Get those areas lighted.

Burglar bars

Next time you are driving in a neighborhood, whether it is your own or one far away, take time to drive slowly and observe the homes as you pass by. While driving, put yourself in the place of the burglar who is scoping out homes for vulnerability. Notice which homes look safe—the ones with bars covering their entrances. If you were a burglar choosing one of these homes to break into would you choose one secured with bars? Chances are you would find another that would not offer so much resistance.

Should you choose burglar bars as a means of protecting your home, make sure that you cover all the doors and windows. As an extra measure, fence your yard or the immediate area around the house. I guarantee that this will make you feel safer than you have ever felt before in your home. Burglar bars not only insure the protection of your belongings while you are away but also prevent you from being surprised as you enter and as you sleep. You will rest well with this protection, especially if you are bothered by the sounds and activities of the night life in your

area of town. As you shop around for steel bars, look for a company which sells those that allow an easy escape from the inside in case of fire. Ask your local firefighters what they suggest.

Electronic alarms

As an alternative to burglar bars consider an alarm system. The market has an abundance of devices which vary in price as well as in efficiency. New innovations come out each year. Some alarms ring loudly and others silently once the intruder enters. These alarms either call the entire neighborhood to the attention of the break-in or directly summon the police. They are expensive but are a wise investment. They do work.

That is, they work when used properly. Remember no single system of protection is a guarantee. What works is the combination of a variety of self-defense methods. Alarms can only do two things: (a) they warn the intruder that he has been detected, and (b) they warn you and those who can help protect you. Alarms do not work unless coupled with either a plan of escape or a way of neutralizing whatever set off the alarm.

If you are expecting an immediate response from your local police you might as well forget it. Police don't regard alarms as high-priority calls anymore—especially in big cities. False alarms are too prevalent so police dispatch alarms are not recommended. However, if you are looking for an armed professional response every time your alarm "goes off" consider a security alarm service. They aren't cheap but they are an excellent form of protection in those urban areas where the police cannot be relied on to respond right away.

Alarms vary in price as well as technological sophistication so consider a number of points before sinking a large sum into the first one you find. There are outside security systems and inside security systems. Both have their frailties and strengths and some have monthly maintenance charges.

Outside or external systems protect a perimeter and are more likely than not to sound a loud warning signal. Close urban communities like apartments and townhouses are best for these sound alarms because they alert your neighbors of the intruder. Though police do not regard the alarm as important, they do give higher priority to scared individuals who call. Since most people will not know what exactly set off the alarm, chances are the fire department may be called also to investigate the scene. Either way, the burglar will not hang around to see who shows up first.

External systems however are easier to defeat because alarm wires can be cut and bells and sirens can be muffled with shaving cream. Many of these alarms have a delaying mechanism allowing the property owner time to deactivate the alarm at the control box in case the "trigger" is accidentally "tripped". Burglars have the same time to find that box and disconnect the alarm before it sounds.

Strategically conceal your control box because burglars know all the best hiding places. One of the best places is near your bed. Come up with your own location for the alarm controls rather than take the advice of whoever sells you the alarm. Keep in mind they give the same advice to everyone who walks into their store.

Hide the control box inside your house and do the same with the sirens, bells and loudspeakers sounding the alarms. Keep visitors to your home like repair and sales people from recognizing the set up. As a warning and decoy to intruders, it is suggested that an intercom also be set outside in plain sight.

Burglars are most likely to find it is more difficult getting past an inside or internal alarm system. They too have their drawbacks though. Some operate on sensors reacting to pressure or sound while others monitor laser beams or magnetic fields. Pressure and sound-sensitive alarms can go off by themselves when windows and doors are rattled by the wind or a low-flying plane. All these systems are prone to false alarms if the home has pets or children moving around at night. It doesn't matter though which works better, the inside or outside system, when the electrical supply is turned or cut off—unless it comes with its own supplementary power source.

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There are some nice features concerning the internal systems. Pressure-sensitive alarms detect pressure changes by stepping or lifting and lasers are activated when their invisible beam is broken. Ultrasonic alarms are now available which contain a solid-state transmitter-receiver which saturates an area with ultrasonic sound which no human ears can detect. This system sets up sound waves which bounce off all walls in each direction of a room. If these waves are broken, the system will either turn on the light or sound an alarm or bell.

Alarms inside or outside may be heard or not heard. While loud alarms may scare intruders, burglars never really know for sure whether or not they have successfully disarmed silent alarms. Chances are they won't want to hang around to find out. The alarm may have an alternate for reaching the police station, a security company or the home of a friend or nearby neighbor.

Some alarms activate tape-recorded messages to sheriff's departments while others put security companies in direct and constant communication with the intruder via a radio transmitter-receiver inside the home. Combination systems are also available such as alarms with smoke detectors built into them. This could be especially considered if grates cover the windows. (Be sure to check with local law enforcement to see if there are any restrictions on alarms in your community.) Remote controls are also available now which are sometimes disguised as such like ordinary writing pens to allow alarms to be activated from a distance or in secrecy.

Whatever alarm system you do get, shop around first and look for technical stability. Buy a line that is modular and can be adapted to new technological advancements in home security.

Here is an example of how much these alarms are needed, no matter who one is.

Dr. Faye Martin lived alone and took the precautions of having good doors and locks. She secured her windows and covered them with burglar bars. Then she bought an expensive alarm system. She wasn't taking chances. She kept the alarm on when she was away and as she slept.

One night she woke to the deafening sound of the alarm. Quickly she grabbed her gun and cautiously made her way to the front door. When she got there she was shocked to find it open and pushed hard against the chain. Whoever had opened it had run when the alarm sounded.

Dr. Martin could not understand how the door could have been opened when only she had the key. The next day she changed every lock. Only weeks later did she realize what had happened when she read that a ring of thieves had been operating out of the garage that serviced her car. They were duplicating house keys when cars were left to be serviced.

What would have been the result of her carelessness had she not had an alarm? Rape? Robbery? Both?

A five thousand dollar alarm system saved this doctor's life. It was effective but what if you cannot afford a five thousand dollar alarm?

Booby traps are bad because even if you do ambush or "bag" a thief via a "contraption" you are liable in court for any injury or death which may occur to your victim. Not only might the guilty fall into your trap but the innocent as well.

Instead, fake an alarm system. Put grey alarm tape around your windows and fake decals in plain view. You may even suggest by the decal brand that the alarm is silent and display a fake control box as a ploy for him to "deactivate". Many good alarms have a deactivating housing unit outside their entrance which is operated by a circular key. If you cannot afford the system itself then pick up one of these key units and have a locksmith or other trusted specialist install it on your doorstep. Make sure though the locksmith is bonded, has a good reputation and comes recommended. Decals are very effective and should be used even if you have an alarm. Only make sure the decal promotes an entirely different system than what you have inside the house.

Guard dogs

If you cannot afford an expensive alarm system think about a dog as an alarm. Another good deterrent is a well-trained watchdog. The burglar may find that a confrontation with a big dog is more than he is bargaining for.

It is true that homes with dogs are less likely to be burglarized than homes without them. However, you cannot rely on barking dogs to alert neighbors to call the police. Even if the police are notified, chances are a barking dog call would not be responded to.

Adequate home protection by a dog usually does not need to be more than that offered by any dog trained to bark, snap at and lunge aggressively upon command. Most all dogs can be trained to be watchdogs. All they need to do is alert you to any intruder's presence while letting the intruder know there is no surprise to his visit. In order to protect you the dog need not attack either. You can train your dog by teaching him to be alert, to pay attention to small noises and to bark when he hears them. Simply reward him for pinpointing the exact location of any attempted entry by a stranger.

If you are alone a great deal a dog can be both a lovable companion and of service to you by supplying you with confidence and protection. Most canines have the natural instinct to protect those they live with anyway. However before you run out and buy a dog there are a number of things you must consider like the breed, size and how much protection you need from the animal.

Dog owners must be aware of the different levels of training for dogs. Teaching attack dogs requires tedious and concentrated training beginning with basic obedience. The dog first has to be taught to obey simple commands and be under the owner's direct control before being taught to victimize human beings. For a dog to be trained to show aggression upon command the dog is first taught basic obedience to its owner and to bite only if an aggressor fails to stop his assault on the owner. Dogs should only be trained to attack by professionals after they have reached their maximum obedience potential. It is necessary at this level for a professional to take over because most dog owners do not have either the time or the knowledge to train their dog adequately or correctly.

Attack dogs do not have personal feelings toward anyone. They are merely technicians doing as they are ordered. They can be friendly or bite viciously under command. Whenever they see their master abused, they attack and do not stop until either the aggressor stops resisting or until the master calls the dog to attention.

Big dogs make better watchdogs than little ones. Criminals know they can stomp on, kick or otherwise kill small dogs. Big dogs on the other hand are more intimidating when they bare their teeth and bark and can take a man off his feet with a lunge. This is why Shepherds and Dobermans are best. Mutts and mongrels sometimes are adequate for the job but you really never know their capabilities until you get them home and begin working with them. Most likely mutts will not be as likely as pure-breds to advance in obedience training to the level of an attack dog.

Do not buy the first German Shepherd or Doberman Pinscher you come across otherwise you run the risk of buying an inferior animal. Not every dog can be nor should be taught to attack. They, like humans, come in different mentalities and temperaments. Some can handle touchy situations and some cannot. Talk to a reputable veterinarian or dog breeder. Take the time to look for a well-established breed—one with a long history of prize-winning dogs.

It is better to buy a puppy over a full-grown dog. Get a younger, untrained dog and have it professionally trained by a reputable expert instead of buying a dog already trained to attack. Attack-trained dogs must be traumatized to some extent. To get the dog to bite humans takes the human infliction of pain onto the dog. While you can teach old dogs new tricks it is not so easy to get them to accept new masters. An attack-trained dog might not readily accept a new handler nor a new environment after such training. Young dogs know from the beginning who is boss.

Guard dogs, usually at the deadliest level of training can only be controlled by one handler. Because they obey only one person they make dangerous house dogs. They are trained to stop biting not when the intruder gives up resistance, but only when that person stops moving. These dogs are trained to kill or maim expediently and to go for the throat or the genitals. Guard dogs are usually only used while walking with a sentry or are left alone to protect a fenced in area. These dogs present a public nuisance however, if not properly contained. Like booby traps, the dogs make their owners liable for any indiscriminating deaths. Sometimes these dogs will even turn against their master. Dogs trained to attack learn to sense and play upon fear and are inclined

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to “test” their master’s control over them at times. This necessitates a strong, confident and overbearing personality from the dog’s master to keep the dog in its place.

If you have a family and especially children, you may want to use foreign words authoritatively as attack commands. This will prevent a show-off child from mistakenly “sic’ing” the attack-trained dogs on friends in fun. You can do the same substituting other words for “heel”, “stay” and “down”. This will keep intruders from over-riding your commands.

The preferred choice of pedigree dogs are Dobermans and Shepherds. Dobermans seem to fight a little better but are more temperamental. They like to buck authority every so often. Shepherds get along better with children but shed their coat nearly year-round. They do not fit well inside with people who have allergies. English Mastiffs and Great Danes are great home protectors too. Their temperament is favorable around kids yet their size allows them sufficient power to protect their masters—not to mention their intimidating tendencies. Their jaws are known to easily crush a man’s arm and their weight will take even the biggest man down when pounced upon.

As a deterrent to attack, the dog is probably the favorite next to the loaded pistol, and in some cases, is favored more. An attacker will probably discover that you have a dog before he finds that you have a pistol. I must add, however, it is just as dangerous to teach a dog to attack as it is to have a loaded pistol lying around. A dog trained to attack is much like a loaded gun. It could bring you trouble.

Consider the attack dog left locked inside a burning house. By the time firefighters arrive the dog will already be in a state of panic—and will probably go right for the throat. As far as the dog is concerned all people are intruders. It could jump through a window to attack a child or mail-carrier. In court, because of their reputations, Dobermans bring more liability upon their owners. They are followed closely by German Shepherds. Great Danes, known as “gentle giants” are looked upon more favorably.

Look at your own situation before you buy a watchdog and think carefully before training your dog to attack and bite. Consider that if an intruder is not intimidated by a big dog baring fangs and barking intensely then that person probably has a good reason for not being scared. Most likely that person has a gun which would kill whether the dog intended to bite or not.

Keep in mind if your dog does have to attack, do not worry about its well-being until you are out of danger. Your dog lives for you—it will die for you also if need be. Use whatever time your dog gives you to escape and find a weapon. Don’t let your dog’s death be in vain. If the dog is seriously hurt or killed, you are next, so use what lifesaving time you have effectively to save your life not the dog’s.

While on the subject of dogs, let’s cover a few things to remember if you are threatened by one. Legally if anyone ever threatens you with a dog it is the same as if they pull a gun on you. Logically your reaction should be the same. First deal with the dog and do what you must to stay alive. Comply—do not run. Running triggers the dog’s natural reaction of chasing after you. Let the dog owner know in no uncertain terms loud and clear that you mean no trouble and wish the dog called off.

Neighborhood dogs most often are harmless but stray dogs that are hungry, sickly, temperamental, big or travel in packs could be driven to test your resilience. Dogs are territorial and if challenged, chances are you are in their territory. Above all show no fear, because a dog’s initial challenge is meant to size you up. (When you think about it, people are not so different when confronting each other.) In a sense the dog is asking you to tell it whether you will win or lose a confrontation. Whatever your reaction is lets the dog know you are a winner or loser. Chances are if you maintain your composure, you pass the test and the dog will let you ease out of his territory.

Be a winner. Shout loudly “no” at menacing dogs from a firm ready-to-fight stance. Walk slowly and do not make sudden or jerky movements. Dogs are afraid of fire so if you have a pocket lighter turn it up all the way and point it at the dog’s face. Fire is very effective against a

dog's aggressive behavior—especially at night. Should the dog persist closer however, kick it hard in the head or ribcage. Kick straight to the face and be ready to use your foot and leg to keep the dog away from your groin if you miss. If the dog bites your leg, do not try to shake it off because its teeth will further tear your skin. Instead reach down and attack the dog's head, eyes and throat with your hands and fists. The dog's tail is somewhat sensitive so if you grab it and pull up hard, chances are the dog will let go of your leg to save its tail. If you wish, you can pick the dog up by its tail and fling it head first against a nearby tree, fence or wall.

With bigger dogs it is best to get away fast. Use anything for protection—a large branch or broken bottle maybe. A trash can lid is good. It will shield the dog from biting you while you backpeddle to a safe place or find something to club the dog over the head with. An ideal weapon called a “dazer” emits a high frequency signal that scares large dogs away. The weapon is not threatening to humans (since it cannot be heard by people) yet it is effective against large animals.

Without protection your best bet is to side-step the dog as it leaps. It is too difficult to kill a big dog with your bare hands so like a big person you attack the weak points on the dog as it jumps. If possible grab one of the front paws with one or two hands while the dog is airborne and crank it hard in a circle like you would wrench a chicken's neck. With some luck you will break the dog's forepaw against the joint. Though dogs are impervious to pain, they nevertheless will not be able to chase you quickly.

Dogs are weakest in midair. Their support depends on their connection to the ground or to the person being bitten. Without a hold, dogs become more manageable and easier to fend off. If, for example, a large dog were to leap toward your throat it should not be difficult to send him flying to his backside in the middle of his attack. A technique the military has been known to teach servicemen is to bring both arms up to chest level crossing them at the forearm and resting each closed fist upon the opposite shoulder. This forms an “X” in front of the dog's target, the throat, protecting the intended victim from the immediate threat. Just before the dog reaches its now hidden target, the person defending thrusts out both fists keeping the wrists crossed. This pushes the jumping dog off balance backwards while at the same time keeps him from having anything stable to sink his teeth into. The technique is instantaneous and only a temporary defense but it will buy you an extra couple of seconds while the dog recovers.

Dogs instinctively bite what is closest to them so if you cannot move out of their way it is time to sacrifice your arm for a bite. Hold it out in front of you at a ninety degree angle and horizontal to the ground like you are checking your watch. This will give the dog something to aim at and keep all its weight from landing squarely on your chest. Chances are in this upright position you can still have a chance—if you act quickly. When the dog takes hold, reach your free arm around behind its neck at the same angle as the other arm. Then as hard as you can, snap the dog's neck back by pushing away with the arm bitten and drawing close the arm behind the neck. Take the dog's head all the way back to break its neck. Do not wait to see if it works or not but follow up with a piercing front kick to the dog's scrotum or underbelly and punch hard to the center of its throat. Then run away fast, checking back over your shoulder every so often to make sure you will not have to try it again.

* * * * *

To summarize basic and advanced security measures: Your security depends on the proper evaluation of your surroundings. You cannot afford to fool yourself that your home is safe without taking adequate security measures. To secure your home you must evaluate the relative strength of doors, locks, door jams and windows and correct any weakness.

Your safety depends also on a serious look at other security options in the form of lighting, burglar bars and alarms. A wise choice among these options will provide a level of security you can be comfortable with.

Willpower

An old Oriental saying tells us, "When our willpower is concentrated upon a stone, it can pass through it. When our willpower is focused and in harmony with the universe, it can command the wind, rain, and thunder."

"But from where does our will come? Those who understand and answer this question are those who accomplish important tasks."

"When we coordinate the mind and body by stilling the waves of our mind to imperceptible, infinitely decreasing ripples, we can send forth our great Willpower that moves the universe."

by Koichi Tohei

Chapter Two

Protection from Solicitors

Anonymity means keeping to oneself and being somewhat elusive when it comes to dealing with strangers.

Of course this applies especially to public places but often we forget, in the security of our home, the value of this practice. Frequently, failure to take precautions against strangers or acting spontaneously when confronted by a stranger leads to catastrophe.

Practice anonymity. If you don't, your habits and schedules become easily discernible and your spontaneous reactions can make you vulnerable to surprise attack. You may become the victim of an observant criminal who takes advantage of that vulnerability.

Take steps to cover yourself. Begin with the front of your home. Make sure that your house number is clearly visible from the street both day and night. Law enforcement and fire departments must be able to locate your house in an emergency. Use numbers made of reflective materials that are six inches high or black numerals against a white background. If your house is a distant from the road post the number at the driveway entrance. If you live on a corner make sure the number faces the street named in your address.

Anonymity at home

You should remain as anonymous as possible to any stranger poking around your home. If there is anything outside indicating your gender, it is the mailbox.

If you are a single woman, are you using your first name on your mailbox? It is common practice for rapists to seek their prey by identifying women living alone from their name on the mailbox. Use your initials. If initials only are on the box his only assumption must be that a man could be inside. If you live in an apartment complex where your personal mail is unprotected after delivery, insist that the manager install lockable doors with keys supplied to only the tenants.

On the subject of the mailbox, never leave your keys in it. Do not even leave your keys anywhere in the vicinity of the door. Treat your keys as you would cash. If you think you have the perfect hiding place where no one will find it, don't bet on it. Burglars, especially professionals, know all the places.

Phone listings

If you are a single woman, as with the mailbox, your phone listing may indicate that you are not married. Initials may prevent just one attacker from randomly selecting your name or finding you by knowing what your last name is. Remember, telephone books along with church and social club rosters usually include your address.

Not knowing your first name requires the caller to obtain that and any other information about you from whomever answers the phone.

If someone calls and asks for your husband and he is out of town, or if you are single, never give that kind of information to a stranger. Be vague even with those you do know. Just take a message and promise to have him return the call. Instruct your children to do the same. Dad is never to be considered out of town.

The caller may not know what number he has called. If you answer the phone and someone asks, "Who is this?" or "What number is this?", do not give that information. Always protect

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yourself. Ask instead who they want to talk with or what number they are calling. Keep your anonymity!

Obscene calls

Harassment over the phone is something which you should not take lightly. Such calls may not only be from a stranger but also may be from someone you know. It could be a neighbor who saw you in a pair of tight stretch pants or someone who serves you regularly in a store or gas station—it could even be someone you work with. These men are dangerous because they not only know what you look like, but may also know where you live. Be aware! These calls could be followed up with a visit.

When the call is a crank or obscene one, just hang up. Do not say a word—just hang up. Telling him off may be just the food he is looking for to feed his feverish mind.

If he calls back, hang up again. Keep hanging up as many times as is necessary. Even though you are shocked by what he says, do not let him know it. This is what he is looking for. For the sick and dangerous mind, this is exciting. If he persists, call the police and the phone company. It may become necessary to change your phone listing or to get an unlisted number.

If the calls become life threatening a tracing “trap” can be implemented by the telephone company upon request — if a police report has been filed. Technology will soon make available digital readouts for the telephone displaying the number of the phone where call the call originated from.

Peddlers

When someone calls at your front door do you open the door to find out who it is? If so, you don't yet realize that you are opening the only obstacle between you and a would-be attacker. When you open the door you may open yourself up to the fate Mrs. Sheila Alexander encountered at her home in Knoxville, Tennessee.

Sheila's husband was at work and she busied herself cleaning house so it would be nice when he returned that evening. A special evening of dining and dancing was planned. It was their second anniversary.

During the afternoon Sheila was cleaning the refrigerator and had her mind on her favorite soap opera when the door bell rang. Without thinking she went to the door and opened it, her mind still glued to the television.

Opening the door she was greeted by a salesman with a friendly smile. He was selling what he said were great encyclopedias. Sheila did not have time to listen. She had work to do and was about to lose track of her show, so she politely said, “No, thank you.”

Like any other salesman, he was not taking “no” for an answer. She finally was blunt and began closing the door when all of a sudden he slammed his shoulder against it knocking her backward. The next thing she knew her shoulders were pinned to the wall behind her and the smile she saw only moments before had changed to gritting teeth.

Sheila lived, but she did not spend the evening with her husband. She was confined to a hospital room recovering from massive internal bleeding.

Situations like this can be prevented!

How was she vulnerable?

Had Sheila used common sense she would have known not to open the door to a stranger. For a short time she opened herself up to physical confrontation and regardless of the salesman's original intent, he acted on her vulnerability.

The main entrance to a home should have a way to see who is outside the door from the inside. It could be a window or a peephole.

There are windows in some doors which are one-way mirrors to allow for discrete observation of the outside without giving out any information about the observer.

The peephole serves the same purpose. If you presently do not have a view of the outside, a peephole can easily be installed in your door at little cost. The eye of the peephole should cover 180° of the door entry. Don't settle for the kind that shows only the visitor's face, or part of it. You want to see whether the person at the door is alone or has company. With a peephole you will be able to do so without his knowing you are there.

Since Sheila did not know the person who rang she could have spoken through the security of the closed door to find out what he wanted. If she was not interested, she need only have said so and walked away or continued to observe quietly the actions of the caller.

Had she had a security chain attached from the door to the jam she could have carried on the entire conversation through a small opening in the door and still remained relatively safe.

If someone does try to force their way through the door before you close it completely there are a few things you should do. Most, when forcing their way in, will stick their foot in the door opening. (Salesmen don't use this saying for nothing. Whatever gets their "foot in the door" gives them more power to close the door on the sale *behind them*.) Getting a door slammed on a foot does not hurt much because it is protected by shoes or boots. So if it is possible hold the door long enough to make them feel confident enough to stick their bony lower leg or ankle inside—then slam it.

To keep the door "in check" and keep it from opening further plant one foot behind the door sideways and flat on the floor. Extend your other foot straight out behind so you can brace yourself against the door. Your shoulder and upper body remain next to the door leaning forward. At the right time, additional strength for closing comes from leaning back carefully and repeatedly slamming into the door.

Keep pounding on the door with your hip and shoulder until you are certain the antagonist wants only out of the door. Then let up just enough for him to pull his foot out and slam it shut. The same goes if he reaches his hand or arm through the opening to grab you. If he grabs your arm raise or lower that elbow so that his grabbing knuckles point either up or down. This turns his arm so that the forearm bones are most vulnerable to being broken when you slam against the door.

So that you do not make the same mistake Sheila Alexander did, before opening your door, be certain of the credentials of your visitor. If he says he is a maintenance or delivery man, find out where he is employed then call for verification. Do not use the number the visitor provides, however, because he may have an associate of that number waiting for the call. Instead, use the phone book. No matter how friendly or professional he seems, no excuse is good enough to allow his entry without confirmation of his profession.

This precaution is particularly important when dealing with unexpected messengers from Western Union or florists delivering a surprise bouquet of flowers. One's first reaction could be that of an urgent receptivity to a telegram or exhilaration and curiosity at who might be sending you flowers. Unfortunately, the surprise could be deadly.

This was the sad case when Angela Freeman of Odessa, Texas opened her door to a florist only to find out that the man had more to deliver than flowers.

Do not hesitate to use the same procedure when a police officer knocks at your door. Insist on seeing his I.D. and if there is a doubt in your mind call the station before you let him in. Take nothing for granted. Many rapists, robbers and con-men have gained entry to their victims' homes posing as police.

It is a good idea still before opening the door to call to someone in the house or say loudly, "It's okay, Mark, I checked his I.D." At this point you have established the idea that there is someone else in the house with you. This is especially good when you live alone. At least yell out something like, "I'll get the door." These four words could discourage a would-be attacker. Most criminals are not so bold when they know help is nearby.

What about the neighbors in your apartment complex? Are you willing to accept them as friends because they pay the same rent you do? Did it ever occur to you that robbers and rapists

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are also someone's neighbors? Perhaps you should put double emphasis on discretion with your neighbors since there are so many people living around you whom you do not know well.

Pay attention to who you allow into your home. Do not openly display possessions where visitors to your door can see them. Stereos, video recorders, televisions, gun collections, cameras and valuable paintings are only a few of the things which could invite unnecessary problems to the careless individual. Make an effort to remember the particulars about people in your apartment complex. Don't be afraid to be direct with people whom you believe might not belong. Be aggressive in assisting them and challenging them regarding their presence. Remember you are only being responsible and prudent in doing so. You are your own first line of defense. By getting to know your neighbors you can provide each other with the mutual security of knowing that someone who cares is nearby.

Now, I'm not telling you to suspect all your neighbors as criminals, nor suggesting that you live as a hermit without friends in your locale. What I am saying is that in a normal relationship, people first be acquaintances and then develop friendship as they begin to know more about each other.

Calling for help

Topping the list of emergency numbers to call is the 911. Nine-one-one is very quickly becoming *the* number to call in an emergency. It will provide the quickest response in all crisis situations including fire, police protection and medical emergencies. The experts at this number too are competent to relate life-saving instructions over the phone to you to practice until more reliable help arrives (e.g., how to revive a drowning victim or an infant who has stopped breathing, or how to help someone who is choking.) [It must be noted here that these professionals recommend you not wait until such situations arise to learn life-saving methods. It is advised to enroll now in courses being taught in your area by the Red Cross pertaining to basic and advanced first aid and cardiopulmonary resuscitation (CPR)]. Another benefit of the 911 is their knowledge of where the emergency calls are placed from. Computers automatically flash the necessary information to the operator handling the calls concerning the address and phone from which each call is made. In case you are disconnected the dispatcher can call you back or continue to send emergency vehicles to your address. It is advisable however since the 911 has only been recently implemented that you check with the proper authorities in your area concerning its use—especially in rural areas.

Find out all emergency numbers in your area of town just in case. Remember computers, like anything else can break down and not all the time are they reliable through the emergency 911 number. Memorize these numbers and write them down next to the phone. Calling direct solves many of the problems which occur by calling central offices in the big cities for a dispatch. Calling the central location or the operator at the telephone company takes too long to find the proper dispatch. Though such calls can be handled competently by operators they must transfer your call to the downtown emergency office who then must look up your precinct number and call them to dispatch a unit to you. During these transfers and the confusion of a crisis it is very possible to be disconnected or lost in the shuffle.

Learn to operate your phone in the dark. The practice may be invaluable some night when it is dark and you are scared because you know you heard someone moving around in your kitchen. Better yet, get speed dialing. Most phones equipped for speed dialing have an illuminated button or light to make it easy to find in the dark. At a touch you can have the police or fire department on the line. If you are ill you can use the phone's memory to dial instantly to your doctor, hospital or other emergency staff. By utilizing the electronic memory of the phone you can use your time thinking about what information you will have to give. Instead of fumbling with a dial or button combination your mind can be concentrated on relaxing and coping with the situation at hand.

When calling for help speak as clearly as possible. Give your address first. Then tell quickly what the emergency is and give the address again. Be sure to give your address two times.

Strategically locate your telephones. Make sure they are readily accessible from rooms you might take refuge in if you suspect a break-in while you are at home. Place your phones where you cannot be seen answering from outside through a window. In large homes it is recommended to have a second phone line just in case the intruder lifts an extension phone off the hook before you attempt to dial out for help. If you did not know already, when an extension phone is lifted a call out cannot be completed.

Neither can incoming calls be completed. If you leave your home for the evening or weekend lift the phone off the hook. Anyone who calls in will get a busy tone. Operators will only report a line out of order if asked to check the line by the calling party. With "call-forwarding" service you can keep anonymity at the phone. You can transfer the call to wherever you will be or to a friend's home to give the impression someone is at your home.

For your own safety, utilize those services offered by the phone company.

Remember that criminals are neighbors to someone and that someone could be you.

One last point which may help you to decide about those persons you let into your home is this: Be careful when publicly announcing any garage sale, furniture or painting sale, or anything where many people can come into your home. This gives them the perfect opportunity to scope out the layout of your house and analyze the types of protection you maintain in your locks and entries.

Theft deterrents

Vacation Checklist

Stop the delivery of papers, milk, etc., to reduce telltale signs when you must be away from home for extended periods of time. Arrange for someone to mow your lawn in the summer or remove snow from your drive in the winter if it is necessary for the family to be away. This gives an appearance that someone is at home. Such precautions could be well worth the cost of the mowing and shoveling. Work out an arrangement with your neighbors for mutual alertness when it is necessary for anyone in the neighborhood to be away. Close and lock garage doors and windows. Ask a neighbor to park occasionally in your driveway. If you leave your car at home park it in the driveway rather than in the garage. Have your neighbor move it occasionally so it looks like you are using it. Turn the bell on your telephone down low or unplug it altogether if you have no recorder or answering service to take your calls. Forwarding calls to a friend will also keep burglars from monitoring your absence by a ringing phone. You may want to consider a house-sitter. Most major cities have "sitting" services. House sitters give the appearance of occupancy when you are away and can insure a call for help in case someone makes an attempt on your valuables.

Avoid regimentation in your lifestyle. Most burglaries are planned for when the inhabitants are away. If you are observed leaving your house or arriving back home at precisely the same time every day you are leaving yourself wide open for a criminal. You may be surprised one day when you enter your home. Consider too, your telltale signs of being home or away like always leaving your porch light on when out or always leaving the back door unlocked while home. Do not park your car in one location when you are at home and another when on a trip. If you own recreational vehicles keep them out of sight—preferably on a storage lot away from home. After being in a driveway for nine months a camper which vanishes for a couple of weeks can only mean one thing to the observant burglar. Also, if your garbage cans are empty when neighbors' are full, burglars can tell you are away. Hide the cans in the basement or storage shed. Finally, announce social events and vacations after they happen — not before. If a relative dies and your address appears in the obituary column of the newspaper, have someone watch your house while attending the funeral.

Operation Identification

Burglars have made a profitable business out of selling what they steal. When stolen items are sold they become virtually untraceable to the police unless they can be identified by the owners of the property. Without Operation Identification a stolen item looks like thousands of others and cannot be returned if found unless it can be proven to be yours. Take the suggestion of police all over the nation and join "operation identification". Mark your valuables so they can be recognized if recovered. A positive identity on valuables makes them harder to sell even if they are stolen from your home.

Start by purchasing an inexpensive diamond-tipped marking pen from a hardware or department store. Then engrave your social security number (or a number recommended by authorities in your state) on all valuable possessions. Be sure to mark any portable item that could be stolen. Next, photograph all unmarkable items like jewelry, china and silver. Then make a complete inventory of large appliances and entertainment products and place it in a safe deposit box with the photos. If police recover your property the pictures and serial numbers will help to prove everything is yours. If you are burglarized they will help you with police reports and in filing insurance claims. Also keep your valuables in a safe deposit box in the bank, not at home. Otherwise consider a floor or wall safe. If you have a safe, keep it from being moved by using concrete and steel as reinforcement. Make sure the safe is well hidden and maybe add a decoy safe to throw them off. Make it difficult for the intruder.

Finally, let burglars know that your home contains items that are marked and can be traced. Put Operation Identification stickers on your windows, doors or other obvious location where they can be clearly seen.

Investment frauds

Telephone surveys and wrong numbers may be legitimate. However, burglars also use these methods to "case" out the home and inhabitants. Solicitors also find the telephone a favorite way to initiate public interest in "sure" money-making investments.

Openly con men sound convincing enough to represent reputable investment firms. This is because they mimic the sales approaches of legitimate firms and salespersons. Ironically, swindlers share a common denominator with honest sales people in that the skills which make each successful are basically the same. In fact, in reality swindlers may appear to be sound community members and solid citizens. Not all con artists start out with negative intentions. Individuals who have held positions of trust and esteem (i.e. lawyers, accountants, investment brokers and real estate agents) have sometimes sacrificed their ethics to participate in investment scams too. It is possible that some swindles begin with legitimate intentions and fold through circumstance or poor management. The solicitor simply mishandles the business or absconds with the investor's capital. Regardless of whether the investment is planned as a scam or turns out as one does not matter. The result is the same.

Some solicitors will try every trick in the book to get you to trust them with your money or credit card number. They offer once-in-a-lifetime opportunities to make a lot of money quickly or introduce profit opportunities that are far more attractive than what is available through conventional investments. Some solicitors join civic clubs and become members of charitable organizations to "qualify" referrals and obtain lists with phone numbers of concerned and charitable donors. Others buy bonafide mailing lists of subscribers to particular investment-related publications and precede their phone calls with mail order advertisements. Mail order cons may not make direct or immediate pitches for your money. Many initiate their solicitation under the guise of a research survey or service offer. They say they offer no investments and do not want any of your money. Many try to entice you to write or phone them for more information. They will also phone you when you do not respond to their offer. If a crook has to make hundreds of calls he still figures that the opportunity to trick someone out of thousands of dollars in savings is still worth the time and cost for the effort. They know that the odds lie in their favor of finding *someone* to swindle.

There certainly are plenty of those who are willing to seek out and exploit the trust of others who have labored hard and earned alot. Swindlers bear no conscience and have no reluctance to promise whatever it takes to persuade you from your money. Their "rip-off" styles vary as much as their methods of establishing contact. Ideally the investment scoundrel wants to make you eager to invest without drawing skepticism toward the proposal. Usually he describes a profit that he thinks you will find believable and suggest as further enticement that the potential for more far exceeds what he describes. There is always some compelling reason why it is essential to invest immediately. Urgency is important to con artists. They want your money quickly and with the least amount of effort on their part. Also they do not want you to have enough time to consider checking out the proposal or discussing it with someone lest you might become suspicious.

If you ask a phone hustler how certain you can be that your money will be safe you can count on a plausible and affirmative answer. Willingly he will admit that *some* risk is involved. However you will be assured that the risk is minimal relative to the projected profits. No matter how persistently or skillfully you pose your questions, experienced con artists are at least equally skilled in evading the answers. They provide down right dishonest answers to sway the conversation back to the profits they are predicting for you. Be aware as you speak to solicitors that *all* investments involve some degree of risk. There is no way of knowing for certain the chances a particular investment has of making money. Keep in mind that if the salesman indeed has privileged knowledge of a low-risk and big-profit investment opportunity chances are he would not be on the phone talking with you as a general investor. There is only one thing you can be sure of with investments. That is, any money you part with is gone the moment you hand it over to the solicitor for the investment.

Investment fraud usually happens to people who think it could not happen to them. Scams are often targeted at those who are believed to have a surplus of funds. However unscrupulous solicitors believe that everyone's money spends the same. If you are not interested there are plenty of others who are. No doubt if you want to back out you will be told what a terrible mistake you are making. The message you get is that they are doing you a favor by offering the investment "opportunity". Swindlers sometimes become impatient and even aggressive if you question their offer. Perhaps they will suggest that they have better things to do than waste time with people like you who lack the foresight and courage to make money. Con artists do this to suppress discerning investors who may have second thoughts about the scheme or the swindler.

Hustlers tell people what they want to hear and believe that people who are unsure just need more convincing. The bottom line is that if people can be made into believers they can be sold practically anything. Crooks make it their full time job to separate otherwise prudent people from their money by getting their victims to trust them. Unfortunately the fact remains that very few of those who buy into phoney investments ever see their money again. This is the reality of the solicitation business. Until investors learn how to protect themselves from frauds with prudent defenses many more innocent people will be victimized.

Fraud is against the law in every state of this nation. Governmental and industrial regulatory commissions are in business today to protect the consumer by setting strict guidelines for investment companies to follow. Before throwing your money away find out which organization has jurisdiction over your solicitor's proposed field of investment. Some bonafide investments are traded on a regulated exchange and some are not. You can be assured however that fraudulent investments never are. The last thing a con man wants is to be investigated or monitored by one of these regulatory agencies. Ask to check the firm's good standing with one of these organizations before making any important investment decision.

If you find yourself talking with someone who does not seem to have a past then find out why. Swindlers sometimes operate in regulatory cracks where jurisdiction between federal and national regulatory organizations is vague and confusing. Some operate in states or communities which are understaffed or overworked in their commissions. By a constant change of names or mode of operation yet others escape detection by targeting victims who do not know how or where to check them out. The last thing a crook wants is to be discovered by you. Therefore he

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will say anything to convince you that there is no need to follow up on such inquiries. Just keep in mind as the solicitor speaks that if his area of investment is not regulation supervised by an agency or organization that *you* will have to oversee the ongoing supervision of your invested funds by yourself.

Check to see if your city or state has a consumer protection agency. Call the Better Business Bureau to see if they have any complaints on file about the investment company or their promoter. Keep in mind that an absence of complaints does not necessarily mean that the company is legitimate. Many victims of investment fraud are too embarrassed by their mistakes to report their losses. In any case the agencies should be able to help locate other people and places to check on the person or firm offering the investment you are interested in. If not then contact local law enforcement agencies and newspaper editors. Although neither of these endorse or recommend investments they may know about or be interested in investigating the company in question. Call the local public prosecutor, the state attorney general and the state securities administrator if you have to. Fraud involving any form of interstate commerce is checked out by the Federal Bureau of Investigations. Sure it takes time, effort and some money for the calls to double check an investment proposal. In the long run however it is worth the trouble.

Any investment which absolutely has to be made immediately should not be made at all. The best way to turn the solicitor off is to ask questions that indicate you check into things personally. A major difference between a reputable investment firm and a con artist is that representatives of legitimate businesses encourage you to ask questions. They want you to understand clearly what risks are involved with your investments and to be comfortable with whatever decision you make regarding their offer. On the other hand, the only thing the con artist wants is to take your money and run. Remember, your first line of defense against solicitors is your inalienable right to say "no". Ask questions until you get the kind of answers you are looking for.

Not suprisingly a solicitor's first line of attack is to ask you questions to keep you from putting him in the "hot seat". Invariably the questions he asks you have "yes" answers. Do not get sucked into being intimidated by phone solicitors. Be determined and insistent. If you are not satisfied with the answers you get then simply but politely hang up. Otherwise work toward getting a confirmation of everything you hear—preferably in writing. Instead of being rushed under pressure from a salesman ask for a written explanation of the investment plan to consider at your leisure. You may be losing the opportunity of a lifetime but you gain a better chance of not being a victim of rash decision-making.

Instead of giving your credit card number get the names of their company principals and officers. Request risk disclosure statements or other documents which might be required from investment companies by law. Obviously this sort of information is not likely to be distributed by swindlers. Ask the promoter to recapitulate his proposal to a third party representative such as your attorney, accountant or banker and hear his reaction. Swindlers will snap back to accuse you of not being able to handle your own investment decisions. Ask to set an appointment to meet with them at their place of business and see if they reject the opportunity to personalize their closing of the deal. Find out exactly how your money will be handled and secured once invested. Also check to see if the company provides regular accounting statements to clients or if their records are subject to routine audits. Bear in mind that even if the solicitors or the firm they represent have a proven track record it may still not be reason enough to trust them. Documentation of past achievements in itself provides no assurance of future performance. Get the names of reputable and reliable references from them that are easy to contact for verification like banks or well-known brokerage firms. Do not settle for a list of other investors who supposedly became fabulously wealthy. Swindlers will purposefully reward some investors with large profits as a scheme to interest other investors or to acquire larger down payments on wagers. Others have associates sitting by the phone ready to verify any claim that is made to you.

The first rule of protecting yourself from an investment fraud is to rid yourself of any notions you might have as to what a con artist looks or sounds like. Swindlers can be anyone who solicits money from you under the pretense of trust. Secondly, just as there is no profile for swindlers

there is neither one for their victims. Anyone can be hustled. Americans are investors in dreams and have the freedom to choose their own avenues of interest. Opportunities for making money are ever expanding in this country creating more opportunities for swindlers to capitalize on their thirst for wealth. Although victims differ they do have one trait in common. Their greed exceeds their caution. This explains why “get rich quick” schemes work so well with smaller investors. These people earn their money the hard way and lose it the fast way by taking a gamble on the word of a solicitor.

Some investment promoters abuse our investment freedom with money-making strategies that have zero possibilities of making profits for anyone but themselves. Such people make promises they cannot keep and claim rewards they never plan to deliver. The third rule of protection is to protect yourself against fraud by checking out carefully the solicitor and the firm he represents. Although you cannot necessarily identify a con man by the way he talks most are strong-willed and articulate. They are determined to dominate the conversation—even if they do it in a low-key and friendly sort of way. Cautiously scrutinize the investment offer itself and never base your judgements on the experiences of another “satisfied” customer.

Finally, the need to exercise good financial sense does not stop once you have decided to invest. Look for any telltale signs that things might not be right. Perhaps various documents or statements of accounts that are promised do not arrive. Or money that was supposed to be paid is not received. Maybe the information you hear substantially differs from what you were told to expect from the venture. Or the person who sold you the investment becomes hard to reach and does not follow up on your calls. If you become suspicious or uncomfortable with the circumstances after you invest then the best thing to do if your concerns cannot be resolved is to insist on getting your money back—immediately. Do not settle for “the check is in the mail”. If you get excuses instead of checks go to them in person and demand your money back. If you feel intimidated or threatened in any way contact the local authorities and try to recover whatever is possible before they skip town. You may even be able to get a criminal conviction if they are arrested.

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To conclude, in the spectrum of making yourself safe at home first learn how to protect yourself—protect *you* first. It is advisable to learn how to fight and to use effective but non-lethal weapons. If it suits you, have a gun and learn how to use it. Second, protect your environment (i.e., doors, windows, locks, lighting, etc.). Prepare burglar drills as you do fire drills. Make sure it is tailored to your particular circumstances such as using flexible ladders and rope ladders to escape upper floors of your dwelling. Third, insure your protection with well-trained protective dogs, burglar bars and home security alarms. Fourth, think smart to protect your property before going on vacation. Join Operation Identification in case something is stolen. Lastly, know how to keep anonymity on the phone and at the front door. Be wise and do not trust strangers until you have checked them out completely.

Chapter Three

Avoiding Physical Confrontations

Public places are a threat to our safety because there are too many aspects of such locations which are out of our direct control.

This lack of controlability spells d-a-n-g-e-r to each and every one of us. Why? Because to move around in public places is to swim in the same sea as the sharks of society.

These sharks are those who grew up and were educated in the streets — students of the con game — majoring in crime. They have spent years learning how to spot vulnerable people and places and have the disposition to act on this vulnerability once they have detected it.

Unfortunately, the battle against crime in this country is still inconsequential. People have closed their eyes to so many things and become so passive that they depend entirely on public officials and police for protection and security.

We must stop this tendency to shift the responsibility for our security to society and instead confront it head-on ourselves. Protection boils down to the victim's learning how not to be the victim. What we can do to keep from getting mugged while surrounded by strangers as we travel is to be prepared.

It is a simple task, really. Just get into the habit of being aware of your surroundings and prepare in advance what you might do in a dangerous situation. By expanding your awareness of the here-and-now, you will begin to see more clearly each situation in its purest form. An honest appraisal of the possibility of being attacked in that situation will provide the extra thought that will, if you act on it, save your life.

If you spend time thinking of and preparing for dangerous situations, you will acquire a surprising amount of confidence. This confidence will spread to real situations should they occur.

We will assume that the individual raised in the streets knows about fighting, something we may not feel comfortable with. Keeping this in mind our goal should be to escape any precarious situation while avoiding physical confrontation. Towards this end we have three options:

- (1) exercise *prevention* — stop the crime before it happens.
- (2) become skilled in various techniques of *avoidance*. In other words, once you find yourself in a dangerous situation, know how to avoid further involvement.
- (3) understand and use *passive resistance* which will allow you to talk your way out of trouble or buy time to find a means of escape.

In choosing your defense you must remember that the solutions to the real confrontations depend on a combination of many factors. We are all unique individuals whose attitudes and actions are the result of our family lives, religious convictions, social interactions, basic personalities, and physical conditions. This means a technique which works for one of us may not work for another, whether it is one of prevention, avoidance or passive resistance.

The key to choosing which solution is right for you lies in deductive reasoning. Let your powers of reason map out logical means for escape from any particular situation prior to the actual physical conflict. Look at each element of the scenario in terms of personal risk and choose the course of action that minimizes the chances of physical harm to you.

Take time to create hypothetical situations and work them through to the logical ends. Take each incident apart and try to uncover what can be done to *avoid* vulnerability and what steps might be taken in those last few precious moments to avert a physical confrontation.

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Here is an example:

The setting is the laundromat of your apartment complex or any public laundromat. It is dark outside.

While tossing your wet clothes into the dryer, you notice a man lingering outside. You decide to take more time with your load before going outside in hopes that he might go away, but he doesn't. There is only one exit, so after stalling as long as possible, you decide to head back home anyway. While exiting the laundromat you take note of the stranger by glancing his way, then head in the opposite direction. Suddenly he jumps you from behind and pulls you into the bushes.

Had you thought before you left your home that you might meet up with this shady person, you would have taken steps to be ready. In taking such steps you would cover yourself in those areas in which you are vulnerable.

Escaping the danger in this sample situation would have been to keep away from the laundromat at night where he may hide in the shadows waiting to pull you into the darkness without being noticed.

Using the process of elimination, solutions to this example are (a) don't go into laundromats, (b) don't go late at night to laundromats, and (c) if you do go into a laundromat late at night, don't get pulled into the shadows unnoticed.

Well, to prevent this from ever happening, you could literally never go to a laundromat again. You could buy a washer and dryer or hire someone else to wash clothes for you. Does this solution fit your case? Can you think of other solutions?

If it is necessary to visit the laundromat, never go late at night. That leaves morning, noon and early evening. Or, if necessary, you can go at night — just don't get pulled into dark shadows without being noticed.

There are ways to avoid being pulled into the darkness unnoticed. One way is to go with another person. Your biggest single danger is in being alone. There is safety in numbers, so anytime you go to public laundromats, time your trip with that of a friend.

Another way is to have a well-trained guard dog at your side. Usually, the attacker senses the security around you and chooses to avoid injury and capture.

Let's say you haven't been around the area long enough to make friends to wash with you and that you went ahead and took your chances at night. How can you still avoid being pulled into the darkness unnoticed?

You could run. Had this occurred to you, you might have been prepared by wearing appropriate clothing and shoes.

The way to foil the attacker's dependence upon secrecy is to scream or blow a whistle or set off an alarm — something which will draw attention. Had this occurred to you, you would perhaps strapped onto your wrist a whistle or small alarm.

By planning ahead you would also know what kinds of passive resistance and physical resistance would be warranted if you were attacked. The choices left to you when actually grabbed are few. Fighting back physically probably offers the best chance for survival, unless you have the keenness of mind and quickness of tongue to talk yourself out of it.

The following are real life cases where verbal defenses have worked. Place yourself in each situation as the subject and ask yourself what you might do in a similar circumstance under pressure. See if you can find other solutions to the problems confronting these next few people.

Never lose sight of your options or you may become a victim. The proper mindset is all-important in situations which could mean your life or death. The secret is in knowing that you can do anything if you know and believe in yourself — even reverse an awkward situation.

Example:

Burnadette Jackson was a shy, unassuming girl who lived in one of the nicer sections of Chicago. She had never had much luck with roommates so she lived alone.

It was a situation she enjoyed. The peace and quiet gave her ample opportunity for her favorite pastime of reading. Practically every night she would curl up with a good mystery or love story and allow her imagination to carry her into the plot.

It was a gentle existence and a predictable one. Every night about midnight she would put down the book, turn out the light and go to sleep.

It happened that Burnadette had a young man living in the adjacent apartment who watched this nightly pattern. In fact, he knew about all there was to know about her.

On a particular night he decided to make his move. He waited until twelve-ten when the westbound freight roared by the apartment complex. The sound was so deafening that Burnadette did not hear him force his way through the patio door and into her home. It was not until she felt his hands around her throat that she realized she was in danger.

"Okay, now we're going to play a little game and you're the prize," he said.

Burnadette, though paralyzed with fear, knew what he meant. There was nothing she could do; his weight was pressing down on her and her arms were pinned so she could not move. All she could do was talk or scream. Then she remembered that her next door neighbors were on vacation and that nobody else was close enough to hear her.

In the next moment she felt his hands on her body and recalled reading a few weeks before a similar horror story in a mystery. She recalled how the woman in the story was able to talk her way out of being raped.

As far as Burnadette could see, she had no other chance to escape so she started talking. She told the man she was happy he had come to her room that night. She said it had been a year since she last had sex and that he was most welcome.

The remark surprised her assailant and he stopped and asked what she meant.

Her answer was, "No one will have me since I got AIDS."

Because Burnadette was confident in herself and followed her instincts she was successful in avoiding rape. Instead of falling prey to the assailant, she used *passive resistance* through talking as her way to safety. She sent her attacker running quickly away.

Another woman, Jennifer Price, had a technique of passive resistance which was quite different, but just as effective.

Jennifer could not avoid being grabbed when she was jumped from behind one morning while jogging. Prevention was too difficult and she had no time to act.

He told her not to scream or he would kill her. Jennifer believed him and said she would do anything he wanted, only not to hurt her. She went with him to some bushes.

She pretended to go along with his scheme. She told him he was cute and caressed his hair and ears with her hands. This reaction momentarily lowered the guard of her attacker. Then as she pulled his head towards her as if to kiss him she suddenly thrust both of her thumbs into his eyes and ran.

Jennifer Price realized that struggling was useless. Her only chance of escape without being assaulted was in using passive resistance. She gave in until she found a vulnerable opening and used a technique which would incapacitate him. She gouged his eyes. Had that opportunity not presented itself she could have waited until his pants were off, or even have helped him to get them off. She could then have reached down as if to fondle his testicles and grabbed them. All that would have been left to do would have been to squeeze and yank hard.

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Both of these are techniques of passive resistance which, if done correctly, will incapacitate the attacker one hundred percent of the time. They are not, for this reason, fighting techniques. No power is required and no physical resistance is necessary to make them work.

If you are unable to talk your way out of a physical confrontation, you do not have many options left. Statistics show your best chance of surviving is to fight. In doing so there are no guarantees; any physical confrontation means that you are only in fifty percent control of the situation. The only person you can control is yourself.

This should keep you extremely aware of where you are and why. Even the most basic aspects of life cannot be overlooked or you may become a victim of your own neglect.

Suppose you are a man in public with your girlfriend or wife and another man tries to hustle her. Before you begin threatening him consider a couple of things.

Consider that the other man might not realize that she is with you. He probably is a man looking for attention and any woman will suffice.

You might try first to approach him with sincere and friendly conversation. The woman can slip away or get out of sight while his attention temporarily focuses on you. You can walk up and start talking about anything to him. If you can't think of anything more personal, start with the setting.

Talk about how nice things are there and direct his attention to other girls who are there. Point out their attractive qualities and try to get him to react to them. If he should say anything about the girl with you, casually say that she is with you and that she is very nice.

This approach is subtle and non-threatening. It can be more effective than the aggressive approach. First of all, you are confronting him face to face and in a roundabout way telling him you know he is interested in the women there. Second, you are telling him in a friendly way that the woman he just approached is with you. (A man is less likely to hustle the date of another man he is friendly with.) Third, you are drawing his attention from your date toward other women around. If you use the right psychology you will easily convince him that these other women are as inviting and desirable as your date.

Should he become obnoxious or start belittling you in front of your date, do not lose your cool. Do not be intimidated. Be wise. If you feel impending danger there, get your date and leave. If you stay, do not talk back to him. Chances are he is merely losing to you ungraciously and will go away or pick on someone else.

Whether you leave or stay, keep your awareness of that man until the danger is gone. If he should make a move to grab you or her, then be ready to switch gears from passivity to total aggression.

Men often experience a similar situation on the dance floor when some big guy tries to cut in while he is dancing with a woman. He may feel that if he loses his dance partner, he loses ground and the other guy gains.

It is better not to yield your ground or your dignity from the outset. By doing so you could lose respect for yourself and lose the respect of others toward you.

This is not to say that you should duke it out for the dance with the woman to prevent losing your honor. It is to say that there is a way to be respectful to him, to yourself and to the lady.

Instead of feeling threatened by the towering intruder you may take it that he was respectfully asking you for the chance to dance with your partner. Your response in this new light could be to give him permission to ask your partner if she wants to dance with him, or you could ask her yourself in front of him.

This way of handling the situation allows your partner to make the decision — a decision that left up to you could mean a personal conflict between you and the other man. Keep in mind that women are pros at turning off men without any help. If she does need help, there are ways in which you may give it without being offensive.

Avoiding Physical Confrontations

If his initial approach is oppressive in manner it would be helpful to allow the woman to diffuse the friction between the two of you. She may see an impending fight and choose to dance one number with the other guy. If she would really rather not, she will find a way to let him know it. This way all three of you keep your self-esteem, nobody loses ground and the threat becomes non-existent.

The secret to being able to create openings like this, to diffuse a possible threat to you, is confidence — confidence in knowing that you respect yourself and that others can respect you. This kind of confidence allows you to know that because others can respect you, their approach or gestures are not meant to be offensive. Even if they become offensive you have the confidence to hold your own ground and integrity under any circumstances. This could include fighting.

If you must fight you must have the confidence to win. If you know that you will win even before the fight begins, then you can be confident that he will accept more amicable solutions rather than risk physical harm to himself in a fight.

You do not have to be six-four, a weight-lifter, a boxer or a karate expert to be confident that you can defend yourself. Although these qualities enhance one's chances of success in a fight, they are not a requisite to defending oneself. What is important is that you be honest with yourself concerning capabilities and limitations and utilize them to your best advantage.

For example, if you are six-four, have confidence in the fact that you will probably be stronger than your adversary. Know the ways you can use your strength against him. Realize that your size is intimidating and that you can use it in your favor before the fight begins to make the opponent unsure of himself.

Even if you are short, thin and weak, you still have advantages. Being short, thin and weak is one of them. Such people are underestimated with respect to their fighting capabilities. Because you are small, you can move faster and run better.

Let us make clear at this point the difference between losing your self-respect by running away and running while still holding onto it.

Running away can be either an escape for one who should remain and face up to his own fears in the situation at hand, or it can be an escape which is both practical and necessary to keep from being killed. The person who runs from a life-threatening situation can make the choice out of confidence — through estimating his ability to run over his ability to fight or talk his way out of being killed or hurt seriously. At times he may run because he knows that to fight could mean the life of his opponent.

The person who runs to save his opponent's life is honorable. He truly respects life itself, both his own and others! He knows that without respect for life, one loses the ability to transact with it smoothly.

This philosophy can apply also to less dangerous situations occurring in everyday life.

Peter Shanklin is a black-belt and karate expert. Even though he has been one for nearly ten years, he continues to practice hard at least twice a week.

Even though Peter could kill someone as easily as look at them, he is the nicest person anyone could have the pleasure of knowing. He does not boast nor act offensively toward others even when he disagrees with them. Instead, he shows humility and respect.

Peter explained why he has this attitude in dealing with people. He said:

"I realized long ago that if I were arrogant and flaunted my power over people by intimidating and pushing them around, I could lose those powers that took me so long to gain."

"There was a time shortly after I received my black belt that this fact came into full view. At that time I thought I was hot stuff. I could break a brick with my hand and defeat three attackers at one time. I became obnoxious and overbearing toward others because I felt I could do anything I wanted to them. My mind was filled with egotistical thoughts of how great I was."

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"One day I smarted off to a man who was half my strength and not in the least menacing. There were others around as we stood at the concession stand of a baseball game. I had a great audience to show off my ability to dominate, too."

"I told him I wanted my drinks right away and he would have to wait for me."

"I didn't even see he had already gotten his drink. When I looked around for approval from my audience, the man slammed a beer bottle into the side of my head. I was out like a light. When I woke, I was in the hospital with twenty-three stitches in my head."

"I realized that in flaunting my powers I had lost them. I threw away energy on my ego that could have been used to defend myself. My false concept of reality and of myself kept me from dealing harmoniously with my present circumstance. As a result, I relinquished my power. I became the victim."

As you can see from Peter's experience, you can never get anywhere by threatening or hurting or criticizing someone else. Doing so will only give him ammunition for his gun.

Realize that when someone believes he is right, there is no way you can change his mind for him. Even if you twist his arm, beat him up, make him apologize, stand over him, or push him, he still won't believe for a second that you are right.

Chances are that if he has self-respect, he will go out and get a friend or a gun and come back to show you how wrong he believes you are.

Suppose you are not with a date but with a friend, perhaps at a pool hall or dinner club. Both of you are having a good time until your friend somehow gets into a quarrel with another guy. Neither wants to back down. They start yelling and one of them pushes the other. What would you do?

Try to stop the fight. Granted it is not your fight but make it your duty as a responsible human being to help preserve the peace. Wouldn't you appreciate the help if you got into a fight?

Do what you can whether you know the participants or not. Realize that street fights are different from sport fighting. In the street, anything goes. At any time a weapon can be pulled or one can be accidentally killed by an uncontrolled blow. I will repeat to stop the fight as soon as possible.

How?

Find some other man or group of men and get help in pulling them apart. If no one else is around (unlikely), then find a weapon and step forward toward those in the scuffle.

Assume that neither is willing to back off until the other does. Pick one guy to concentrate on. Get him to stop fighting and listen to you. If one of the fighting men is your friend, pick him.

Use your strongest yell while you grab him and hold him. Look him straight in the eyes and continue yelling as you demand a stop to the fight. If you have a weapon, let him see it. Once he stops, turn around and do the same with the other guy. If there are others around, they will grab the other guy when you go for the first one.

Grabbing and holding techniques are important in suppression. The way you hold someone prevents him from punching you. Striking one of them will make them think you have joined the fight. Eye contact would not be made because they will be dodging your punches. Your friend might not even know it is you.

It is better to stop the fight before it begins. If you see your friend getting into trouble, go over and get him away. Even if you just walk over and talk to him, you will be helping to diffuse the tension. Your presence will momentarily draw your friend's attention from the other guy as well as inform the other guy that your friend has help nearby.

You may be by yourself in public when confronted by multiple attackers. This always calls for action on your part.

Avoiding Physical Confrontations

If you find yourself being surrounded by three or more, you can take for granted that they will not be in the mood for talking. It's possible to use psychology on one or two but with multiple attackers you cannot take time out to talk. If you do, you run the risk of being hit from behind.

To keep alive you must run, fight or do both. Arm yourself. Anything can be a weapon: a glass of water, a coffee or beer mug, a pool stick, a pool ball, an ashtray, a wall decoration or even one of the attackers.

You will know through your instincts when it is time for action. Feel the vibes of the attackers and if one even looks like he is starting to make a move at you, let him have it. Make sure it is you that makes the first offensive move.

Move quickly and be as violent as you can. If you can, choose the attacker who looks the weakest. Use a blow to his nose or a kick to his groin. Strike hard only one time and make sure you hit the target. This should stun him and instantly bring tears to his eyes. Quickly push him down, to the side, or into one of the other attackers and run like you have never run before. As you run, pull any obstacle you can into the path of those chasing you. Use chairs, tables, garbage cans and even people.

If your first attack was effective, you have cut the number of attackers by one. If the remaining attackers look like they will catch up to you, then turn around and do the same thing again. Aim for the eyes, the throat, or the groin. Use techniques which damage with one movement. Avoid random punching or grabbing because the ineffectiveness of these will allow someone else to grab you while you whale away. Use fast and effective strikes aimed at their vital spots. Leave the rest to God.

Fighting back against multiple attackers is not as hopeless as it might seem. It does not actually matter whether or not you think you could actually win such a fight. The most important thing is to know you will win.

You may not have ever beaten six men by yourself before. But, because you never have does not mean you never could. If you incapacitate one in the first move, gouge the eyes or crush the windpipe of another when he chases you, and hit a third in the head, chances are that the remaining ones will let you go with a warning never to return instead of risking themselves to finish you off.

The most important difference between winning and losing is one of attitude. It is that you give your all and then some to achieve your goal. Attitude stimulates action. Action cures fear. The right combination of attitude and action creates confidence. Breed this kind of confidence in yourself.

If it does come down to your life or theirs, know whose life it's going to be. Really know this with gut-feeling.

When you trust and listen to your instincts, they will tell you whether you can win by fighting, should run, talk your way out, or come up with an alternative solution.

Whichever you choose to do, you must have confidence to make it work for you. If you fight, do your best and fight to win. If you run, make sure he doesn't catch you. If you rely on fast talking, talk convincingly.

All of these methods of dealing with a threat will work if you have the confidence to make them work. If you do not now have confidence, then acquire it. How? By preparing in advance. The more you prepare, the more confident you will become. Keep in mind that unless the criminal is on a suicide mission, he will not go for a target if he believes he will get killed in the process. Therefore, have ready a method of defense which means business — and death. Let him know you will use it too if you need to.

If you think you will decide to fight, then learn how to do it well. Buy a large body-bag, hang it up and practice on it every day. Pick one that resembles human weight and size. Practice combination punches and work on getting power in your stomach punch and knock-out punch. Visualize the bag as a person who has just threatened your life, then lay into it. If you do this for

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a half hour every day, by the end of six months you will have confidence in your ability to defend yourself in a fight.

One advantage in fighting is in making the first move. Another is in attacking a vital area of the other person's body and incapacitating him before he can hurt you seriously. These areas are the eyes, the throat and the groin.

If you could gouge his eyes, kick his groin, or smash his windpipe, then your defense is adequate to most self-defense situations. Have confidence in this and do not be intimidated by threats unless they require these responses.

If someone threatens you and none of these responses would be appropriate, then respectfully seek alternate action — smile. If you are truly confident in yourself, then you will know that the only real threat is one against your life or the life of one you love. For this, you must be prepared with three defenses or more which you can use at any time with confidence.

Happiness is shared with a smile. To get along with others, you must be genuinely interested in others. A smile shows a willingness to get along with and help others.

If they are angry, sympathize with their point of view. Appeal to their nobler motives. We all grow up differently and some have had it harder than others. Consider that under the same circumstances had you been they, you would probably feel the same way. Many people hunger for pity and sympathy — give it to them.

Some, however, do not wait for such graciousness nor are they appreciative once it is given. These people feed on others taking what they have without regard to feelings or personal values. Criminals see themselves as the victims, not the wrongdoers. Their actions are justified as they isolate themselves from the suffering of others. Their agony is their problem, not his. People are "asking for it" and "must be put in their place."

When all preventative measures fail, such characters can only be dealt with ruthlessly and violently. When there is no pleasant or nice way out of a crucial situation, we must fight with the possible intent to kill. If someone threatens your right to live, that person waives his own right to live. Your salvation in such cases comes not from the acceptance of and submission to the wicked, but rather from the effort made by you to save the wicked from doing wicked deeds. Moral victory comes from the survival of the innocent and the defeat of evildoers.

Submissiveness toward aggressors makes them easier to defeat with violence yet remain lawfully protected. First of all, smiling shows control. It is passive and allows the witnesses to see who the real aggressor is. Second, by simply allowing the smile to disappear quickly when the opponent's aggression intensifies, the witnesses will not notice any overt change in your behavior. The aggressor though would understandably see your change of facial expression as a personal threat. All witnesses see clearly who the attacker was and who the innocent victim was who tried every way out before retaliating violently.

People have a variety of reaction to threats. These threats may be in the form of body language or verbal or physical attack.

Some succumb to any or all of these threats. Others automatically fight back to prove to themselves as well as to the person who makes the threat that they are not intimidated by it. Both of these reactions indicate a loss of dignity and respect either for the self or for other people.

Whenever someone runs from a threat instead of facing it they reinforce their feeling of being inferior. They lose their own respect. Anyone who does not respect himself cannot respect others either.

The same is true of anyone who fights or is aggressive in their behavior toward others. To take an offensive stand in all threatening situations brings physical pain from fighting. They also end up making enemies from people who might have become friends had his attitudes and actions been different.

Many blue collar workers are aggressive and will fight at the drop of a hat. Insufficient love, education or child rearing has left them without any way of handling difficulties with people

other than fighting. It may be that daily hard physical work and sparse communication make it difficult to relate through other means.

With these guys having fun, socializing and intimidating are all accomplished through physical contact such as punching, pushing, slapping on the back and crowding.

Usually the individual is not aware of the offensiveness of his behavior. He is aware only of the reaction to his attempted sincerity, friendliness and buoyance.

When he receives a grimacing look or a turning of the back, he may take offense and pick a fight. Often he gets that fight.

Here is how one man handled such a situation without fighting. Bear in mind that true self-respect produces respect for others as well. When you show self-respect as well as respect for others you will usually be respected by others.

John Flemming went to his favorite bar one Friday evening after work. To him it was a chance to relax and loosen up after a hard week's work. This was important because all week long he routinely experienced the mental strain of managing twenty-three employees and dealing with customers in his coffee shop. Going to the bar was his only chance to be alone for a couple of drinks before going home to his wife and kids.

This particular evening John was on his second drink when the maintenance man who works on his ice machine came in. He sat down next to John.

"Hey, what's goin' on ol' buddy?" he blasted as he slapped John on the back.

John choked on his Vodka Collins and thought, "I wish this jerk would go away. I don't think I can handle his obnoxious behavior." He replied, "Not much."

"Well, hey, what are you drinkin' there, John? Bartender, bring this man another drink; I'll take two scotch and sodas." Then he slapped John on the back again. "What the hell have you been up to you ol' s.o.b.? I've been workin' on this job down the road where"

Though John didn't want to be, he was polite and listened to him go on about everything from work to family to the women he had dated. He absorbed three more slaps on the back and two punches to the arm. John thought, "After all he bought me a drink and is trying to be friendly. I'll show him some consideration."

By the end of the second hour, the guy had downed six drinks and was talking himself into a state of depression. He started moving closer and closer. Then he began breathing on John who was trying to find a tactful way of leaving.

"I've got to go home now, Joe," John said to the maintenance man and drank the rest of his drink.

"No, no, no. Sit down, John. Let me buy you another drink...bartender ..." said Joe. He then pulled John back to his seat at the bar. "You never told me how that coffee shop has been doing lately."

At this point John had had enough of Joe, his talk, his bad breath and his slapping. He could no longer tolerate Joe's arm on his shoulders. He wanted to go home.

It was evident that Joe was being overbearing and was trying to keep John from leaving.

John, because he did respect the man as well as himself, used the following tactic. He yelled to the bartender to cancel his drink order and turned away from Joe causing his arm to fall away. As he got up, Joe got up too and kept trying to talk John into staying. He again put his arm around John's shoulder and tried to pull him back to his seat. John was not influenced by Joe's behavior nor by his trying to muscle him back to his seat. He simply and casually reached over to the area of Joe's floating ribs at the base of his rib cage and pushed. This caused Joe to flinch. Then John turned away again and pushed Joe's arm off his shoulders.

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From this point John became the aggressive one. He slapped good ol' Joe on the back and told him how much he appreciated the drink and the talk and that he was sorry he had to leave so soon.

Everytime Joe tried to butt in, John got louder and more aggressive. "I hope everything turns out between you and that girl," John swelled, "and the job down the street makes you a lot of money." John did not stop talking as he walked out the door leaving Joe alone inside.

John's approach enabled him to be true both to his wish to leave as well as to his wish to be cordial to Joe. He did not lose his own dignity because he did not succumb to the overbearing gestures of the other man. At the same time, his response did not offend Joe in the least. Both John and Joe in this situation kept their integrity and their friendship.

In this case John held his ground and took evasive action to get out of an otherwise touchy situation. Had he given in to Joe's wishes and stayed seated or drank more he would have been letting Joe push him around. At this point, Joe would have felt his power over John and continued to treat him without respect.

Those who have confidence in themselves can respond inwardly to verbal threats as if they were mere compliments. Instead of feeling small and withering away when another becomes overbearing, confident people hold their ground as well as their dignity. Instead of fighting back they may change the subject, talk to someone else or by other means avoid physical confrontation.

It is true that threats are real when experienced; but it is also true that threats do not become threatening until you let them. If you have confidence in yourself and someone threatens you, it is his threat, not yours. You become threatened only when you are intimidated by it.

What this means is that when you respond emotionally to the threat, fear follows. From the moment you respond emotionally, every action you take with respect to that threat is influenced by your fear. When one immediately fights back, it is partly because of an unwillingness to have the fear exposed to whomever may be around. To succumb to it is not to cope with the fear at all.

When we are self-contained, self-sufficient, and self-confident it is possible to see more clearly and function more harmoniously with external situations. We can observe our own fear from a different perspective. Fear becomes simply one of those feelings which comes from the inside of us and which must be dealt with only by us. Once we become detached from the fear coming from inside of us we can see more clearly the true nature of the threat coming from the outside.

We may see that the perceived threat was not a threat at all — we just took it as one. We may see that the other person made the threat because he himself felt inferior and threatened by others. We may see that our life or that of one we care for could actually be in danger and that evasive action must be taken to sidestep or escape the predicament. We may see that the only way out is to fight.

Whatever we see in the circumstance our view of the existing reality is not obstructed or tainted by our own fear. Therefore, the action we take in response to the external threat will be in harmony with what is called for by the reality of the situation rather than being a response to our own emotions.

Some threats come from acquaintances, friends, and others with whom we would not want to fight. Let's look at another example in which threats are counteracted without loss of dignity and without a dangerous scuffle.

Stan Barber is five foot-four inches tall. His wife, Maude, is five foot seven. As the years have gone by Stan has felt progressively smaller than his wife. As a matter of fact, in the majority of cases, decisions around the home are made by Maude.

No matter what Stan wants to do, Maude gets her way. Stan keeps a low profile in public while Maude is outgoing and talkative. She is the one who decides where they will go and when they will leave.

From a third person's point of view, this arrangement between Stan and his wife looks like a happy marriage. There is equal give and take between the two; he gives and she takes.

For some, this is an ideal arrangement. They are actually happy this way. Some couples even work it out so that the wife is the main provider of food and housing and the husbands tends to the emotional and domestic needs of the family. We could even replace the couple in our example with two gay men or women and it would not change the circumstances much. The arrangement would still appear satisfactory to both parties.

I thought they were happy, too, until Stan confided to me as a friend one day that it was not so. He thought I could help him because I taught self-defense. On several occasions his wife Maude had gotten upset and had beaten him up.

Stan did not know whom to talk to. He felt ashamed. While she was beating on him, he could not bring himself to fight back. He told me he had been brought up never to hit girls. Poor Stan was getting the h--- knocked out of him and didn't know what he could do about it.

At first I was not sure what to tell him. It is impossible to defend oneself without confidence in the actions chosen for defense.

Stan's essential problem was not with his wife, but with himself. Since his wife treated him with little respect, chances were that he commanded little from others as well, including those he worked with.

I told Stan that he must first raise his self-esteem. I advised him to find a hobby in which he could engage that would be of practical use. I suggested classes in physical fitness or exercise and weight-lifting on his own.

I explained that the body and mind function as a unit and that improvement in one would result in improvement in the other. Through exercise, strength and body-awareness increases resulting in a feeling of enhanced well-being. With conditioning of the body it becomes increasingly difficult to be worn out and weighed down by the stresses of daily life. As the body grows more healthy, so does the mind. Awareness is increased, confidence is enhanced, and daily stresses lose the effect of pulling one down into insecurity.

I told Stan about the various martial arts and explained that some styles are designed to suppress an attacker without injury to the aggressor. Such styles use grabs, holds and locks of the arm and wrist. These styles would be effective against his wife's attacks even if she were stronger. Instead of punching at her or using the strength of his own body against the strength of hers violently, all he would have to do would be to grab her arm or wrist and turn it until she stopped her assault.

Eight months have passed since Stan signed up in a class of Aikido and began exercising. About three weeks ago a mutual friend saw them at a dinner party. The change he observed in Stan was astounding. He and his wife both talked, laughed, and obviously enjoyed the party, and they stayed until both were ready to go.

Assaults within the marriage between man and wife are, more often than not, made in a nonthreatening way. Most likely verbal attacks between close family members are done face-to-face in isolation from anyone and under the pretense of tender loving concern. Hidden claims and suppositions of blame are buried deep within the intimacy of these conversations. Often these kind of remarks leave those on the receiving end feeling defeated yet without knowing how or why.

Quite possibly verbal attacks upon someone like Stan may sound something like this:

"Any husband who *really* loved his wife would take her to a dinner party once in a while."

OR

"Why don't you ever act like a man and do the work you are supposed to do around here."

Subtle attacks like these brought forth by inconsistencies between what is said and what is meant. This can be represented by body language, mannerisms, stresses on certain words, gestures or facial expressions. Their implementation is hardly noticeable and rarely is detected by the person to whom it is directed. However the impact made upon the recipient of these blows is extremely effective. All poor Stan could know is that, no matter what he did, he was going to feel bad about it. Either he is to do something against his wishes or be ridiculed and humiliated for not doing it. Being forced into arbitrary positions like this by loved ones usually makes victims confused. Often it causes them to feel resentment and hostility toward the perpetrators as well.

Because men are more experienced in matters of public discourse it might be thought that they should naturally have the advantage in verbal discourse. However women too have developed their own manipulative skills by their natural tendencies in domestication and intimacy. As a result both sexes draw upon their individual assets and use them against the other to create feelings of vulnerability, guilt and shame.

Most people fight against the subtle jabs of accusations and never win. This is because most will respond to the most threatening part of the attack instead of the entire content of what the other person is saying. For instance, if Maude said, "Any husband who *really* loved his wife would take her to a dinner party", Stan might be inclined to defend himself by throwing back at her what happened at the last dinner party they attended together. This counter-attack begins an argument and, like the others they have had, Stan never wins the war even if he does win the battle.

If Stan wanted to *avoid* the attack by his wife he might have deflected her aim with comments such as, "What gave you the idea that I don't love you?" or, "Isn't it a wonder how many wives are unaware of the love their husbands feel for them?" Of course the excitement and fireworks will be missing from an in depth duel between the couple if the situation is handled like this. However the accusation will have been confronted and diffused with no loss of dignity to anyone.

Many spouses fight back by preying upon the intimate secrets they know about the other. Since they are likely to know a lot about their attacker's vulnerabilities the temptation to hurt is often hard to resist. The best defense however is within restraint of over-reacting to verbal abuse. Learn to listen carefully to the content of their sentences and respond to what they mean, not to what they say. The most appropriate defenses are meant to diffuse their threats by appealing to their strengths not their weaknesses. One of the best ways to throw someone off guard is to compliment them at great lengths. Charisma is the ability to convince and compel without force. This is something both men and women need more of when dealing with each other on their differences. It lies at the forefront of *preventing* a confrontation to begin with.

If you find yourself confronted by an argumentative person who disagrees with something you say, do not be threatened. When you argue, you both lose. Even when you win the argument, you lose their good will.

Most people have a high regard for themselves and are unselfish in their own estimation. Don't argue — even if you prove them wrong you have hurt their pride and you will be resented by your triumph. Be respectful to the other person's opinions and never say, "you're wrong." Let the other person save face. Give them a fine reputation to live up to.

Instead of arguing, use psychology to help win them over to your way of thinking. Find out what they want (pity, attention, someone to boast to, etc.) and work it into what you want (a peaceful solution). Make the other person want to see your truth. Have confidence in what you say and be convincing. When you want to persuade someone to do something, show them how it would be to their advantage. Make them want to do it for their own sake.

Avoiding Physical Confrontations

Do not play into their game of conquest. Instead, begin with praise and honest appreciation. Make the other person feel important and do it sincerely. Use encouragement and make the problem seem easy to correct.

If you must criticize, talk about your own mistakes before criticizing the other person. If it is you who has made a mistake, be quick to admit it. Admitting your own errors not only clears the air of guilt and defensiveness, but often helps solve the problem created by the error. By saying all the derogatory things about yourself that he may say or think before he says them, the mistake usually becomes minimized and he takes a forgiving attitude.

Most importantly, learn to recognize abusive behavior in yourself. Be objective of your own speech patterns by spotting your own abusive habits and eliminating them from your communication with others. Abuse of spouses serves no purpose and a violent encounter may produce no further opportunities to correct your disputable mistake. Talking things through rationally on the other hand is less likely to be interpreted as offensive. It also brings peace into close family relationships and provides more amicable and creative solutions to marital problems.

Both men and women have difficulty controlling their own rage and anger. For many, suppressed anger is a tremendous obstacle to learning and executing effective self-defense skills. Some are paralyzed by their fear and vent their anger in such a way that it is not in the service of self preservation, personal dignity or individual growth. The ultimate challenge then for these people is in discovering these suppressed emotions and channelling them appropriately and productively.

When we learn how to confront our fears and express our anger positively it not only makes our self-defense skills more effective and creative. The confidence we acquire also allows us to break free of external and internal repressions. Most of us, for instance, because of cultural conditioning and social reinforcement are uncomfortable acknowledging and expressing our angers. We grow up fearing our fear and stifling our anger to the extent that it is hard for us to admit that they even exist, let alone recognize their manifestations. All too often these emotions surface as anxiety, guilt or depression. Just as often they are also stuffed back down and suppressed again with obsessive behaviors like food, alcohol and drug addiction.

Fear and anger are not enemies — instead they are our allies. They are not weaknesses — they are our strengths. Fear and anger are defense mechanisms and they protect us by informing us of our needs. Fear tells when danger is present and anger tells us when our integrity is being threatened. Both are necessary because they motivate us to act positively on our own behalf.

Fear and anger can both be vehicles for change and growth if we let them. Facing fear is the only true path to courage even though it means risking failure. Expressing anger when it is appropriate means taking the risk of being judged. We might not be accepted or loved when we get angry, but we are certainly rewarded inwardly by knowing that we ascertained the need to be loved for who we are and not for whom we agree with or bow down to.

* * * * *

In summary: When we confront situations we feel we cannot handle, we become fearful. The fear comes from within ourselves and we feel threatened by the situation. If we respond to the situation without first resolving our fear, the action we take will cause either a loss of respect for ourselves, for others or both.

In order to strengthen our respect for ourselves and others and harmonize better with dangerous situations, it is important that we gain confidence in our ability to handle such situations.

Confidence can be achieved through preparation. By preparing ourselves to deal with the worst kind of circumstances, we become confident of our ability to handle all situations. If life and death situations can be handled with confidence, we will tend not to be intimidated by situations which are not life-threatening. We will react to them with confidence also.

Safe At Last

The result of being confident is that we no longer feel threatened by circumstances nor react to fear. Instead we assert our respect for ourselves and for others. Our reaction is peaceful and nonthreatening even though the intention is to threaten us. Should a peaceful solution to the situation fail, we still have confidence in the action we must then take to keep our honor or to stay alive.

What preparation might keep you from being a victim if attacked in public?

First, you can enroll in self-defense classes or take up karate. Either one will make you much more aware and confident should you have to fight. Learning self-defense helps you know which areas of the body are vulnerable to pressure and pain. You will protect those areas of your body, and you will also realize how easy it is to induce pain in another person. By knowing where these areas are on them, you will see more openings for escape in fighting.

Karate schools can also give the over-confident macho man a lesson on how little he can actually control a confrontation with a man or woman who can really fight.

Here's a couple of tips towards finding a good school in your area. Ask around and make a few calls. When you find one that sounds interesting go to that school and watch a class or two. Find out the credentials of the chief instructor, how long he has been teaching and what accredited schools and organizations he or she is affiliated with. Pick a school which practices techniques that coincide with your personality and beware of long term agreements.

Second, you can prepare yourself by getting and carrying a weapon. Carrying a weapon gives you an advantage. Concealing it gives you another.

Surprise is always a factor in your favor — unless the surprise is on you. Remember, you are dealing with people who live on the streets. At any time during a struggle they could pull out a weapon too. *Never underestimate your assailant.*

The most important thing should you choose to use a weapon is to use it properly. You may have only one chance. If you blow it, be ready to suffer the consequences. The weapon could be taken away and used against you.

Be familiar with your weapon. Become comfortable with it and PRACTICE the application of it on objects and imaginary people. Create imaginary situations in which you have to use it.

For those who choose physical training or weapons as their defense, use of either will still follow the strongest defense — *avoidance*. Avoidance should be used before fighting even if you are a black-belt or an expert marksman. It is one of the simplest defenses, assuming that you develop your instincts for danger and have the confidence to act on them instead of suppressing them.

Chapter Four

Public Safety

Know that if you are alone you are prey. Even when there is no one else around, understand you are only in your own eyes "alone". Recognize that seeing no one else around does not mean you are not being observed or stalked. No matter where you are nor what time of the day it is, realize that if you are alone, especially in public, your safety is diminished.

Your chances of survival while alone in public will increase if you think about how to cover yourself where you are open or vulnerable. Take steps in this direction by considering *preventive* measures as well as methods of *avoidance* and *passive resistance*.

Neighborhood watches

Prevent your appearing vulnerable by walking with an air of purpose. When films were shown to muggers of people walking, certain individuals were unanimously chosen by them as being most prone to attack. These particular people walked insecurely, with broken rhythm, with a limp or in a way which appeared off-balance.

It may have been intuitive but it seemed to all the muggers that their choices had *something in them* that signified weakness.

You should be aware of this as you walk. Move with a strong, bold, I-know-who-I-am and I-know-where-I'm-going kind of walk. Walk with purpose.

As you walk, be alert. Develop awareness of your surroundings. Glance toward strange noises as you walk, but do so without appearing fearful. You will increase your likelihood of being attacked if you seem afraid of your surroundings.

In your own neighborhood there may be areas of tall weeds, trees and shrubs, ditches or vacant houses which offer cover to attackers and shelter to vagrants. Get something done about these. Notify the authorities. Frequent complaints to police and other officials, letters to newspapers and attendance at local civic group meetings can all produce results.

Volunteer community watch programs like Crime Watch and Citizen's Patrol (e.g., Guardian Angels) are excellent. They call attention to both crimes in progress and the suspicious actions of others preventing crimes before they are carried out. Some area police swear in their citizens as auxiliary officers to help when called upon. Whether sworn or not these deputy constables can work with their local police or sheriff's department to different degrees and can even perform arresting-type duties if needed. Though often required to donate much of their time sometimes these officers are paid hourly or daily. Some part-time cops may be authorized to use guns while others are limited to carrying handcuffs and a baton. Depending on the governing body some might not even be able to carry that much. If you are thinking about getting actively involved in your community's crime-prevention consider this: Your commitment is better if either as a full-fledged police officer in uniform or as a member of a neighborhood watch program. Sometimes part-time duties of playing cop on the side could be detrimental without the extensive training of the professionals.

Doing nothing will produce nothing except possible tragedy. If the neighborhood surrounding your home is dark, petition the city for more streetlights. If that fails, get your neighbors to cooperate in lighting their own porches and garages for a few hours each night.

Do not wait for someone else to report a burned out or broken streetlight — do it yourself.

Safe At Last

Choose carefully those places where you will walk. If you are scared to walk down a given street or in a certain area of town, trust your intuition and don't walk there. If you do and are still frightened, think about your reason for walking there at that time. Is it worth risking your life?

Beware of bad neighborhoods. If you must travel in one, restrict yourself to those places where help would come if you called.

If you must walk a dangerous street or path, look it over well. Note places next to the sidewalk where thick and unruly bushes grow and where tall grass grows. Try not to walk between or near parked cars, especially ones with a single occupant. It takes only seconds to jump out, grab you and force you into a car.

When downtown, do not walk close to buildings, especially corners or alleys between them. Be aware of doorways of closed stores, stair wells, billboards and of small groups of men and boys who look like troublemakers. Be careful, too, of men who walk in your direction as passers-by. They are potential muggers since they could pass you and then turn to grab you from behind.

Street gangs

A streetwise individual can notice the clues in a group of men or boys which may signal attack.

Some clues indicate membership in street gangs. Beware of groups of boys wearing the same kind of clothing, having the same type of T-shirt or jacket or having their hair cut the same way.

Other clues are more subtle. You may be walking down the street when a group of guys all notice you. Be prepared to run as fast as you can to safety if (a) all of them look your way (especially if one points first), (b) each member of the group glances in your direction one at a time (they could all be talking about attacking you and each getting a bearing on your location), or (c) you see every one of them looking at the ground except for one who is looking directly at you and talking the whole time. (This resembles the football huddle where one member of the team gives the plan of attack while the others listen.)

Under any of these circumstances get out of that area as soon as possible. Run or turn around and walk away quickly. If you must walk near them do not show fear. Show confidence in your walk and do not stop. They may be looking for that one spark that shows you are scared, such as tripping over your own feet or avoiding their stares by looking straight ahead or at the ground.

What may diffuse the intensity and act as a release valve for both your anxiety and their antagonism is to look one or more of them straight in the eye and acknowledge confidently that they see you. Do this by a nod or gesture with your head or by saying something non-threatening as you pass.

Be wise in the first place and follow what your instincts say about that area to begin with. Should you meet up with a gang you may not live to avoid another one.

Be aware of the ploys street individuals use to size up and set up their potential victims. Criminals often test their victims before a "hit" checking their confidence and vulnerability: "Got a match?"; "Did you drop that dollar?"; "Got the time?"; "Want some drugs?". Their purpose is to distract and confuse you. By mentally off-balancing you they can catch you off-guard just long enough to pull out a weapon. Whenever you find yourself wondering, "Why has this person picked me to talk to?", you could be in danger. If you say to yourself, "I wish this person would get away from me", it is time to do something about it.

At night, in downtown or on streets in which the streetlights are badly spaced or dim you may want to walk right down the middle of the street to avoid the sidewalk. You should also walk down the middle of the street in a quiet neighborhood. Just be careful of cars — and their drivers. You can avoid vulnerability by planning in advance what to do when approached by a car.

If you see headlights coming in your direction, get out of the road. If the car pulls up to you, beware. Never accept a ride from anyone you do not know well.

One approach used by rapists is to entice a woman to get close to the car while an accomplice crouches ready to pounce. Keep this in mind when someone asks for directions in a low voice. He may be trying to get you to come closer.

If you are followed, go to the nearest policeman, emergency phone or open store where you can call the police. Walk toward lighted areas and where people are. The last thing you want is a confrontation with a stranger by yourself in the dark.

If the car stops ahead of you, turn around and march right up to the front door of the nearest house, ring the bell and wait. You may need to request assistance.

Make it look as if you live there by fumbling around for your keys — and a weapon. (A flashlight serves a dual purpose when you are out alone at night. Invest in one that is long and sturdy enough to serve as a weapon as well as light; use it when needed.)

If he stops behind you, make sure he is not going to make a sudden rush for you. Just keep going and, at the first sign of his approach, change your pace to a run. Run as fast as you can to the nearest point of safety. If you have high heels on, take them off. Otherwise, you may break an ankle. Don't throw your shoes away, though, for they can be used as weapons.

If you are jogging tear off your wrist or ankle weights and use them to smack the attacker's jaw, temple or nose. It won't hurt him badly unless you are lucky. However with a powerful swing and a good aim it is possible to knock him out with one blow. Most likely it will buy you a few seconds to create a greater distance between you as you run. Wrapped around the knuckles they will give both men and women a powerful punch. It also protects the hand from the impact. Be sure to buy quality wrist and ankle weights held together with velcro. Velcro, while strong enough to stay together with jerky running motions, is easy to rip off and swing. In one quick motion you can grab one end of the weight and use the other end to strike with. Attackers would not even think you would have a weapon with you even if they were looking right at it.

As you run, scream, or blow a whistle or cry out, "fire." As you run keep glancing over your shoulder. If it looks like he is going to catch you, stop and turn around with your weapon. (One thing you don't want is for him to grab you from behind.) All the while keep screaming.

Often the attacker will tell you not to scream. Unless it is evident that your life could end at the opening of your mouth, you should scream, scream, scream. Scream the moment you realize you are in danger. Scream as loud, as long and as often as you can. Scream, "fire" or whatever words come to mind instead of, "rape." People have heard too many false cries of rape and will probably react more strongly to "fire" or "no".

Are you going to try to bargain with or follow orders from someone who attacks in the night? If he grabs you saying he'll kill you if you scream, do you think you can trust him not to do so if you don't scream? How do you know he won't kill you when he gets you out of hearing range of others?

You don't know that help will come flying around the corner at your pleas, but you do know you won't get help if you don't scream.

You may choose not to scream however. He might not even grab you if he is a neighbor or an acquaintance. He may first try to coax you away from earshot of others. He may approach you with a smile or lively conversation — maybe an invitation to cocktails at his place.

Really, you have to make your own decisions about all these situations. It is best to use short and matter-of-fact conversation with this person unless you know him quite well. Say that you already have your plans set for the day or evening and are busy following them through. Do not be sidetracked even for a moment. There will be better times and locations for socializing other than those which leave you open to rape, robbery and even death.

Sometimes potential attackers, especially if they are drunk, tend to make their initial approach in a forward but not life-threatening way. In these cases, as in all cases, the most important thing for you to do is contain yourself. Reason with the guy.

Safe At Last

Example:

Tamina Livingston of Detroit was detained at the mailbox of her apartment one day. While getting her mail she was approached by a neighbor who was new to the complex and whom she had seen only once before. His approach was one of cordiality and small talk ending with an invitation to join him in his new apartment for some drinks.

After Tamina politely declined he pressed closer, backing her into a corner and talking about his pet cockatoo. At this point she could tell by his breath that he had been drinking. She was scared.

It did not seem appropriate to her to start screaming or fighting because the threat was a mild one, but she did want out, and she wanted out immediately. So she *passively resisted* by saying she would love to see his cockatoo sometime but that at that moment her boyfriend was expecting her to return for an evening out. She said she could yell to him to find out what time their engagement was set for.

Fortunately, he backed off when Tamina mentioned her boyfriend. It was more fortunate for him than for her though because as she talked she was reaching for the can opener she had in her back pocket. Had he continued to press her she was prepared to scream and possibly use the weapon against him.

Tamina was obviously prepared to be out walking. Preparation enabled her to have the confidence to react appropriately to her situation. Instead of losing her cool and her concentration she remained calm and ready — even for physical advances.

Let's take a look at a couple more situations which happened to others who did not plan ahead. These are people who let their guard down and found the results disastrous.

Carrying cash

Josephine Plumber had finished shopping one weekday afternoon. Carrying a large sack of groceries, she walked back to her car from the store when a man suddenly appeared trying to make small talk. She tried to shun him and finally changed her direction to avoid walking next to him. He changed his direction too and continued harassing her.

Since he was not getting anywhere asking for her phone number or a date the man asked Josephine for a dollar to buy some coffee.

She told him that she had no money and to please go away.

At this point, the man grabbed the purse dangling from her arm and yanked, causing Josephine to fall with her groceries. Then he ran away. All Josephine could do was cry with pain because she sustained a broken arm in the fall.

Situations like this can be prevented!

How might you be as vulnerable?

The first step in *prevention* is to carefully pick your parking space as you drive into the lot. Get as close to the front of the store as possible. It gives you a closer proximity to a large group of people and, at night lots of light to park under.

If you are shopping at a busy time of day and the spaces near the front are taken, look for suspicious characters in the lot and avoid parking anywhere near them. If you are bothered on the way into the store, report it when you enter or call the police yourself. If the person has a legitimate reason to be there he will be able to explain himself. If not, your suspicions may have been justified.

Women: Do not make the mistake of trying to hang onto your purse when it is grabbed by a strong man who runs away. Hanging on could bring a nasty fall like the one Josephine had. You could wind up with a broken hip or arm or a concussion. Instead of hanging on, use that energy to scream and draw attention to that man. Try to notice details about the purse-snatcher so you can identify him.

Purse-snatchers pick purses to grab the same way a robber or rapist seeks his prey. Both are looking for an easy target. If you want to keep your purse from being grabbed, follow this rule: Never carry your purse by the strap. Besides its being a temptation for someone to grab, it's easy for the pickpocket to open it and take what he wants or cut the strap and then grab it. Dangling purses are easy to snatch. Carry smaller purses or clasp it next to your body. Also never put a purse in a market basket or on the floor in a restaurant, restroom or theatre. It can be easily snatched when you are distracted.

The best way to handle your purse in public is to grip the lock portion and hold it close, preferably under your arm. This looks more secure to others and feels more secure to you.

Consider a bag with a break-away strap and put your valuables (i.e., money, identification and keys) in your pocket or waistband instead of in your purse. If you have a gun permit do not carry the gun in your purse nor any other weapon which can readily be used against you or another innocent person.

To avoid physical confrontation with a stranger while walking with your groceries, keep an obstacle of some kind between you and the person as soon as you notice him. This obstacle can be anything from a parked car to the groceries in your arms.

It is preferable to walk your groceries to the car in the same cart you purchased them in. It is less of a physical strain and serves as a convenient obstacle to throw into the path of one who wants to chase you. His stumbling over something may give you the extra two or three seconds you need to get away or get help.

When the lady in our example found that abrupt conversation, ignoring him and even changing directions failed, she could have chosen to take an action which would have taken the intruder by surprise. She could have created an obstacle for just a second by throwing her groceries at him and using every bit of that second to get out of the area.

Screaming would also have been an appropriate measure at that point. If this seems a bit extreme she could attract attention by loudly telling him something like, "get the hell out of here." If she had had an accessible weapon, that would have been the time to pull it out. Better still, she could have had it in her hand as she walked.

A weapon does not have to be deadly to save you. The sack of groceries can serve as a weapon when thrown at another person. Many things inside the sack could probably have been used as weapons also. A carrot in the eye or bottle of apple juice over the head would be pretty effective if you ask me. Be prepared by making them accessible while you are still in the store. Tell the stockperson to put one or two of your favorite items of defense on top when filling your bag.

For Brandon Petersen it was payday and the beginning of a four-day weekend. On the way to his car in the parking garage he stopped at the bank to cash his check.

He was on top of the world and loaded with fun-money for the weekend. Little did he know that as he waited for the elevator to take him to his parking level that he was being observed. A man had followed him all the way from the bank. The man was also one of the passengers on the elevator, just waiting for the chance to get poor Brandon.

The elevator doors opened at the fourth level. Brandon stepped out with a couple of other people and began walking towards his car.

As he walked to his car he heard a voice from behind say, "Give me your wallet or you're dead." Quickly Brandon wheeled around and cocked back to punch. When he did he was shot by the man who then took his wallet and fled.

Brandon died that evening in surgery of a gunshot wound. He was a victim of his own careless mistake.

Situations like this can be prevented!

How was he vulnerable?

Safe At Last

Whenever you are in public you must remember everywhere you go to *do not flash your cash*. It might not have been Brandon's fault that the man knew he was carrying a lot of cash. And even if it was, well, we are all entitled to mistakes. Just keep in mind who pays for those mistakes.

Maybe while in the bank his mind was on the evening or the planned weekend activities. His mind was somewhere else and he did not think that someone might be watching the transaction. It could happen to anyone.

Yes it could, and it could happen to you.

At this point we had better outline a few precautions for protecting yourself while riding the self-service elevator.

Remember that the elevator is a made-to-order cage and a trap. It is small, soundproof, confining and can be halted between floors for an undetermined period of time. Be cautious.

Be aware of the ways the attacker uses the elevator to his advantage when making an assault. At times he hides and waits at the roof or basement for victims. He may call the elevator there purposefully to see if anyone is alone on the elevator when the door opens at his floor. Other times he gets into the elevator with his intended victim and either follows him out of the elevator or, when alone on the elevator, will push the stop button between floors and carry on the assault there.

Avoid getting on with a strange man; wait until several people get on and join them instead. Once on, take note of where the alarm button is on the control panel. If you are unable to avoid being alone with a stranger as you get in, make it automatic to stand close to this alarm button.

When you get in the elevator, hold the door and push the button for your level. Make sure that the indicator light shows the elevator is going in the direction you want before allowing the doors to close. If other passengers get on, allow them to push the button for their floor first, then push yours. Notice the floors pushed by any suspicious characters and act accordingly if they get off too soon or not at all.

If you are alone on the elevator and a man or group of men enter, get off if you feel uncomfortable. If other passengers get off and you are left with one who makes you uneasy, get off with the crowd or at the next possible floor. You can wait for the next car.

Be sure that if an emergency comes up you push the alarm and as many buttons as possible so the elevator will quickly halt at the next floor. Do not hit the stop button by mistake.

Exit the elevator with your car door key in hand if you are in a parking garage. This will keep you from standing around fumbling in your pockets or purse looking for it. This will also equip you to execute a very effective technique of self-defense should you be attacked — a key straight into the eye of the attacker. The poor guy might not even see what got him.

Of course this example of a weapon would not have done much good for Mr. Brandon Petersen. Evidently he believed that his hands were all the weapons he needed to save himself from being robbed. Maybe he was a deluded and overconfident karate expert or boxer. I guess we will never find out.

We must assume that a robber relies on his ability to make his victims fear for their lives in order to get their money. It is for this reason that in many cases of robbery, no matter the location, a weapon is used. Usually it is either a gun or knife. Do not ever underestimate this important fact should someone try to rob you.

Now, assuming that you are not combat-trained nor wearing a bullet-proof vest, your best defense if you want to continue living is to give him the cash he is asking for.

But what if it is your life savings — everything you have towards buying a new car or wedding ring for your fiancée? The answer is still to give him the money.

Here is a tip though. If you know you are carrying a lot of cash, carry it in two places. Put fifteen or twenty dollars in your wallet and stash the remainder hundreds elsewhere on your

person. If you think you might be carrying this large a sum of money periodically, you may want to purchase a money belt or a jogger's wallet which straps to your wrist or ankle.

Buy a leather wallet with an attached chain which secures to your belt and slips into your pocket. Otherwise carry your wallet in your front hip pocket. Do not put your wallet in a vest pocket. You could lose it when you take it off and forget it or drape it over your arm while walking. The back hip pocket is bad too unless you have velcro in there. It could be taken without you knowing it or drop out by itself when you sit, squat or drop your drawers in a public toilet.

A person who sticks up others in public places is going to be either extremely hard up for cash or mentally ill. He would not know about nor expect the full amount you carry. So if you give him a few dollars, it will probably satisfy him. It is much safer to give him some money than to hold back or say you have none. To do that just does not flow with what the situation calls for. Think about how many times you have heard on the news of people who were killed for only a couple of dollars. Give it to him — just hide the majority of the cash in your sock, boot or down your pants.

Driving precautions

Aside from the home, the automobile and public transportation systems are the highest risk areas for robbery and the starting place for many of the rape cases which occur outside the home.

Knowing that you will be more vulnerable when you are alone, the opportunist often waits until you are isolated at your vehicle before making his attack.

Once you have been observed parking your car the attacker only needs to wait for you to return. You will, sooner or later.

For your own safety, think before you park about this possibility and situate your car near a lighted area (especially if you will be returning at night), close to the parking lot entrance or by the sidewalk. All of those areas should provide you with easily visible access to the area immediately around your car — visible to you as you approach it and to others while you are away.

If, as you return to your car, you discover the lighting to be bad in the area where you parked, get assistance from the attendant of the garage or lot. Ask him to bring your car around or accompany you to it. If he refuses then look for a police escort. Do not make yourself vulnerable even if it is inconvenient not to do so.

Whether you leave your car for five minutes or five hours you should always lock the door. While a locked door will not stop anyone from breaking into your car, this extra measure takes only one second of your time and costs the criminal minutes of his — minutes in which he will have to decide whether to risk being seen as he attempts to break in.

Many people accidentally lock their keys in their car. To some, the habit of locking the door without thinking predominates and supersedes that of taking the keys from the ignition. For such times they conveniently put spare keys in a magnetic box under the hood or elsewhere on the car.

This was the case when Robert Hay went to his car one morning to go to work. He drove only two blocks when a man hiding in the back seat stuck a gun to his head and demanded his money. After the robber fled on foot, Robert discovered his spare key was gone from his secret box. To prevent this from ever happening again, he changed all the locks on his car and threw away the magnetic box.

Preventing auto break-ins

One safety measure many women use whether they are married or single is to display an article of men's clothing on the seat when they park in public. This tells any would-be assailant that the owner of the vehicle is either a man or in the company of one. Chances are if the criminal is looking for an intended rape victim he will choose a more likely target.

Do not overlook the possibility of protecting your car as well as yourself by purchasing a car alarm. These are not designed solely to prevent theft of new cars. Anyone who wants your car

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bad enough can always back a tow truck up and haul it away if nothing else. It only takes a minute or two. Alarms may intimidate the amateurs and detain the professionals for a couple of minutes. They are certainly helpful in giving you peace of mind if you own a classic or car of sentimental value but they certainly won't keep the car from being stolen.

If you have the money and do not yet feel secure about your car, you would do well to investigate the various types of car alarms available. It is probably best to find out what is recommended by your insurance company and how auto security systems will affect your premiums. If it is worth the savings then buy an alarm for your car.

There are many ways to protect your car stereo ranging from a simple plastic cover that makes expensive stereos look cheap to wiring the radio to the auto alarm. A new one out called the "Z-Lock" slips into the cassette slot and locks into place with a key. Once locked the Z-Lock cannot be removed by force without destroying the radio. Tearing it out would make it worthless. BMW and Mercedes-Benz wire their radios to the car alarm. Even if their radio is removed it is worthless to the thief. The entire tuning circuitry is disabled and can only be reprogrammed by an authorized dealer with the necessary codes and equipment.

Alarms can be wired to go off if any door, the hood or the trunk is opened. You can add a device to the system which can also respond if the car is moved or towed away. Unfortunately many alarms can be disarmed by simply cutting a wire. There are however other anti-theft devices to consider in making your car more theft-proof.

Hood locks consist of a cable traveling from an integral lock mounted under the dash into the engine compartment. There is a pin at the end of this cable that engages a hasp mounted on the underside of the hood.

Steering wheel cane locks are made of metal and shaped like an expandable cane. Hooks attach around each end to the brake pedal and the steering wheel rim. The device is then drawn tightly and locked with a key.

Fuel and electric cutoffs are devices which can be installed between the tank and fuel pump. Their purpose is to shut off fuel to a vehicle engine shortly after starting if the vehicle is stolen. Hidden switches can be wired to prevent the car from being started with a stolen key and can deter easy jump starting.

Temporary snap locks fit over the steering column of late-model American cars where the ignition lock is. By covering it up it prevents the ignition from being turned on.

Car immobilizers act as time-delay ignition cutouts when they are locked in the "on" position. They are also mounted in a hidden place somewhere inside the car.

In any event, do not take chances when you return to your car. Do not take it for granted that because you took precautions before leaving your automobile that no one could be waiting in the back seat when you return. Before you get in each time glance in the back just to make sure. As an extra measure of precaution, remove standard door lock buttons and replace them with tapered ones if you need to.

Driving tips

A desperate attacker may not take the time to break into your car nor wait for you to return to it.

Mary Taylor states that she was simply waiting for the light to change at an intersection a few blocks from where she lived when a man flung open her passenger door, slid in and stuck a knife in her ribs. All he said was, "Drive and act natural." There was not a thing she could do, and all this happened right in front of several drivers and a group of pedestrians standing at the corner. It happened so swiftly that someone watching would have guessed that she picked up a friend.

To keep from becoming a victim of such a surprise encounter, make sure you lock those doors all the time — not just when you leave your parked car.

It is advisable to have a car with electric locks. This automatically allows you to lock all the doors at once with the touch of a button. Roll-up windows may be better than those operating on electrical power however. Manual windows can be rolled up faster. Also, if you are waiting in your car with the window down and the car ignition turned off and someone walks up you will not have enough time to get the window up.

When driving have all the windows rolled up but for a crack at the top. Use your car's air conditioner instead of the breeze of open windows. Many a driver has been sitting waiting for a green light and had out of nowhere a man stick a gun to his head demanding his wallet. Had his windows been up the criminal would not have been able to so easily voice his demand and expect an instantaneous response.

It also buys time if you are in the center lane rather than in the one next to the curb or walkway. The robber realizes he would be taking a chance to run out into traffic to rob you. He knows there is a risk involved when he makes a dash out to grab your car door handle.

Chances are that if he steps off the curb or out of the shadows of the night, grabs the door handle to open it and finds it locked and the window up, he will not try another door. He will probably turn and run.

The danger in your car may not be only from pedestrians. There is always the chance that you may be harassed by someone in another car.

How many women get wolf whistles from men in other vehicles as they drive?

Charming? No, dangerous!

Watch out! Ignore him. He may go away. Change your speed if he persists. Do not stop. Under no circumstances should you talk to him. Do not stop to investigate even if he tells you that something is wrong with your car.

Drive to a service station. Go to a place you know will be safe if he follows you. Do not go home if you live alone and no one can help you. You do not want this sick person knowing where you live. Instead, drive to a friend's house or any house for that matter which is well lighted if it is at night. The guy may think you live there and drive away. If he doesn't, then blow your horn. Attract attention. Get his license number and call the police.

If you are downtown and being followed, look for a police person. If you cannot find one, speed to the nearest well-lighted area with plenty of people. Maybe your speed will attract the police you seek. Make quick turns without signaling and if you can safely run a light or four-way stop — do it. Maybe the following car will stop or be careless and cause an accident going through it.

In John McAdam's case he had no time to find safety. A group of guys in a car drove him to the curb and almost into a ditch. He had no choice but to stop.

Fortunately though for John, he did not panic. He stayed in the car and made sure all his doors were locked and the windows rolled up. Next he pulled out a hammer from under the seat and waited.

John knew that the next move would be up to the gang. As long as they were in the other car he was reasonably safe from physical harm.

Just as he expected, the doors of the other car opened and out they came; one of them brandishing a knife.

Quickly, John threw his car into reverse and drove backwards to get the space he needed to get out. When he did, three of the guys ran out in front of his car to block his escape.

Well, when John explained his story down at the police station, the officers of Atlanta, Georgia understood very well what he meant when he explained, "It was my life or theirs."

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No charges were filed against him because they saw that he took what he believed was his only way out of danger. He ran over two of those would-be assailants, fled the scene, and called the police.

Nothing like this may happen to you, but like John you must be prepared and under all circumstances *keep your head!*

If someone tries to run you off the road by nosing their vehicle in front of you to edge you over, then grip your steering wheel firmly and sharply "nail" their car just behind their front tire. You may have to weave back out after the first strike and do it again if they persist. Aim again for the area just behind the front tire. If you succeed, what happens is your bumper will force the sheetmetal around that area into the moving tire. It will cut into their tire either causing a flat or enough friction to slow them down without being able to turn out of it.

Big cars are safer if you must ram them to get away. Little cars are best for their maneuverability. They can make quick and evasive turns. If you have a low-riding auto do not worry about making sharp turns in an escape. Passenger cars will rarely roll even when turning the wheel as far as it will go. If the chasing vehicle is a pick-up, a truck or a van, chances are they will roll much more easily on sharp turns at a high rate of speed. Keep in mind that control while driving comes from your tire's rotating traction to the road. Do not slam on the brakes because if you do, you lose that traction and control of your car.

You may want to go so far as to sign up for a course sometime on driving while in pursuit by another vehicle. It will be expensive but invaluable "hands-on" training. Most likely you will have to provide the car in addition to paying someone to coach you. The toll could get quite high on the car suspension, tires, brakes and in cases where curbs, poles and walls are hit — the body of the car. To find out how to register for any such classes or how to get private instructions talk with those reputable in their field. Contact racetrack drivers, chauffeurs, special law enforcement officers (i.e., F.B.I., C.I.A., U.S. Secret Service Agents), and well known private investigators.

Had John McAdam not been able to get his car out, or had it stalled, he was still ready to take action with the hammer at his side.

A similar incident could have happened had he not been curbed. He could have been stranded out on the road with car trouble when the gang pulled up.

Points to remember when your car stalls are few and simple: (a) don't panic, (b) turn on your flashers, and (c) stay inside the car and lock the doors.

If you wish, you may get out to raise the hood or tie a white cloth to the antenna, but afterwards get back into the car immediately. Keep in mind, however, that although a raised hood signals trouble, it could also spell trouble for you, because it obstructs your view of everything in front of your car. Cardboard "auto shades" are available which come folded and expand to spell out that you need "help" and to "please call the police." They fit in the back window of any car. With the auto shade in place a view to the rear is still possible with side-view mirrors.

If someone should stop, let him come to you. Speak through the closed window and ask him to send help as soon as he reaches a garage. Do not get out and do not go with him anywhere.

Do not panic if no one shows up late at night. Sooner or later the police will come along. It is good to phone ahead when driving at night so if you do not arrive on time someone can look for you.

In the dark keep your awareness in your side and rear-view mirrors. If you see anything vague use your brake and reverse lights to illuminate the area directly behind your vehicle.

There are some trucking companies which order their drivers to render aid to stranded motorists as good public relations. Having a CB radio in your car will increase your chances of getting truckers or other highway drivers to either stop or call help for you. Make sure before trusting any trucker, though, that his truck is identifiable and that the name of his company is on the side. Even then, extend your trust in small amounts.

In the meantime, wait and do not worry. Keep a weapon on the seat next to you — a hammer, tire iron, a strong stick or something comparable. Do not open the door to use it. Save it for an emergency.

To broaden your scope in self-protection there is one last area to cover concerning you at the wheel of your car. We have covered how to protect ourselves from the bad guys. Now we must protect ourselves from the good guys.

You must assume caution when being pulled over by the police. Be aware that cops are apprehensive toward any vehicle they pull over. As they approach your car, they are ready for the worst kind of criminal — not because you broke the law but because criminals drive cars too. Many an officer has been shot down while writing a speeding ticket. If you get out of your car, do it immediately — preferably while the officer is still back at his car. Stand by your car and do not reach into your pockets. If you prefer to remain in your car, do not wait until the officer comes to your car door for your license. Have it ready in your hand. If you don't and the officer sees you reach to your back hip, under the seat, into the back seat or in the glove compartment, he could only guess that you could be pulling out a gun instead of a wallet. Let the officer know before you reach for anything. Then move slowly especially as you present it.

Cooperate fully with the officer. It could be a bad day or the cop may have some personal problems for which he is looking for a scapegoat. Remember, your guilt or innocence is for the courtroom, not to be decided on a dark street or behind a building. Again I will say do not resist any officer — especially if that officer attempts to arrest you. Always keep your composure and remain polite. Never lose your temper.

This practice is also true if the police arrive and you are fighting back an attacker — especially if you are winning. As the police roll up from a call for help, they must assume that the aggressor is the bad guy. To the cop pulling up to the scene you are the aggressor if you are holding a gun on the other guy — not the victim. The officers must react to both as the bad guys so do not berate them for doing their duty. As citizens against crime we must be careful even though we are legally right.

Public transportation

Each year thousands of people fall victim to crimes committed in and around the areas provided for public transportation. These areas invite every kind of predator known to stalk on two legs. Such creatures use these public places as their own private hunting grounds.

When using public transportation try not to travel alone, whether to and from work or to social activities. Locate a traveling companion who will give help should you need it.

We all recognize, though, that safety must be waived at times and that we must travel alone. Here are a few hints on how to stay safe when traveling by yourself.

At gathering places where people board, keep yourself around others. Do not wander off alone. At bus and streetcar stops do not stand close to the curb. Instead, stay back where someone cannot reach out of a passing car and drag you in.

Never accept a ride from anyone while you wait at a bus stop. Such danger is enhanced by darkness, cold, wind, rain, and snow. These weaken the resistance and common sense of those subjected to them. The temptation to take a chance is greater when you are shivering, wet and hungry and a car rolls up with a sympathetic voice that offers you shelter and a ride.

No matter how cold, wet, hungry, or tired you are it is still better to endure that than to accept a danger you know nothing about. I repeat, never accept a ride from anyone while you wait at a bus stop.

Once on the bus or subway, sit as close to the driver or security officer as possible and do not hesitate to tell him if you feel any danger.

Avoid the seats in the back of the bus, train or subway. These are where trouble starts. Move up with the rest of the passengers if you find you are by yourself.

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Beware of those who approach you as you wait for a bus. No matter what approach they use, be suspicious — be safe.

Do not be slow or uneasy about asking for help from those in authority, or from anyone for that matter. Doubling the number of people on your side can quickly change the mind of someone who is provoking you.

If you are being annoyed or have suspicions about a particular person, do something about it. When you get off the bus, seek help immediately. Seek out a policeman, a store owner, a fellow passenger, or anyone competent to help.

Here is another bit of advice that could help you when you travel. Realize that besides wariness of being “picked up” by some stranger who sits next to you on a plane, that caution is also warranted at your destination. If you have to walk a distance to your car, especially at night, look for police protection. Consider this problem before departure and park close to the airport entrance, security gate or parking lot lights when you leave your car.

Foreign travel

Foreign travel can be a rich and rewarding experience and the odds are very much in your favor for an incident-free trip. The chances of having to face the trials and tribulations of losing valuables or coping with an unexpected illness or injury far from home are considerably greater than becoming a victim of violence. You can narrow the chances even further though with an increased awareness of potential problems and careful planning.

Normal common sense should prevail when traveling abroad as it does at home. Before you leave learn about the place you plan to visit, and familiarize yourself with local laws and customs in those areas. You can obtain this information by consulting your library, a travel agent, airline or the tourist bureaus of the specific countries you plan to visit. Keep track as well of what is being reported in the media about any recent developments. Then leave a copy of your itinerary with family or friends at home should they need to contact you in an emergency.

Leave a copy of your medical and dental records with your family or other contact person. Have your affairs at home in order by leaving an up-to-date will, insurance documents and the power of attorney with your family also. This is so you can feel secure about traveling and be prepared for any emergency that may occur while you are away. Consider too guardianship arrangements for your children. Americans have been arrested in some countries for innocently exceeding their credit card limit. So find out from your credit card company what your credit limit is and plan your expenditure accordingly.

Pack an extra set of eyeglasses. Carry these and any medicines you need in your carry-on luggage. Take along a copy of the prescription for necessary medicines and the generic name of the drug. Keep medicines in their original labeled container to make customs processing easier. If any medications contain narcotics then carry with you a letter from your physician attesting to your need to take them.

Make photocopies of your airline ticket, passport identification page, driver's license and the credit cards you take with you. Leave one set at home and keep another with you in a separate place from these valuables. Leave a copy of the serial numbers of your travelers checks at home; take another with you separate from the checks themselves; and, as you cash in the checks, keep a tally of which ones remain unredeemed.

Lock your luggage and put your name and address *inside* each piece. Leave home anything you would hate to lose like all unnecessary credit cards, expensive jewelry or irreplaceable family objects. Find out also whether your insurance policy will cover for loss or theft abroad and in case of accident or illness.

American citizenship cannot protect you if you break the laws of the foreign country you are visiting. Find out about local rules wherever you go and obey them. Be especially cautious in overcrowded areas. Avoid, if you can, places where you are more likely to be victimized like

subways, train stations, elevators, market places and festivals. You may even wish to consider staying in larger hotels that have more elaborate security.

In addition to these common-sense suggestions keep track of the news to be aware of any potential problems in areas where you may travel. Your own state of alertness and precautions that you take should increase as you travel in areas where the potential for violence or terrorism is greater. In short, assess your situation and surroundings and try to remain in that healthy gray area between complacency and paranoia. Before continuing into high risk areas inquire at the nearest U.S. Embassy or consulate whether there are any adverse conditions of which you should be aware. Ask for the American Citizens Service Unit in the consular section.

Deal only with authorized agents when you exchange money, buy airline tickets, or purchase souvenirs. Make exchanges for local currency before you leave or upon arrival in another country. Do not make exchanges for currency at black market rates. Remember when you are in a foreign country you are subject to its laws and are not protected by the U.S. Constitution. Penalties for drug violations (including possession of minute amounts of marijuana or cocaine) are severe in foreign countries and rigorously enforced. In many countries travelers should refrain from photographing police and military personnel and installations, border areas and transportation facilities. Be wary about selling personal effects such as clothing or jewelry. The penalties you risk may be severe.

If possible book a room between the second and seventh floors — above ground level to prevent easy entrance from outside and low enough for fire equipment to reach. Read the fire safety instructions in your hotel room and know where the nearest fire exit and an alternate are. Recognize how a fire is reported. Count the doors between your room and the nearest exit in case you have to crawl and feel your way through a smoke-filled corridor. Learn a few phrases in the local language so you can signal your need for the police, a doctor or other help. Make a note of emergency telephone numbers that you may need like police, fire, your hotel, the nearest U.S. Embassy or consulate. Know how to use a pay telephone and have the proper change or token on hand.

Above all else keep your hotel door locked at all times. Meet visitors in the hotel lobby instead of inviting persons you do not know well to your room. If you go out let someone know when you expect to return — especially if you are out late at night. Do not leave valuables in your room while you are out and do not leave your bags unattended in public areas. When you check in your luggage make sure you receive a claim check for each piece. Instead of keeping all your money, airline tickets, passport and other valuables in your wallet conceal them in several places to prevent easy theft. Keep them in your accompanying hand-luggage, on your person or in a hotel safety-deposit box.

Be wary of con artists. They exist around the world. Women should carry handbags in a secure manner to discourage snatching. Men should secure their wallets in a front hip pocket or inside jacket pockets. To guard against thieves on motorcycles walk on the inside of sidewalks and carry your purse on the side away from the street. Wrap rubberbands around your wallet or keep it in a zipped portion of a handbag to make it more difficult for pickpockets to remove.

Try not to travel alone at night. Avoid dangerous areas and do not use shortcuts, narrow alleys or poorly lit streets. Be alert to the possibility of street gangs and if confronted by a superior force do not fight. Give up your valuables and contact authorities afterwards.

Keep a low profile. Be polite and low key by avoiding loud conversations and arguments. Dress and behave conservatively and avoid anything flashy like jewelry, luggage, rental cars or conspicuous behavior which could draw attention to you as a potentially wealthy or important foreigner. Do not flash large amounts of money when paying a bill. Use travelers checks instead of cash whenever possible and only countersign them in front of the person who will cash them for you.

If any of your possessions are lost or stolen then report the loss immediately to the police and other appropriate authorities. Keep a copy of the police report for insurance claims and as an explanation of your plight. Report the loss of travelers checks to the nearest office or agent of the

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issuing company; airline tickets to the airline company or travel agent; and passport losses to the nearest U.S. Embassy or consulate.

United States consular offices are located at U.S. Embassies and consulates in most countries abroad. Consular officers can advise you of any adverse conditions in the places you are visiting and can help you in emergencies. If you plan more than a short stay in one place or if you are in an area experiencing civil unrest or rural natural disaster it is advisable to register with the nearest U.S. Embassy or consulate. This will make it easier should someone at home need to locate you

TERRORIST ADVISORIES

Terrorist acts occur in a random and unpredictable fashion which makes it impossible to protect oneself absolutely. The first and best way is to avoid travel to unsafe areas where there has been a persistent record of terrorist attacks or kidnappings. The vast majority of foreign states have a good record of maintaining public order and protecting residents and visitors within their borders from terrorism. Most terrorist attacks are the result of long and careful planning. Just as a car-thief will first be attracted to an unlocked car with the key in the ignition, terrorists are also looking for undefended easily accessible targets who follow predictable patterns. The chances that a tourist traveling with an unpublicized program or itinerary would be the victim of terrorism are slight. The random possibility of being in the wrong place at the wrong time is minimal. In addition, many terrorist groups seeking publicity for political causes within their own country or region are not looking for American targets.

Nevertheless there are some pointers which may help you avoid becoming an American "target of opportunity". They should be considered as adjuncts to the tips listed in the previous section for ways to protect yourself against falling prey to ordinary criminal activity. The following are additional reasonable precautions which may provide some degree of protection. They serve as practical and psychological deterrents to would-be terrorists.

If you must travel in an area where there has been a history of terrorist attacks or kidnappings make it a habit to register with the U.S. Embassy upon arrival. In addition to getting affairs in order before leaving home discuss with your family what they would do in case of an emergency. Be aware of what you discuss with strangers and also what may be overheard by others.

Avoid luggage tags, dress and behavior which may identify you as an American. While sweatshirts and T-shirts with American university logos are commonly worn throughout Europe, leave other obvious apparel and logos at home. Schedule direct flights if possible and keep a watchful eye for suspicious abandoned packages or briefcases. Report them to airport security or other authorities and leave the area promptly. Avoid obvious terrorist targets and places where Americans and Westerners are known to congregate. Try to minimize the time spent in the public area of an airport which is less protected. Move quickly from the check-in counter to the secured areas. On arrival leave the airport as soon as possible.

As you move around watch for people following you or "loiterers" observing your comings and goings. Keep a mental note of safe havens such as police stations, hotels and hospitals.

Remain friendly but be cautious about discussing personal matters, your itinerary or program. Leave no personal or business papers in your hotel room. Be sure of the identity of visitors before opening the door and refuse any unexpected packages that arrive.

If phone privacy is critical you might want to consider buying a phone scrambler. It consists of two units — one for you and the other for whoever is at the other end of your line. Both devices scramble the conversation and decode it at the other end so a conversation can be held in private. Another handy phone device is called a phone privacy detector. These devices respond to a drain of power in your phone connector. They are made to alert you when additional lines tap into your call.

Do not meet strangers in unknown areas or remote locations. If possible travel with others or let someone else know what your travel plans are. Keep them informed if you make any changes. Avoid predictable times and routes of travel and report any suspicious activity to local police and the nearest U.S. Embassy or consulate. Select your own taxicabs at random. Do not take a cab which is not clearly identified as a taxi.

urgently or in the unlikely event that you need to be evacuated due to an emergency. It will also facilitate the issuance of a new passport should yours be lost or stolen.

Should you find yourself in any legal difficulty contact a consular officer immediately. Consular officers cannot serve as attorneys or give legal advice but they can provide lists of local attorneys and help you find legal representation. Consular officers cannot get you out of jail. However, if you are arrested it is your right to be able to notify a consular official — do it. American consular officials will visit you and advise you of your rights under local laws. They will ensure that you are not held under inhumane conditions and also will contact your family

TERRORIST ADVISORIES (CONTINUED)

When you get in compare the face of the driver to the one posted on his license. If you drive check for loose wires or other suspicious activities pertaining to your car. Be sure your vehicle is in good operating condition in case you need to resort to high speed or evasive driving tactics. Drive with the windows closed in crowded streets and be aware that bombs can be thrown from a distance. Formulate a plan of action for what you will do if a bomb explodes or there is gunfire nearby.

While every hostage situation is different and the chance of becoming a hostage is remote there are however some important things to consider.

The U.S. Government has a firm policy not to negotiate with terrorists. Doing so only propagates the risk of further hostage-taking by terrorists. When Americans are abducted the host government is expected to exercise its responsibility under international law to protect all persons within its territories. We look to them to bring about the safe release of hostages. America works closely with these governments from the onset of a hostage-taking incident. This is to insure that our citizens and other innocent victims are released as quickly and safely as possible.

The most dangerous phases of most hijacking or hostage situations are at the beginning and, if there is a rescue attempt, at the end. At the outset the terrorists typically are tense, high-strung and may behave irrationally. It is extremely important that you remain calm and alert and manage your own behavior throughout the ordeal. If you are ever in a situation where somebody starts shooting (this advice stands for armed robbery and bank holdups as well) then drop to the floor or get down as low as possible. Do not move until you are sure that danger has passed. Do not attempt to help rescuers and do not pick up a weapon. If possible shield yourself behind or under a solid object. If you must move then crawl on your stomach.

If you are captured and held hostage avoid resisting. Do not make any sudden or threatening movements. Do not struggle or try to escape unless you are certain of being successful. Make a concerted effort to relax. Breathe deeply and prepare yourself mentally, physically and emotionally for the possibility of a long ordeal. Consciously put yourself in a mode of passive cooperation. Talk normally and do not complain, act belligerently or ignore the orders and instructions of the terrorists. Do not try to be a hero otherwise you will be endangering yourself and others. Try to remain inconspicuous. Avoid direct eye contact and the appearance of observing the actions of your captors. If questioned keep your answers short. Do not volunteer information or make any unnecessary overtures to trick them into trusting you. Maintain your sense of personal dignity and gradually increase your requests for personal comforts. Make these requests in a reasonable low-key manner.

If you are involved in a lengthier drawn-out situation try to establish a rapport with your captors. However avoid political discussions or other confrontational subjects. Establish a daily program of mental and physical activity. Do not be afraid to ask for anything you need or want like medicines, books, pencils and paper. Eat what they give you even if it does not look or taste appetizing. A loss of appetite and weight is normal. Consume little food and drink and avoid alcoholic beverages. Your priority is to think positively. Avoid a sense of despair and rely on your inner resources to bring you out of it. Remember that you are a valuable commodity to your captors: It is important to them that you remain alive and well.

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and friends if you so desire. They can transfer money and will try to get relief for you including food and clothing in countries where this is a problem. If you become destitute overseas consular officers can help you get in touch with family, friends, banks or employers and inform them how to wire funds to you for help.

* * * * *

In a quick recap, realize that when you are alone you are a target. Plan ahead what precautions you can take to keep from being vulnerable to an attacker while walking in public places. By following the suggestions outlined and thinking ahead before going out you will protect yourself from the fatal misfortunes of those who appear in public unprepared.

Prepare yourself by creating hypothetical situations and use the process of elimination to decide what steps are necessary to keep from being attacked. Solutions will be in the form of *prevention, avoidance or passive resistance*.

Even though prevention of an assault is difficult in public places due to your inability to control the entire situation, not falling victim to a given situation lies in *preventing* vulnerability. Use caution and be prepared while using public transportation. Statistics show that these are high-risk areas. Know how to reduce vulnerability when you park your car and how to avoid confrontations while driving. Plan ways to keep people from getting into your car. Know how to avert confrontation when you are harassed by people in other cars or when your car stalls.

Beware, too, of the dangers which surround mass transit. Practice the precautions outlined when you travel to foreign countries, and take appropriate action when you feel endangered.

PART TWO:

SOCIAL VICTIMIZATION

Chapter Five

Children

The saddest part of man's inhumanity to man is that it affects children. Child abuse, possibly the worst of crimes, takes the most defenseless and least suspecting of all victims. Across the country children are being beaten, burned, whipped, tortured mentally and emotionally, and sexually abused by people they trust to love and protect them — some of these abusive relationships are carried out over a period of years. This is possible because in three out of four child molestation cases the sexual deviant is from the child's immediate environment. Over seventy percent of the time, the perpetrator is known by the victim. This includes close family members, friends and relatives by blood or marriage. One fourth of all girls and eleven percent of boys are sexually abused, and one of every four such offenses is incest.

Sexual coercion of children may take the form of physical assault, a verbal threat (sometimes with a weapon), the threat to hurt one or both of the child's parents, or bribes.

Children (and teenagers), because they are young and inexperienced, are more, not less, likely to become the target of a rapist or pervert. They are more quickly willing to take people out of the stranger category and to allow grown-ups to have control over them. Adults know this and often use some kind of test or con to see how easily the child can be influenced.

Unsuspecting children are then lured, bribed or forced to participate in activity which the child senses is wrong. Afterward the offender threatens to tell the child's parents that they did a bad thing or broke a house rule (i.e., as when the crime takes place in an area where the child has been told not to go). These children collude with the attacker because they are afraid of being reprimanded by their parents. Another reason children don't talk about incidents of molestation is because they may be afraid to violate a trust the perpetrator has implicitly or explicitly applied to the abusive incident. This happens most often when the molester is a family member or close friend of the family.

Parents may feel that something is wrong, but do not know how to confront their children with their suspicions. Most children perceive abusive incidents as inappropriate and confusing. They are either unable to apply words to what is happening or don't feel free to express it toward powerful adults. These inability to define or reveal such experiences enrage them. Strong feelings of shame arise because they are unable to understand the cause of the incident. They feel horrible about the ordeals, so they turn their wrath inward. This leads to depressive and self-destructive behavior. The resulting guilt and self-degradation lead to long-term difficulties, perpetuating the children's victimization long after their abusive ordeal has ended.

Since their mental capabilities are so limited, kids are too often unable to accurately assign the responsibility to who initiates the abusive incident. Children possess the instinctive knowledge that sexual contact by adults is taboo. Parents and teachers together reinforce this belief that sex is "bad." It is a "no-no." However, as children grow into adolescents their sexuality increases. They become confused about their own desires toward sex. In the majority of cases involving sexual abuse of children the offender acts lovingly and gentle. Kids molested by these irresponsible adults may even find the experiences new, exciting and pleasurable. The so-called "sinful" act was enjoyable and fun and not bad at all. Yet knowing such contact is wrong, they believe that since they liked it they must be wrong. These children see themselves as evil and lustful, never realizing that there are other than physical ways of communicating with others. So they accept responsibility for what happened and blame themselves.

Of course, this is what the molesters want children to think. They want them to feel ashamed so they won't talk about it. Some fathers and stepfathers will propagate this belief by reaffirming

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the child's guilt. "If you tell, Daddy will have to go away" or "go to jail." Because these children naturally love their parents they protect the molesters with a vow of silence.

Adults fail to educate their children properly

Most children go into the world which often becomes violent and unfriendly with only the warning to never speak to strangers. This is not enough. They are not warned of the cons attackers might employ or the reasons they may try to approach. They do not understand that their way of identifying people with stereotypes of what constitutes good and bad behavior leave them more vulnerable. (Children are easily led to believe that a proposed good deed from a stranger indicates they are a good and trustworthy person.) In addition, peer pressure, lack of communication between parents and children, and personal and social attitudes all contribute to the difficulties teenagers have in recognizing such dangers.

Children do not know that belief systems are different for everyone. Kids have difficulty understanding that what is good or acceptable for one is not necessarily right or appropriate for another. Every day radio and television propaganda promotes subliminal sexual messages insinuating sex is pleasant and exciting. However, contrary to this popular belief, sex and being touched does not always feel good. When children are wrongly touched, fondled or molested they feel violated but do not know how to deal with the discomfort. Because they feel differently than the stereotyped notions of commercialism, they believe there is something wrong with them. To children who have been molested the abnormality is theirs not the adult's.

PORNOGRAPHY

Pornography in this country, considered by some as a "victimless" crime, is teaching many of our children improper values and social behaviors. Despite arguments to the contrary, the business of pornography is teaching children about exploitation and violence.

Almost half of porn is hardcore. This material degrades, humiliates and dehumanizes both women and children. Phone sex blatantly promotes rape and the molestation of children. What is worse is that not only is this obscenity available at the fingertips of children. Sex addicts use porn to seduce children to participate in their own "sexploitation".

Incest, group sex, child prostitution and other sexual misconduct constitute the majority of pornography. The production and distribution of this matter also carries with it the threat or rape, robbery, assault and murder. This is not surprising considering that porn is controlled by organized crime circuits.

Increasingly, the link between the fantasy of pornography and the reality of sex crimes is becoming evident. Statistics show that raids on porn houses are causing rape rates to decrease. No wonder the anti-porn movement resembles a political campaign to wipe out our society's tolerance of child abuse, female exploitation and violence in pictures. Pornography destroys lives.

Even though most of us realize that children are the most vulnerable members of our society we make them the last to receive information about how they can protect themselves.

Most of us are not equipped with the information needed to discuss the problem of sexual assault with children. Some parents find the topic too overwhelming and don't even know where to start in teaching children about such dangers. Sexual issues (especially sexual assaults) make us uncomfortable and these uncomfortable feelings cause us to avoid talking to children about their personal safety. We become inhibited about discussing practical methods of prevention with them. In this way we contribute to the vulnerability of children to sexual assault.

Instead of confronting the problem directly, some of us set the subject aside or create a false sense of security. We try to believe that such horrible situations could not touch our children. Some underestimate children's abilities and believe they could never protect themselves even if they were told how. Some believe the child is too young to learn about sex. They do not want to destroy the innocence of the child by educating him in the harsh negative realities of the world

and the violence which exists. (Although it is better to learn of these from a parent than from a stranger.) Some believe that to learn about such a topic will make the child paranoid.

Excuses for not teaching physical defense to children nor enrolling them in karate include the following:

- (a) "I don't want the child to become violent." (Our definition of a good child — one that does not talk back or argue, obeys adults, never bites, or screams, etc., — is partially the problem in teaching personal safety. "Good" children make easy victims. It would not even enter their minds to defend themselves from the omnipresent and controlling adult.)
- (b) "My child already has difficulties with peers — learning how to fight will only make things worse";
- (c) "Children could not possibly hurt an adult";
- (d) "Karate is only good for boys, not girls." (Many girls feel defenseless as they get older because of this stereotyping); and,
- (e) "Girls need self-defense but boys are naturally aggressive." (This conflicts with the fact that boys and girls are equally affected by sexual abuse. Remember, the pervert who seeks out children does not care about their sex — only his own.)

Look at life from the child's perspective.

There are practical prevention strategies available concerning child abuse and sexual abuse. Solving the problem, however, requires us to scrutinize our traditional ways of viewing and rearing children. There are ways to teach personal safety to children.

To communicate effectively with children we must allow ourselves to stay in touch with and respect the child's perspective. It's hard for adults to view the world from his perspective because adults define and control the reality the child has.

Children feel powerless not only because they have little control over the world but because they are not usually given respect. Statements such as, "What a crybaby," and, "You're acting like a child," not only are insulting but also indicate that being a child is something negative.

Adults seem to a child to have magical powers. Because of adults' unlimited power over children, children believe adults have unlimited power in the world. Children create magical explanations for occurrences which they have no control over. Magic is their way of channeling the emotions and feelings that overwhelm them. It gives them a kind of power.

Fear is a normal reaction to reality. To children even when the fear is of something imaginary (e.g., a monster) it is real. Kids must learn to understand that everyone at one time or another experiences feelings of uncertainty, suspicion and fright.

Help the child develop the confidence to face fear.

Sometimes adults deny children's fear and believe that these fears are not justified or are not real. They tell the children it is their imagination.

To help find the cause of fear and help the child deal with it we first have to take it seriously as something very real. You cannot change his mind by saying that nothing is going to happen.

He must know that this feeling of uncertainty is a part of human nature and is something which can be dealt with by sharing it. If parents admit their own fears to children, recognize and respect their children's reality and help them work out their fears, the children will better be able to discern when fear is justified. By dealing with fears as real (even though the thing feared may not be real) they are better able to understand what is real and how to think through real problems.

Children can learn anything and will learn far more than we expect if we do not put boundaries and limitations on their potential. Children learn in many ways and know much more than we ordinarily believe or think possible. When they are put into an environment where they are perceived as strong and capable, skills are learned quickly.

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To stay away from trouble, children have to be able to think for themselves in addition to obeying restrictions placed on them. If they think for themselves they can avoid the influence of strangers. If a stranger approaches and tries to coax the child over, then he has to make a judgment. That judgment must be expressed assertively and the child must be confident in his or her own decision.

Karate serves as a practice reality for children.

Self-esteem is increased through being able to verbalize fears and discuss problems with others. Often these fears are justified and it is necessary to reveal the situation which has puzzled or frightened them to someone they trust. What the child learns through the problem-solving experience affects and permeates all aspects of his or her life. Facing fears gives him strength — conquering them serves as a good reference when taking on new and difficult tasks.

This is why self-defense and karate schools are so beneficial to the self-image of the child. As physical potential develops, he gains confidence in his own ability to control his environment. Karate teaches that fear energy (faster adrenaline, excessive self-conscious thought, etc.) can be channeled constructively to help him survive (fighting, yelling, etc.) and to be more in control of himself and his environment. Children need to experience being in control so that they can reduce and overcome fear. If they feel out of control, fear will take over.

As I have stressed before — self-defense is being aware of and escaping a dangerous situation. (It not only includes fighting but also prevention, avoidance and passive resistance.) Self-defense is a state of mind which makes one feel comfortable in one's environment as it pertains to one's safety. It is having the feeling of controlling the situation physically and mentally and making one's own personal safety more important than offending or discomforting a possible assailant.

An attacker expects victims, not opponents. (Child molesters pick those victims who cannot say "no" to an adult.) He is confident that the child will comply with his demands. What he does not expect is to be confronted by another human being who responds with direct, calm, verbal communication or sudden resistance. Resistance will take him by surprise.

Give guidelines to lead the child down the path of safety.

Few adults know how to handle themselves, therefore a child should not be expected to have this kind of ability either. Children need instructions on how to deal with the danger of sexual assault. Play-it-safe rules are instrumental to the safety of kids wherever they are and no matter what age.

We cannot promise our children safety, however, we can educate them about circumstances which demand decisions pertaining to safety. We can teach children that they have good instincts and choices to make in handling a dangerous situation. Although we can offer ways to arrive at decisions and can suggest which decisions are best, carrying out the decision at the critical time requires that the child think for himself. Since each situation is different the child has to intuitively decide whether or not to run, fight physically or cooperate with an attacker — then to be confident enough to stick by that decision. (Some situations call for cooperation instead of resistance from the child for his own sake.) Help point out some of these possible situations. Let him know that at the same time he is cooperating he must remain alert for any opening for escape or must fight should the aggressor decide to hurt him physically. We can also make the child aware of some of the bribes, cons and threats which may be used to persuade him to go with someone.

Children need to be aware of their own rights to privacy, to bodily integrity, to feelings, and to prevent themselves from being abused. Children need to know that it's okay to question adult authority; to lie, go against and say "no" to adult demands and requests. (We are talking about assertiveness and fighting fear here, not disobedience.) Fighting can stop the assault.

They need to know that strangers do not stroke little girls' hair or straighten their dresses and that little boys do not need their zippers fixed. If they are being followed they do not need to

continue to go straight home but can change their route and seek assistance; they can act as if a friend or parent is nearby when they aren't. No matter how cute they look, they are never to let a stranger take their picture when alone and without a parent present.

Children need to be told to run away, not toward anyone who calls them over, whether the person is on foot or in a car. In public the child could yell, "Mama, wait for me," as she runs away towards a crowd of people. Tell them to take three steps away from anyone needing directions, and be ready to run if they are followed. Explain to them also how some children are lured by a false badge of authority to come close enough to grab.

It would be helpful for the child to become familiar and comfortable with yelling. Yelling is a skill that can be learned and practiced. Yelling is helpful in directing energy which often becomes frozen due to panic as a first reaction to danger. (Many children hold their breath when frightened and the yelling automatically keeps them breathing.) As you will find out in future chapters, yelling also helps the child put more power in his actions and more confidence in his movements when defending himself.

Children must also understand that in reality the world is not always a fair place. If they are assaulted it is not their fault. They need to know that nobody is all good or all bad and that sometimes good people may try to hurt them.

They need personal safety strategies. These can be presented in the same manner that fire and safety precautions are. Start out by teaching children all the emergency exits in their home and show them how to use the phone to get help. Practice making emergency calls with them.

Know what route your child takes to school every day. Know the length of time it takes for your child to walk to and from school and make sure you discipline him to be prompt. Instruct him to report the location of any people hanging around the school to the teachers, principals and crossing patrols. Show them how they can remember license plate numbers they see on the way home and instruct them to write these numbers down immediately — not to wait until they get home. Children should know that they should report trouble right away.

Instruct your kids never to accept gifts from strangers, especially at the concession stand of movie houses. They must also avoid strangers who are hanging around restrooms or the playground and want to play with them or their friends. Halloween poses special problems and dangers for children. Teach them to throw away any candy or food they may collect that is not wrapped and sealed by the candy company.

Familiarize your children with their neighborhood. Point out places they should *not* go to and areas to which they can run for protection if in trouble. Instruct them never to play in deserted areas such as woods, parking lots, alleys deserted, buildings or new construction sites. (Often, though, children are more familiar with the neighborhood than adults are. This is good in rural areas where they can run from the road away from someone who is following, and climb a tree, hide behind bushes or rocks, or run into the woods. Most likely the stranger will not follow since he is unfamiliar with the area.) Children should also know not to walk or play alone outside at night. They need to tell a family member or other adult in charge where they will be at all times and let them know at what time they will be home.

Know who the children have for playmates and where they live. Tell them that an attacker might drive up, say that their mother is ill, and ask them to jump in in order to get home right away. Suggest a secret password be used before going with any other adult in emergencies.

Establish a common vocabulary and open communication.

While you cannot change the level of physical, intellectual and emotional maturity in children it is possible to alter their environment to minimize frustrations in learning and maximize opportunities for success and independence. Children of an early age are already full of frustration. They are physically hindered and uncoordinated. Limited verbally by immature vocal skills their thoughts race far ahead of their words. Additionally it seems that everything they do is wrong. Constantly they are being thwarted by their limitations in an adult world.

MOVIE THEATER PRECAUTIONS

It is unfortunate that the motion picture theater, one of our best forms of relaxation and entertainment, depends on darkness for its effect. Darkness in the theater has been recognized as the cover for rape-minded maniacs, child molesters and perverts long before Hollywood put them under the light of the camera. Every child must learn to be aware of this danger which exists as their minds retreat from what is really going on around them to the big screen in front of them.

These dangers still exist today, despite the precautions theater managements take for the safety of their patrons. Managements can only go so far to insure our safety before they begin to infringe upon the rights of other people. For this reason, parents must take the responsibility of educating their children about the problems inside the theater, and must take steps to insure their children's safety.

Make sure when you leave your children at the theater that you walk them inside, show them where the usher is, and help them to be seated in an area with other parents and children. Avoid the seating in dark corners and balconies. It is here and on back rows of theaters that trouble often starts.

Instruct your children to ask for help if they are being annoyed. Help them understand that there is something radically wrong with a man who puts his hands on unknown children in the dark. Failing to ask for assistance only gives the green light for the maniac to proceed.

Tell them to change their seats if the person they are sitting next to draws near, puts his hand on them, or puts an arm on the back of their seat. Have them report it if they move away from him and he then sits beside another child. Your children must not take any chances by not attracting attention to their predicament if he sits beside them again and crowds their space. Tell them to make the most piercing scream they can.

Alert them to the subtle approaches used by molesters. They should be treated with as much suspicion as more overt approaches. Tell your kids to change their seats when they find themselves next to a man who laughs loudly, nudges them in the ribs as he laughs at funny scenes or makes occasional remarks about the picture.

Be sure to use praise and to reward children for using safety precautions. This reinforcement of their actions will make them use them even more as protection in the future. Have a positive approach. Show that you believe in their ability to make good judgments and to find unexpected solutions. Most important in this is the child's sense of power and ability to control a situation which could otherwise be dangerous.

What-if games, role-playing, fantasies, reworking fairy-tales, and letting children know of incidents from your own childhood all help to increase the child's awareness of dangerous situations. They show what techniques (ploys) might be used against them in real life. As in karate the child is offered internal and external challenges. These fantasy situations may not be like actual ones but it's a good way for the child to learn how to handle scary situations with confidence. Playing "Simon Says" teaches children what they can do, while situation-fantasies and role-playing are helpful in thinking up situations in which it is permissible for the child to say "no" to an adult or lie to protect himself or herself.

Games aid in establishing concepts and words which are comprehensible and understandable to the child. They can also give the child an imaginary character through which to express emotions and attempt solutions without running the risk of failure. Making up situations and rehearsing responses increases their ability to act rationally and calmly.

Imagery can be used to teach children how to handle the physical manifestations of fear and to settle down their bodily reactions to it. When scared the child can be reminded to remember happy times or recall what it's like to be in a quiet and peaceful place. They can calm themselves with songs or prayer; they can also retain control of their respiration by using deep-breathing.

Above all, let children know someone will listen when they need to talk. Help them to feel comfortable in disclosing any situation which makes them feel uncomfortable and make sure they understand that getting help from adults is something positive and not an indication of

weakness. Establishing trust at home is a major step toward deterring the child from turning to others for support, attention and experience. Children should understand that they already have many people they can depend on and turn to when they feel unsafe.

Start with your own children.

Parents need to be able to feel the potential dangers in varying situations so that they may know when their children are all right to leave alone or in the care of another adult. (It's best to tell the babysitter of the rules when left with your child in front of your child. "Johnny has already had his bath and is to be in bed by eight o'clock. He is not to stay up later than that for any reason and should get ready for bed by himself.") Parents also need to be careful to select baby-sitters of the highest character and ability.

Tell your child the truth — that kids are not attacked only by strangers. Often it is by friends and acquaintances. Caution children before letting them play or stay overnight at an unknown home of a friend. Children should know that we all make mistakes and we all break rules and do wrong periodically. This does not indicate that such children are "bad" people and aren't loved anymore. Certainly others do not have the right to punish them.

Do not believe that because there is no violence that injury is not taking place. Children molested by a family member often do not tell for fear of being the cause of family difficulties. Many children are coerced to participate in assaults for years. Some children become emotionally scarred when this happens because these intimate moments with the offender turn out to be the only times they receive attention, love, or body contact.

What can you do about this? You cannot suspect every family member, but you can become aware of the symptoms of abuse.

Since children have not developed the ability to verbalize their feelings you must know how to interpret their behavior. Look for clues such as behavioral changes which might indicate that something has happened in their life. Listen to the children and observe whether or not their anxieties or emotions are appropriate to the content of their statements. Be aware of excessively aggressive or model behavior. Other indications of molestation include sudden anxiety or nervousness, nightmares, bedwetting, thumbsucking or regression to baby talk, and speech problems like stuttering or the inability to think of the right word. Abused children tend: to have poor peer relationships and make unjustified temper outbursts; to make repeated attempts to run away from home; to cling to a mother or father while withdrawing from the other; to avoid a previously liked person or activity; to have an unusually seductive behavior, and; to have an overly sophisticated knowledge about sex and interest in sexual acts with peers or dolls. Physical signals include: pain or itching in the genital area; difficulty in walking or sitting; evidence of trauma in the genital area; torn, stained or bloody underclothing, and; repeated sore throats.

Talk with your child and spend time to become closer to him or her. Inquire what transpired while your child was away in the company of someone else. You do not have to squeeze out every detail but you will be able to tell if your child is trying to hide something. If you suspect anything, ask your child directly if anyone has ever touched her private areas. Explain that some adults and older children like to touch children's private parts and so that you can protect her you need her to tell you if anything has happened.

Make the environment safe for talking freely. (Remember they may have been breaking a house rule when they were assaulted and fear repercussion from parents.) Make their safety have priority over their being afraid to confront you with facts for fear of being judged or disciplined.

Teach them effective planning and have a positive attitude toward their abilities. Have confidence in their strengths and praise their accomplishments. In order to believe in themselves it is important that parents believe in them first.

This kind of interest can also give you a better insight into what is going on in your child's life and mind and helps to bring about better rapport and closeness between you. As the child grows up so too do the lines of communication. Personal safety can be discussed in non-

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judgmental and direct ways as adolescents naturally want to expand their options and test and challenge authority.

Remember if a child's needs and feelings are recognized, accepted and dealt with in the home this child will expand such understanding to social and future family interactions. He will learn to accept himself and others with their feelings and needs and to work with them harmoniously in life. He will be able to pass the same understanding along to his children, to their children, and on, and on.

Offer discipline with love

Effective parenting is not a simple task. Indeed it is easy to become confused and uncertain at times. The most important task in rearing children is to really love and care about them. However steadfast love must go hand in hand with discipline. Essentially love and discipline are complimentary reciprocals of one another. Moreover, one is not possible without the other.

Children should be given the freedom to make their own decisions regarding minor matters first. Then as children learn to handle responsibility the areas of decision-making are gradually expanded. Children have the continuing need for parental support and encouragement throughout adolescence and young adulthood. Discipline is an essential preparation for adjusting to the outside world. It makes the child happier and better behaved.

Discipline means setting and adhering to standards of behavior. This means setting some simple rules to follow and spelling them out clearly in advance so that kids should never be confused about what the rules are. Ideally parents need to "say what they mean and mean what they say". They need to punish and reward consistently. Love is constant and unconditional. Make the punishment fit the crime. (This is not to say that spanking is promoted in correcting a child's behavior. Do not be afraid to create your own styles for effectively disciplining your children. Only parents know what is best for their own family discipline.)

Personal adjustment is an important first step to effective child-rearing. Therefore parents must set good examples for their children to emulate. Insist that all family members treat each other with respect. Parents should be treated in a respectful way by their children. For this reason the rules set by one spouse should not be contested or undermined by another spouse. Disagreements regarding child-rearing should be resolved in private and never in front of the children. Be certain to punish when you say you will but never chastise a child in front of anyone. Be reasonable and understanding and administer corrections in private.

Parents should clearly state their own moral values and discuss them with their kids. Teach them to respect older people and the rights and properties of others. Show them how to treat others as they themselves would like to be treated. Teach them the value of truthfulness. Explain how parents will do everything in their power to help their kids if they are told the truth about a situation; but however, if they lied, parents would not be able to help their children much because they would not be able to rely on them.

Teach children the basic values and manners they need to get along well in society. Emphasize table manners and other social graces at home. Assign chores and other responsibilities to prepare them for part-time jobs outside the home when they are older. Also set personal examples of moral courage and integrity by having a religious affiliation and insisting that children treat others with kindness, respect and honesty.

Love is always present — even when children act in an unlovable manner. Try to understand a child's disagreeable nature through communication. Encourage the expression of both good and bad feelings and allow them to show hostility and anger without fearing the loss of losing parental love or respect. Parents should display politeness to their kids by apologizing to them for their own mistakes. Parents should be honest and sincere with their children at all times and show a basic trust in their character and judgement. They should also hug and praise their kids at every available opportunity. They need to be open in expressing and showing their love so that children are never uncertain about its presence in the home. Independence should be encouraged since all children play instrumental roles in making their own decisions in life.

Family spirit and a sense of belonging encourages children to communicate with parents. Family outings, special family dinners and holidays spent together all serve to give children a healthy sense of security at home. Confidence is also developed by inviting children to participate in family decision-making meetings.

It is no secret that parents should spend a lot of time with their children. Equally important is the need for parents to spend some time alone and away from their children. Parents can foster a healthy personal adjustment on their own by arranging time to work on their marriage or to participate in activities with other adults. Child experts are finding that, contrary to belief, children tend to detract from rather than enhance the closeness of a good marital relationship. Spouses need occasional weekends alone together. They also need to take the time to share tender greetings and thoughtful surprises with each other.

Child-centered households produce neither happy marriages nor happy children. The most successful parents give their spouses the first priority. To relate comfortably with children adults must be comfortable with themselves. Parents should make every effort to let their youngsters see the warmth and tenderness in their marital relationship. By treating themselves well parents abolish feelings of being mistreated, overburdened or used when something at home goes wrong. It also teaches children how to enjoy the results of a successful marriage when they grow up to have children of their own.

Solve the problem in your community.

Many states now legally obligate anyone suspecting abuse or neglect to report it to the nearest Human Resource Department or law enforcement agency. Failure to report physical or mental abuse or neglect of children in these states is a crime punishable by a fine and/or imprisonment. This directly assigns the responsibility of protecting children to those who are around them most — from teachers to bus drivers to doctors and popsicle truck drivers. Everyone must learn to recognize the visible symptoms of child abuse and neglect.

Abuse by definition is the intentional infliction or threat of infliction of physical pain or mental or emotional damage by someone who is responsible for the child's health and welfare. Neglect is the depriving of kids by those responsible for their health and welfare of the basic living fundamentals which provide the needed physical and emotional requirements for life, growth and development (e.g., food, housing, clothing, medical care, education, supervision and guidance).

Take situations into your own hands and use whatever position you have in society to effectively stop child abuse. Reports of child abuse or neglect are kept confidential. Talk to the proper authorities if you see children who: have bruises and welts, black eyes, burns or who have frequent injuries; cannot hold a pencil, do not want to sit down or complain; wear long sleeves in hot weather or are reluctant to change clothes; have a poor self-concept, are listless with no desire to excel; are manipulative and distrustful or lack expression of joy, anger or pain; are fearful of or are too eager to please adults; appear malnourished or deprived of needed medical or dental attention; dress inappropriately for weather or wear torn and dirty clothing, or; are dirty and smell offensive. Those most likely to be abused are handicapped and/or retarded children, those unwanted and those who seem stubborn, demanding or inquisitive.

Identify irresponsible adults in your community who may be mistreating their children. Adults need help if they: were themselves abused as children; seem immature, impulsive or easily frustrated; have family problems like unemployment, drug or alcohol abuse, divorce, death or illness; have unreasonable expectations of a child or give unreasonable explanations for an injury to the child (e.g., like blaming the injury on a third party), or; are reluctant to seek medical attention for the child or to take the child to the same doctor. Those who sexually abuse children are very sick. They need help as of yesterday. If you know of or suspect anyone of such a crime do not take it lightly. Get this person help by medical, psychological or legal means. Do not stand idly by and let him victimize innocent children.

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To help stop child-molestation in your community (a) investigate what services and agencies are available in your community which deal with the problem of sexual assaults on children; (b) decide what is to be done to solve the problem in your area (what you must do and what your community must do); and (c) act — do something about it.

Find support from others in your locale. Try to become involved with such programs as "Safe-Haven" and "Neighborhoods on Watch" — programs which combine the efforts of the community and police. Set up safety areas for children to go when in trouble, places to call for assistance, and adult patrols for neighborhoods and schools.

The best crime prevention strategy is when neighbors band together to look out for each other. When neighborhoods tighten up crime goes down. Neighbors keep an eye out for trouble and report suspicious activity to each other. They record descriptions of strangers and their cars and report potential traffic and other hazards to the proper authorities. Many schools have after school programs with volunteer parents and senior citizens involved in protecting children of working parents. Some even call parents of absent children to check that their kids are somewhere safe.

Parents, grandparents and other concerned adult volunteers act as block patrols to observe and report the goings-on in the neighborhood during the hours children travel to and from school. Patrollers prevent many tragedies from occurring. Like outspoken Guardian Angels they increase the security of their neighborhoods and their children by displaying their investment in both. Observant block patrollers have also provided many of the clues that have helped to resolve many unsolved cases of missing children. They have helped to discover many of those on America's "most wanted" list too.

Organizing a Neighborhood Watch or Block Patrol program does not require special skills or alot of time. First contact your local law enforcement and invite your neighbors to discuss the crime in your area. The police or sheriff's department will send an officer to the meeting to offer tips on how to combat the problems in your neighborhood. Some neighbors form block clubs that meet regularly to discuss community issues and security deficiencies. At their meetings they exchange work and vacation schedules, home and business telephone numbers and addresses. They also select several individuals who are at home during the day to be responsive to neighborhood activities. Everyone arranges to watch each other's homes and property. They also promise to be on the lookout for suspicious activities and people like those associates with drugs and other organized crimes.

Many public and private institutions now are considering the introduction of personal protection as part of their curriculum in education. Many organizations have already developed non-alarmist and practical ways of transmitting safety information to children; of helping them learn to use their size, speed and environment to their advantage; and, of helping them recover if an assault occurs. Talk with nearby martial arts schools in your locale about realistic and effective programs and classes specifically for children. A program should introduce mental attitudes and verbal defenses as well as physical ones.

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In conclusion, because children are vulnerable they are victimized. Part of the reason they are is due to the negligence of adults to educating children on issues of sexual assault.

To inform children about safety strategies we have to first see life from their viewpoint and accept their reality. From this perspective we help them learn ways to deal with fear, solve problems and react appropriately to perceived realities. We in essence teach them how to think for, trust in and respect themselves.

Most important is to spend time and energy with your child to establish a trustful and open relationship. This way, when new problems and uncertainty about dangerous situations come up they may be worked out together between the child and parents. The result is not only a safer environment for the child but also a close and loving relationship which lasts a lifetime.

Chapter Six

Juveniles

Delinquency has plagued our society providing America with an appalling history of drug addiction, teen suicide, drunken and reckless driving and unwanted pregnancies. Statistics on child prostitutes and runaways are staggering. Drugs are in epidemic proportions and street gangs are increasing in number each year. Hate crimes and racism in violence is on the rise. In most major cities the neighborhoods are becoming battlegrounds for drug wars, sex offenses and violent crimes. A great majority of these crimes are being committed by youths. Kids today are killing other kids, their bosses and teachers, and even their parents. For some time now children have been murdering, taking hostages and using their age as their license to kill. They have come to expect immunity from prosecution for their crimes. Juveniles are now making citizens feel threatened every time they leave their houses. Many are fearful of the very neighborhood in which they live. Violence is not only a metropolitan problem. It now infests small towns throughout the country too. People are virtually beginning to feel like prisoners in their own home no matter where they live.

Putative causes of teenage violence

Crime is not a disease. It is a perpetuation of illegal, harmful and violent acts committed by human beings against fellow men and women. Many psychologists, sociologists and criminologists are fighting crime with a faulty perspective of the problem. Some are blaming lack of police protection, overburdened criminal justice systems and permissiveness of violent television programming. Others say poverty, unemployment and easy access to guns and drugs are to blame. Yet many others are quick to assume that genetics are instrumental in determining aggressive tendencies in youths. It is true that all these factors contribute to the problems associated with teens but they are not the fundamental cause for their destruction of our society.

It can be important to recognize that physiological factors may be involved in the manifestation of irritability and aggression. Research indicates that certain areas deep within the human brain are indeed centers of aggression. This neural system that governs aggressive behavior can also be altered by the health and chemical balance of an individual. For example, studies have shown that changes in hormone levels from premenstrual periods in women and higher levels of testosterone in men can alter moods and place some young adults more at risk than others to environments that stress their control mechanisms. People also differ in their responses to drugs, alcohol and other chemicals they may ingest. Some health conditions such as hypoglycemia or food allergies and vitamin deficiencies can alter metabolic functions in the body affecting mental and emotional self-control. The sciences are continually learning about the relevance of such physical factors to criminal behavior patterns. However, they are not the primary cause of our national violence.

While certain areas of the brain can be stimulated with electricity to produce aggressive behavior in humans it is not yet understood what underlying factors stimulate aggressive responses. Sure enough, the fear of becoming a crime victim is fostered in the same homes as the love of violence in television and mass media entertainment. Quite possibly, violence is a conditional response to socially acceptable learning experiences and information. However television censorship will not solve the problem with kids killing other kids.

Neither will gun control. Many violent crimes do not involve guns or automatic weapons. Delinquents have been arrested for assaults with their fists, baseball bats, chains and knives to mention a few. Eliminating guns and the rights of American citizens to bear arms will not greatly reduce the impact of these crimes.

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It might even have an adverse effect on the public. The truth is that strict gun control laws would force many to obtain various deadly weapons illegally to protect themselves. Organized crime and unscrupulous dealers of firearms are already catering to these illicit demands. If it were against the law to have a gun then only criminals would have them.

Poverty, gangs and drugs

Poverty cannot be to blame for criminal behavior because crime now plagues rural and suburban areas as well as the inner-city. Bad kids do not become good kids simply by giving them jobs or moving them out of risky neighborhoods. Dishonesty and violence is growing in middle and upper-class families, businesses and schools too. Also, the vast majority of individuals living in poverty are not violent criminals. Ghettos merely concentrate and aggravate the social conditions that manifest criminal behavior in some individuals.

Vicious crimes occur in all classes rich or poor. It is more prevalent in ghettos however because the poor carry the highest rate of illiteracy and unemployment. They also have the highest concentration of single parent households. Family structure is greatly fragmented in poverty stricken areas where most often there is no father figure for growing boys and girls to look up to and emulate. Street toughs are the only models they have to follow.

Gangs provide under-privileged kids with a social identity and sense of affiliation. They give adolescents something they cannot often get at home — a feeling of belonging to a family. Gangs practice rituals and provide forlorn youths with discipline through cult-like religious services. They give members a distinct purpose in life by offering specific opponents to contend with. They wage wars to fight for a cause. Through violence kids are given the challenge to live. By facing death they are made to feel alive.

There are the “wannabees” (recruited into gangs because they are not sure what else to do), and the “gonnabees” (who are the hard-core violent criminals). They range in age from around ten to fourteen years old and up. The signs of their invasion can be as subtle as red and blue graffiti on walls or storefronts, and as explosive as gunshots outside a rock cocaine fortress. Gangs are taking root in all the major city suburbs with scouts spreading to smaller districts like wildfire to lure youths to the promise of excitement and “easy money”

It is kind of hard to convince a kid that he should be working hard for minimum wages after he sees a gang member making a couple of thousand dollars a week and sometimes more. The potential for making enough money in a few months to buy exotic sport cars, expensive clothes and cellular telephones is too hard for many poor youths to resist. Those with nothing will take any chance to advance along the same lines after seeing how easy it is to make grand sums of money selling drugs.

It is a financial thing. Most kids do not have the money to buy drugs. Gangs provide the way through criminal activity and selling dope. The huge profits from sales have undoubtedly brought in a lot of kids who would otherwise not be involved with gangs. If everyone on the block is in a gang peer pressure says they should join too.

Essentially kids do drugs for the same reason. Most get “high” and “party” with chemicals because it is the “trendy” thing to do. Drugs are taken to gain social confidence, to initiate sex, to overcome fatigue, to numb pain and to reduce appetite. Altering the mind and emotions anesthetizes the pain of growing up.

Gangs bring youths in touch with drugs of all kinds. Eventually kids are led to the source of the drug supply and later inaugurated into a life with organized crime. Some just get in for a few years and get out. More often however, the character of those affiliated with street gangs is tarnished for life. The ones who do leave usually go on to become more or less permanent burdens upon society. Those who are punished and serve prison time just repeat themselves when they get back to the streets. Some “gang-bangers” just cannot change their criminal habits and attitudes after years of education and development in street-survival skills.

Criminally-minded culture

When youngsters say "NO" to marijuana or cocaine they say "no" to a whole drug culture. No longer is drug abuse limited to lower class environments. Consumption now spans all social classes and is growing more within middle America from the coasts.

Drugs have become a national epidemic. Abuse is higher in this country than anywhere else in the world. Drug use by children is at alarming levels. Kids are now using drugs at younger ages (with the 4 to 12 age group being the most susceptible to being influenced by experimentation with older siblings and peers).

Solutions to all problems are with drugs from aspirin to pot. They provide the quickest route to escape from high stress jobs and interpersonal relationships. Many adults who grew up with the drug culture of the sixties still believe drugs are not bad.

More taxpayer dollars were spent on fighting the drug problem than was spent combatting any other crime. Drug trafficking in this country is a billion dollar business. Drug dealers now make as much as car dealers.

Yet drug addiction is not at the heart of the problem of crime in America. Vast numbers of Americans are involved in illicit and illegal activities and do not even consider their actions to be acts of criminal behavior. Nor do everyday citizens realize that they are part of the crime problem. They are the ones who are willing to look the other way when wrongdoing is going on. They either cover up for their friends or associates in organized crimes, or they patronize the drug culture's corruptive services of gambling, loansharking, prostitution, protection and gun smuggling. In such crimes *both* buyers and sellers are criminals.

Since consumers go out of their way to find drugs, most who sell drugs believe that if they did not produce the drugs someone else would. As long as the demand exists there will be the supply. Is it no wonder that kids today are growing up thinking that "crime pays"? It is shocking to realize how many "good" people there are who will commit crimes and do drugs.

This chapter is aimed at educating and then deterring many of those who might not yet be realizing that they are nurturing the juvenile problems facing all of us today.

Many Americans are unaware that *they are the problem* with crime. Most people will wave their integrity in front of others but few obey laws when nobody is looking. "Good" people are breaking our traffic ordinances, stealing items from work, commit adultery, beating their children or wives and disrespecting the police. Then they tell "white lies" to cover everything up. Many people have modified the "golden rule" and now follow a deviated code of conduct. They believe that "those with the gold make the rules". Their creed reads, "do unto others *before* they do unto you".

Social injustice

It is confusing for teenagers to grow up in a society where it is difficult for anyone to understand how the under-privileged and poverty-stricken can end up in prison for the same act that sons of millionaires and movie stars get their hands slapped for. A petty theft or small burglary nets a poor person an extended jail sentence while a multi-million dollar commercial fraud or tax evasion discussed at a luncheon is just "good business". Convicted criminals can only look at the "variable justice" penal system with resentment toward society.

Felons are viewing their arrest and conviction as merely an occupational hazard because overcrowded jails are now giving a "revolving door" reputation to justice. This gives kids a fairly accurate estimation that the odds of their being punished for a crime in many areas are minimal. Juveniles can now reason that if they break the law chances are they won't get caught; if they are caught they won't get prosecuted; if they are prosecuted they probably won't be convicted; even if they were convicted they wouldn't have to go to prison; and if they did it wouldn't be for long So, "why not?"

Justice fails when taxpayers seek protection under prison reforms and rehabilitating programs yet few felons and juvenile offenders really get socially acceptable rehabilitation. Many guilty of

less serious offenses are frequently thrown in with hardened criminals. By the time they get out of prison they carry with them advanced degrees in criminology. Shorter sentences have not worked either because they give rise to complaints from those who are looking for justice to be served. There is none when witnesses fear for their lives while criminals and their supporters and relatives are out on bond, parole or probation. There are complaints that criminals are freed before victims have had time enough to recover from their financial and emotional losses. Even capital punishment as it is practiced is near totally ineffective. Stays of execution based upon legal technicalities that obscure the main issue make the death sentence a useless deterrent to hideous crimes. In short, the prison reform and rehabilitation programs are not working.

CRIME CAN BE DETERRED

Crime needs to be nipped in the bud. Citizens should be told the law, told the punishment they will get if the law is broken, and be consistently punished as was proclaimed if they break the law. This certainly seems to be a more sound and reliable system of justice than the confusing and ineffective process that is now operating. Criminals need to know that their crimes will warrant specific consequences of swift, firm and substantial punishment. What other deterrent is there for a young lawbreaker who might otherwise be considered the "homeboy hero" who beat the system? Juvenile delinquents must know that dishonesty, violence and corruption will simply not be tolerated by those wielding power and authority. Rather, they will quickly be exposed and disposed of. They need to honor the fact that not only will their punishment be determined by the gravity of their offense, but that the victims of these wrongdoings will have to be remunerated with full restitution for their losses and emotional distress. Justice will only be served when it deters those who are tempted to commit a crime because the penal system maintains a track record of discovery, prosecution and swift, sure retribution. Crime is a severe problem. It is especially severe to victims. It should therefore also be severe to the criminal. For laws to have meaning they must carry predictable consequences.

A truly effective system does not propose the abolishment of crime with lots of police patrols or poverty-stricken subsidies. True justice is built upon the premise of a clearly defined system of legal procedure and fact finding destined to get to the underlying roots of crime. True justice stands on a foundation of education and reform where all levels of society are taught to accept the same standard of right and wrong behavior — to maintain foremost in their thoughts and actions respect and obedience to the law. Facts are telling us that crime by delinquents in America is determined by our social and cultural attitudes and our crime-detering legislation and institutions. Essentially when our young are allowed to think like criminals the result is obvious. They *become* criminals! Children are not born delinquents. Their rebellion stems from environmental conditioning as they grow into young adults. Tolerance of uncontrolled anger and aggression bear the bitter fruit of violence. When improper social values and attitudes are misused criminality goes on the rampage. No one is immune to its effect.

True justice might even be said to go beyond mere physical facts and mental attitudes and intentions. Our society thus far has developed inadequate systems to cope with the nature of human conflict. We have no explanations yet which get to the bottom of criminality and injustice by confronting the reasons and causes of human suffering in general. Maybe what is needed is more public acceptance of the spiritual laws that are so profoundly observed in religious practices and world peace organizations. These laws tend to be simple yet they seem to deal more directly with the natural laws and relationships of humanity.

Perhaps crime would not be so prevalent if homes, schools, churches and government officials taught *and put into practice* the law of "love your neighbor as yourself". (Maybe they already are and we have these problems because people have trouble loving themselves.) Either way incarceration is not the answer to juvenile delinquency. What is called for is the overwhelming majority of concerned citizens to commit to high moral standards of behavior and not be tempted by corruption or hypocrisy.

The truth is that the courtrooms are interspersed with crooked judges, greedy unethical lawyers, corrupt police officers and arbitrary prosecutors. A mockery of justice is being made by the practice of plea bargaining and the releasing of confessed criminals from police custody to walk our city streets without remorse. Drawn out court procedures and planned tactical delays of litigants have virtually guaranteed the delay of justice in many overloaded courtrooms. "Technicalities" and "loopholes" are causing fear-stricken citizens everywhere to retaliate by taking the law into their own hands. Many Americans are adopting an "eye for an eye"

philosophy of justice. They are arming themselves with concealed weapons and shooting down anyone who even *looks* threatening. As this social injustice grows so do the young adolescents as they watch the foundations of a peaceful and law-abiding ideal go up in smoke.

Domestic influences

Delinquency, for the most part, is predictable through behavioral observation. Temperaments tend to be more relentless, impulsive, aggressive and destructive. Attitudes are defiant, hostile, resentful and nonsubmissive to authority. Schools are uniquely situated to uncover these behavioral deviations. They are also instrumental in finding effective solutions to combat these problems. Research has shown that school-based reform programs for delinquents do not have to be expensive or complex. They do however require a commitment to the task from school officials, community leaders *and parents*.

Perhaps the biggest influence on the development of children into young adults is parents. The foundation for teen character is formed within the family unit where morals are taught and attitudes are embellished. Home is where kids are introduced to the value and respect of other living beings and their properties. If the family fails to discipline their youngsters then it becomes the almost hopeless job of the courts to try to do it. Most often by then it is too late to give juveniles the sense of their own responsibility and self-discipline. By the time teenagers get to court they are usually beyond help because their characters have already been molded to form.

Parents have the center stage in teaching juveniles about self-discipline, respect for others and obedience to the law. They are ideally in the right position to put the law into the hearts and minds of their children from an early age. They also have the potential to *make the laws apply to their children* for life. Unfortunately, many parents are failing this responsibility to their children. They either cannot or are unwilling to care for and train their children in love. Many were themselves raised under adverse conditions and therefore do not set rigid examples in living with self-discipline. Since they do not know how to combine love with discipline, their kids never get the opportunity to find out what discipline is, either.

Some parents simply are not available because divorce, desertion or other separations have intervened. Others do not conceive it is their job to deal with the problems of their children. They make it the responsibility of their spouse or the public school system to raise their kids. Yet others are misled by false child psychology and excuse retaliatory behavior in their children because they think discipline will damage their "creative" abilities. These parents blind themselves to the telltale signs of delinquency, and make excuses for their failure as parents or blame society for their troubles. More frequently parents are too busy with other interests, activities or pleasures. They do not care what the children do as long as they are "out of their hair". These parents try to express love or buy the love of their kids through overindulgence and gifts to make up for their lack of parental guidance and concern. What all this boils down to is these children grow up becoming obnoxious and undisciplined "brats" who are emotionally unstable, defiant and destructive.

Many parents turn their backs on responsibilities to their children. Most delinquents come from homes with little affection, stability, morality, or understanding of parent-child relationships. Parents sometimes expose their kids to criminal behaviors by their own permissive attitudes and actions. They feed them a steady diet of television violence and show overall disrespect for such as police, government officials and the law. Some blatantly break the law in front of their kids through violent behavior or drug abuse. Schools have reported, for example, that it is not uncommon for parents to do drugs *with* their kids. In some of these cases the children have taken advice from teachers and actively reported their parents to authorities so that they will get help for their addictions.

ADVICE TO TEENS

Among teenagers the idea that parents do not understand is common. Too often kids turn to friends and even to strangers for answers to life's complicated matters. Unfortunately, what they experience is often a tragedy. After listening to even one such experience from someone who thought a disaster could never happen to them many a young lady or man is more likely to trust more parents and teachers. Bridging the gap takes time, effort, compassion, understanding and love on both parts, however.

Teenagers... you want recognition as a person and as an adult human being. To get this recognition you must also accept the responsibility that goes with it. Exercise this responsibility by listening to and following the advice of those who learned before you and who care about you. Accepting your responsibility to learn from others is your best weapon in the art of self-defense.

If a stranger or even someone you know makes improper physical advances or suggests an act which you feel is wrong, do not keep it to yourself. Confiding does not make you a "coward", "snitch", or "fink". If the person is a stranger, remember what he looks like and have your parents call the police. Chances are he will approach the next young person and the next until he gets what he wants. You may be saving a life. You could be saving your own life.

Use common sense on blind dates. Make sure your friends can vouch for the character of your date. Try to double date and stick together — do not split up.

When you go out on those first few dates with someone you don't know well, at least make sure you know what the atmosphere will be like at each stop you are to make that evening. Once the entertainment plan is sketched, stick to it. Do not allow yourself to be pulled away to some unexpected place.

Beware of those isolated areas for moonlighting and star-gazing, they are also good for rape and murder. It may not even be your date who is the aggressor at these desolate spots. He too may become a victim even if he is a strong star football player. It is quite possible for him to be mugged, hit on the head by surprise or overpowered by a gang.

If you must drink, decide before you go out how much you will drink and do not go beyond that limit. Determine your limit by factors in your present circumstance such as who you are with and where you will be going. Use common sense about drugs and *do not drink if you drive*.

If you are at a party and it begins to get out of hand either in the spirit of the partygoers or the "spices" of the party, then collect your belongings and call it an evening. Get out as soon as possible. If you don't you could be seriously hurt or wind up in jail.

If you are offered employment by someone, don't jump at it just because it sounds good. Beware of jobs promising quick cash and large amounts of money — especially modeling or delivery jobs. Do not answer ads requiring you to report to a hotel room. Let your parents check out the job offer first. Even something as small as a babysitting job could turn out to be the biggest mistake of your life — and death!

If you babysit, do not advertise your services in laundromats or apartments or other public places. This gives your name and phone number to any crazy maniac who wants to call you. Beware of those ads and notices also that advertise the need for babysitters. Trust your parents to investigate these openings before you lay your life on the line.

Promote better communication in the family by practicing courtesy and consideration to others at home. If you expect parents to listen you must be willing to talk with them not argue with them. Do not be afraid to share your feelings and ideas with parents. However, remember that exercising the right to criticize family, school or government includes the responsibility to suggest how practical improvements can be made in their authority.

Parents are accountable for their kids so live up to their confidence in you. Respect their needs and the reasons for their decisions even if they seem unreasonable. Understand that they are affected by pressures and problems of everyday living just like you. Try to cheer them up when you think they need a lift. Parents need assurance too. Let them know you care and love them.

It is a fact that parents are saying one thing and doing another and setting poor examples for their kids to follow. Evidence suggests that this is the biggest obstacle in the reform of juvenile delinquents for a crime-free society. Kids tend to imitate both good and bad behaviors depending upon what they are exposed to. Vicarious violence and parental contempt for authority and law creates firm images of character in the pliable minds of kids. If this is allowed to continue children too grow to resent authority and law. In time they begin to associate criminal behavior with fun, excitement, friends and money. If lawbreakers are the neighborhood "heroes" then association with gang activity can be so deeply entrenched that hatred becomes practically a permanent part of their personality.

All too often parents have found themselves unable or unwilling to deal properly with their childrearing responsibilities to help their children cope with the problems of adolescence. Sometimes these parents were themselves raised by permissive parents or parents who oscillated between lax and harsh extremes in discipline. To avoid making the same mistakes as their parents or to make up for what they missed in their own childhood, parents sometimes make another mistake. They allow stress to interfere with their reactions to their children's behavioral problems. Many parents consequently brace themselves for the onslaught of adolescence with a conviction that it is bound to be a long hard struggle. The first time their child steps out of line they are quick to over-react and lose confidence in the youngster. They withdraw trust and punish severely. Single parents (mostly women), because they are over-burdened with stress, are the biggest offenders with children in this area. Other often overlooked causes of over-disciplining which can lead to juvenile problems exist with religious fanatics or satanic cult members who take discipline to unwarranted extremes. In many cases the home or religious center becomes the most dangerous place for children to be. No wonder so many kids seek refuge away from home as runaways. Too many parents think that merely because their children belong to them they can do whatever they want to them.

Then there are other parents who allow themselves to be walked on, told what to do, threatened with bodily harm or the suicide of their pugnacious and belligerent teenager. These are the parents of juvenile drug addicts and delinquents. They live in fear and despair and are unable or unwilling to control their adolescent because they are afraid. They find it useless to argue because they are never allowed to say "no" to their teenager. As a result they continue to support the activity of their child because they cannot find the strength to stop it. Through alcoholism or busy work schedules these parents find their own escapes and dream of the day they may once again live in peace. Some believe that if they just "hang on" a little longer the delinquent child "will grow out of it" and leave home altogether. Many are satisfied to believe that it is only a matter of time before the self-destructive habits make society deal with the problem instead of the parents. Their only hope is that their child is not killed before arrested.

In cases like this parents (and other relatives who support the negative behavior in delinquents) have to put their foot down and stop playing the role of "the rescuer". Bailing teenagers out of trouble does more harm than good because nobody will live in peace until the delinquents learn to suffer the consequences for their own actions. These parents must realize that they must let go of their overprotective tendencies and allow their child to pay the price for their misdeeds. When it comes down to the bare wire the parents of disruptive kids must "put their foot down", "take the upper hand", "lay down the law", and, "lower the boom" if the rules are not obeyed. The kids should "shape up or ship out" and be admitted involuntarily to a state institution or rehabilitation program if they do not comply immediately upon demand. Meanwhile, parents should monitor their kids by watching for any signs of gang involvement or symptoms of drug abuse. If anything is suspected treatment should be sought immediately.

Violence is a measure of the rising lack of respect and concern people have for one another today. Crime is perpetuated by all those who reject responsibility to society to be accountable for their actions. Whatever parents' reasons are they are basically the same regardless of their social class. If there seems to be a lack of guidance and support in the home the kids are simply to seek their solutions on the street. Those who do not become actual delinquents or hardened criminals still eventually wind up breaking other laws. Even so-called "normal" kids deface the moral

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character of this country by their participation in "victimless" crimes like drugs and prostitution and by their patronage of white-collar corruption.

Domestic Solutions

Most boys and girls begin adolescence between the age of 10 to 14 years old and continue through their teen years until they reach between the ages of 19 to 21. Adults generally view adolescence as a period of friction, change and problems. Many teens will agree. For them it is a time of concern about acne, weight, menstruation, early or late physical development, sexual arousal, school pressures, boredom, parental hassles, peer pressures and money problems. Feelings are confusing — especially as it relates to authority. Teens fight for independence yet fear too much freedom. While needing and wanting parental attention they resent being overprotected.

It is a challenge for parents to keep a balanced perspective on their teenager's emotional roller-coaster between childhood and adulthood. While their children bounce back and forth alternating between testing authority and dependency parents often do not know what to expect. They must maintain discipline yet understand their teen's growing need for independence. During this trying time parents want to help their kids get through their teenage years. The phrase, "action speaks louder than words" is particularly appropriate where parental influence is concerned.

Home is where the moral fiber of young people is woven. From their comprehensive beginning children have the potential to learn that it is their responsibility and duty to protect the life and belongings of others. Honesty and integrity can be learned at home with parent's attention to the personal growth and character development of their adolescents. Therefore, delinquency reform is rooted in parental guidance in teaching youths about discipline and self-control, and introducing to them ways of coping with the circumstances surrounding their lives.

Family stability is essential if crime by adolescents is to be halted. Habits are associated by mimicking adult models of good behavior. By following examples set by parents kids are taught to recognize, resist and overcome their emotional feelings of instability, defiance and the destructiveness in their character. What counts most in raising teens to be law-abiding citizens is not so much family income but parental values. Parents must incorporate right values and compassion with firm but fair discipline.

Parents can accept their children without having to accept all their ideas and behaviors. They must allow their kids some leeway to make mistakes on their own yet at the same time be ready and available to intervene if help is needed or requested. Although adolescents are capable of handling certain privileges and responsibilities they do nevertheless need guidance and supervision. Kids want the security of knowing where their parents stand and what is expected of them whether they say so or not. Parents should help their kids by setting limits on their freedom and behavior.

Parents can respect adolescents' desire for individuality and independence without losing their respected authority. To communicate, parents have to listen first and acknowledge the perspectives of children even if they are alarming. After that, adult viewpoints can be expressed calmly and honestly with the understanding that mutual love and respect can exist between parents and their kids even though points of view might differ from one another. This encourages a positive self-esteem in children and maintains teen respect for parents even though they may be rejecting some of their ideas.

Deciding with (and not for) teenagers what limits they will have and policies they will follow will elicit more reasonable attitudes towards discipline on both sides. Moderate and selective guidance is one of the best ways to prevent any breakdown of communication. It is challenging for parents to be firm about important issues while being flexible enough to bend with changing times. It may be difficult to listen calmly when there may be a difference of opinion or issue at stake. It is, however, important for parents to avoid making quick judgements and to develop a courteous tone of voice when speaking with their children. Too often parents tend to focus on

poor performance and behavior. Instead they should make the effort to say nice things and have a positive outlook on solutions of debatable topics.

Respect brings respect. Nobody likes to confide in someone who is critical of their behavior. Parents must put themselves in their teenager's place and be sensitive to the feelings involved with their side. They should also give their undivided attention when it is warranted by adolescents. Rather than make speeches parents should be brief when giving advice. They should not be preaching when a give-and-take discussion is wanted. Opinions should not be forced upon kids. They will usually be respected if they are honest suggestions. Teens are apt to follow parents' guidance — unless they just have to find out for themselves the hard way.

Sound child-rearing is not merely punishment or dealing with childhood infractions. Communication is essential. It is true that parents who appear confused about firmness and discipline are not respected. Parents who are inconsistent or who disagree with each other about punishments are perceived as weak and divided. However it is only natural for kids to test their parents' authority. By asserting themselves against parents they test their own level of competence and manipulative abilities.

Parents should attempt to influence their children without trying to force them into preconceived molds of perfection. Kids may be "testy" at times with their actions or by merely expressing their views and philosophies in conversation. Just because their ideas are different from their parents does not necessarily mean that they feel certain about them. Belittling, humiliating or laughing at youngsters who express their concepts and emotions is destructive to the self-esteem they want so badly to build. Closing the door on any subject or problem they bring up can cause definite wounds in the parent-child relationship by damaging childrens' trust in communicating with parents.

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We must conclude that America is addressing the effects of crime rather than the cause. The primary cause of juvenile delinquency is the willingness of this country to allow children to develop unsocial attitudes and think criminal thoughts. It is our failure as a nation to grasp right values and appropriate behavior. Parents who fail to express love and discipline are fostering delinquency in their children.

We are condemning crime in the streets but not in our own backyards. When it comes to drugs we all live in the same neighborhood. Our fight should be like a war against drugs and intervention must begin at home. Kids must be made to feel loved and to take pride in their environment. This is done through community watch programs and compassionate discipline from parents. With the efforts of concerned parents, teachers and law enforcement we move closer to a safer and more drug-free society. With consistent involvement in the welfare of our children through education, discipline and love we can make the difference in our future and in our children's future.

The Unity of Calm and Action

Just as tops spinning violently and rapidly become steady, the most rapid movement results in calm.

Like the eye of the typhoon which is always peaceful, inner calm results in great strength of action.

Only when we keep one point and unify our mind and body can we find spare time even when busy. Keep a calm mind and you will be able to perform to the best of your ability even in an emergency or when facing important tasks.

by Koichi Tohei

Chapter Seven

Women

There is no "typical" victim. Any woman can be the victim of rape, no matter what her background, physical appearance, social status or occupation. (Men can too for that matter. Many calls to crisis centers are now male victims.) About one in every three women in this country will be confronted by a rapist at some point in her life. Sometimes the rapist chooses any woman who is available or vulnerable to his aggression. Other times it is an acquaintance or lover. On occasion the victim is a wife or daughter. [Family violence in this country occurs for more often than most people realize. Actually any woman who maintains an intimate relationship with a man (i.e., husband, ex-husband, boyfriend or lover) has the potential of being raped or assaulted. "Battering" and "abuse" in the home do not infer normal conflict and stress which occur in all close relationships, but rather to the violence that can cause serious injury and death.]

A rapist will look for an easy victim. He wants someone who is vulnerable. Those who are handicapped, physically disabled and mentally retarded are frequently chosen because they are less able to defend themselves. Older women are more likely to be assaulted by a stranger. Younger women too are attacked by strangers but more often are victims of casual acquaintances.

Though a few men are looking for a fight or struggle most choose an easy target to reassert their sense of power, control and conquest of the woman. These men rape to build their egos. They are on power trips and rarely are looking for resistance. Rape then becomes the release for feelings of inadequacy, lack of power and rejection. It demonstrates the common notions of masculinity, proving to the rapist that he has the desired male qualities of power and aggression. From a social point of view rapists believe that to be aggressive is to be masculine. Men are "supposed" to be aggressive. Rape is an aggressive act, therefore it must be masculine.

The suppression of females is sanctioned by our society in that from their earliest years, girls are taught to be passive and submissive. Their inability to say no or to express anger is part of their conditioning as women. They learn to suppress their impulse to act. Most women do not know how strong they are because they do not test their strength as many men do. While femininity is equated with submissiveness, passivity and weakness, boys are taught to become strong. (Boys are encouraged to play football. Masculinity is thought to concern the physical and the utilization of strength.) Girls are taught never to fight. Boys are encouraged to do so. Women are taught to suppress their sexual needs and desires — not to desire but to be desired. Men are taught to experience and express their desire.

Men who rape impulsively tend to feel frustrated and angry. Sometimes they are angry at the world but more often they are particularly angry at women. They use rape in revenge toward women who reject them or to strike out at those whose lifestyles are offensive. Men of lower classes, for example, rape women of higher classes because to them the forbidden fruit of the socio-economic ladder invites conquest.

Generally, rape occurs because society accepts and supports male autonomy. It is both a cause and effect of stereotyped roles, and of the unequal power relations between men and women. No social class is exempt.

"Is rape a reaction from men towards female equality?"

Yes and no. While the women's movement seeks to break down stereotypes and solve problems in the long run, in the short run the insecurities of some men fighting to hold on to traditional roles and values can cause them to react violently.

Rape is a product of both men's and women's inability to deal with stigmas placed on their genders by society. Our society approves and even promotes the sexual objectification of women. Presently violence in the movies, on television and in the newspapers is familiar and accepted social activity. The sexist ideology of our culture sets standards of what masculinity and femininity are to be. These standards can create either feelings of inadequacy in some men, or superiority in others. They can encourage women to accept oppression and to passively submit to men who they believe have power over them.

Adhering to these stereotyped notions of sexuality during the present shift toward equality for women further affects individuals of both sexes. A woman's desire to be more independent creates a backlash from many males. Men who feel insecure may indeed strike back either in an effort to keep women oppressed, or to cover up their own threatened pride. Women who have a low sense of self-worth often feel that they cannot expect to be or cannot insist on being treated as equals by their mates or by males in general. Out of guilt, they may take full responsibility for the offensive acts of men towards them.

"What in a man and a woman's personality can make them prone to rape?"

(The following is written for the purpose not of justifying rape, but to help many women to realize what they can do to minimize their chances of becoming the target of rape.)

If a girl is molested or raped at an early age or in adolescence, she often feels herself to be the conquered property of the rapist or the male sex. Self-hate often develops from an early incident, from physical or verbal attacks, or from the atmosphere of a broken home. Whatever the reason, she may then rebel against her parents and seek answers in the streets. This could increase her likelihood of becoming a victim again. It usually follows that the kind of person one is around is an indication of the type of person one sees oneself to be. So, if a young girl sees herself as "bad", she will hang around with bad people.

A woman who has been abused over a long period of time is afraid and apt to develop doubts about herself. Along with her feelings of being a failure she may feel powerless and trapped with no way of controlling her life. Also indicative of this is self-hatred and the tendency of women to accept full responsibility for men's actions toward them as well as for their own actions. They accept the idea that "boys will be boys" and that it is their own fault if they are raped. This attitude prevails in instances where little violence occurs — as where the woman is raped by a friend or acquaintance.

Women who have taken blame for their abusive past tend to seek responsibility over their destiny with men. Those oppressed by our male-oriented society tend to believe men owe them something for what was taken from them earlier in life. Having served as the objects of men they feel as loss of power in their lives. Women like this feel the need to dominate their relationships with men in order to regain their lost sense of security. They hate themselves and use sexuality to confirm their deep-seated beliefs that they are both undesirable and unworthy of relationships outside of the sexual arena. For whom this holds true the complimentary belief is confirmed that "all men are alike" and seek only what women have in common. Consequently they use sexuality and the supportive actions of men to appease their own burning wrath and revengeful desires toward men. Since most of these women were physically abused as children they use their body as their weapon in the attempt to prove their power over men.

Those whom women choose are often men who reveal their needs and desires for sex. Commonly these women find men who are "easy" to relate to. Often they are the ones with the same characteristics of previous perpetrators in childhood. For instance, some women molested earlier by their fathers or stepfathers seek men who are substantially older or protective. Some, having been made responsible for the emotional temperament of their perpetrators, seek men who are emotionally sensitive or dependent. Sometimes men of low income and social status are chosen because of their stereotypes of vulnerability and susceptibility to female manipulation. (Usually these men have no means of asserting their sexuality other than through aggressive behavior or the personal sharing of emotions and compassionate understanding.) Likely targets for abused

women are those offering some form of financial or emotional support. Traditionally, the tendency of women has been to look for men with the ideal characteristics of "Prince Charming" (i.e., assuming a protective, condescending and providing role toward the female). The "Cinderella Complex" is the label used to describe females who suppress their own mental creativity because of a psychological dependency on males to be taken care of by them.

Another common denominator of these women is their "modus operandi". Most had violent parents or were deceived by men under the mask of kindness. Therefore their retaliation manifests in some way through violence or seduction. Some play upon the strengths and attributes of men to find their deficiencies and weaknesses. Once they confirm the common notion that "men are not good enough" they want to terminate the relationship. After attacking in men what these women desire most in themselves (i.e., confidence and integrity), they feel "too close" and flee from the threat of intimacy or congeniality that many of the men propose. Actually they "feel smothered" by their own guilt and want to escape. Resultingly, many men rape in retaliation in a hopeless effort to regain a lost value stolen by these female "victims".

Relentlessly "women who love men who hate women" seek unsuspecting men in an effort to come to terms with their needs to rectify their own past victimization. By internalizing the exact conditions of the abuse and using them for reference these women deliberate new male relationships. Ultimately the only way these indignant females can share how they feel with the man they love is to show them what it feels like to be used the way they were. When the conditions of abuse cannot be accommodated by the men, or cannot somehow be dealt with by the women, both suffer. The scene becomes a standoff between the sexes to "conquer or be conquered". It becomes a "no win" situation for men who realize that by making a sincere effort to express their needs they not only leave the women feeling less "feminine" but also may depict themselves as less "masculine". Men who sense this sometimes feel no alternative other than to fight back.

It must be noted here that women who are "asking for it" are really victims of their own self-denial. Never believing they were "good enough" as children these women, who were rejected by neglectful homes and parents, therefore reject the love of others. To these women rejection symbolizes a "coming to terms" with their own rejection of love for themselves. Even women who are battered and raped by those whom they "love" look upon their attackers condescendingly. By blaming a man for their misery and disgrace they are able to bequeath their responsibility for being inadequate. By placing the blame on their attackers they can exercise their own sense of power by condemning the men and denying having any responsibility for their assaults.

Men who have been consistently abused by women are easily made to feel out of control under their submissiveness to those who dominate them. Those taken for granted too many times and then blamed for their own victimization often become stressed. Hence, their ability to rationalize becomes weakened. Like women abused as children, these men tend to assume responsibility for their losses and feel to blame for their own mistreatment. Like the women, many eventually become overwhelmed with hurt and resentment. They also feel the same growing need to regain control of their shattered lives.

Men like this develop an extremely low self esteem. Justifiably, it is because they have either been deprived of the chance to establish a positive self-image; or, they were robbed of this opportunity a number of times by women. Fearing that they might never be "good enough" to satisfy women, some men isolate themselves from females altogether. Those who do not tend to become overbearing and unfair to women. These men overcompensate for personal inadequacies by developing unyielding characteristics and they tend to operate toward women only under selfish terms and conditions. In essence, they attempt to protect themselves from further victimization by denying women any chance whatsoever of asserting their own independence or of assuming their own risks in negotiating their relationship with the men.

Abused men feel ashamed and hate themselves for wanting and needing to become involved with women in the first place. Assaults, or even rejection by women, serves only to confirm this loneliness. Instead of working through their problems with women, some men think it better to evade them. Rather than confront their shortcomings and incompetence, many men decide to

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cover them up. To rectify the problem, these men allocate their own opportunities to assert their masculine ideals by seizing from women their power to reciprocate by their own free will. Of course, these women are compensated for their loss of incentives and rewards for participating — however this remuneration usually exists only in the demented minds of the revengeful males.

Why don't battered wives seek help?

Abusers of women were often either abused themselves as children or saw their mothers abused. Battered wives most likely grew up under similar circumstances. Wife abusers tend to be filled with tension, anger, resentment and suspicion. At home these feelings can be expressed in private without repercussion. All too often men get away without penalty for beating and raping their wives. Some women who have intercourse with their husbands by force do not leave them because of economic, social and psychological reasons. Some stay because they feel it is their duty to stand by their husbands no matter what. These women give up their right to say “no” and often do not even realize it is rape. Many are unable to see how oppressed they are until they get away for awhile or talk it over with a friend or counselor.

It is understandable that, in settings often dominated by men, a violated woman may believe that she was either not raped at all or that she caused it to occur. There are cases in which women are so oppressed by society that they will not resist. They just live with its happening again and again. Nevertheless, they feel guilt because from an early age they are taught that sex is bad, therefore their participation in the act labels them as bad girls even though they were forced into it. This is why many women do not report an incident of rape — they don't want to be stigmatized by others too.

Women are sometimes slow to learn that it may be their own feelings of fear, guilt and shame which put them in a physically abusive relationship. Some wonder if they are justified in fearing for their life or calling themselves “battered”. They may feel guilty for their husband's violence even though they have done nothing wrong. The fact is that some place shame and blame on themselves even though their actions have nothing to do with the behavior of their husbands. Often women accept traditional male authority and sleep with their drunken and abusive husbands because they are afraid they might be accused of being hostile, domineering and masculine. Some have religious convictions that divorce is wrong and that it is their responsibility to keep the marriage together no matter what the cost. They believe that if they continue to love their husbands that some day he might change.

Sometimes women stay because they lack somewhere else to go for shelter and advice. Some have children to think about. Children need a father so wives feel if their husbands are arrested they might not be able to survive alone. Many women feel isolated with no outside job and few friends. Along with the emotional dependence women may feel unable to find employment to support their children by themselves. Additionally they might feel that if they do not comply with their husband's demands they or their children may be beaten even more severely for trying to leave home.

“What do rapists look for in their victims?”

Clearly, rapists look for any signs of weakness in a woman. Vulnerabilities may lie in either the woman's environment or her personality. Rapists seek victims who appear easily intimidated, overpowered or caught off guard.

Rapists are notorious for taking advantage of unsuspecting women alone whether they are known to the victim or not. They use the element of surprise to gain control of the situation and commit their assault. This most commonly is the stereotypical rape situation where a woman is suddenly and physically attacked while walking, jogging or driving by herself. Blitz attacks of this kind may be spur-of-the-moment decisions or carefully prepared traps to catch those unsuspecting and unaware. Occasionally the surprise attack happens between acquaintances. The woman may be with the rapist without suspecting any danger (i.e., on a date or with a friend or lover) when, without warning, he becomes violent or angry.

Most rapists plan their attack. Though some attacks in the home are burglars capitalizing on an opportunity, more often the rapist breaks in with the intent to rape. Sometimes a rapist, after choosing his victim, will gain access to her home or some other secluded place by misrepresenting his intentions or pretending he is someone he is not. Women, now more than children, are particularly more likely to be attacked by strangers because they let their guard down when offered help or when assistance is requested. Though women have heard since childhood never to trust strangers they continue to let their guard down when offered help. For women who have been taught to be of service it is equally difficult for them to refuse a stranger's request for help.

Typically rapists, especially strangers, go through the process of testing potential victims. Their objective is to use small-talk to find out if the woman can be intimidated or if she exhibits her vulnerabilities. The usual testing pattern by strangers begins with an innocent remark or inquiry. The next step, whether the rapist is a stranger or an acquaintance, is at some point while talking to make an inappropriate remark to steer the conversation into an intimate and/or sexual area. Given the nature of their prior relationship the intended victim begins to feel uncomfortable and suspects something is wrong. The rapist then waits to see how she deals with that.

If the woman is acting in a way which conveys helplessness or confusion, he then follows with a clear threat to her safety, either physically or verbally. If she exhibits a generally assertive behavior, rather than either passive or aggressive, chances are she has not passed his "test". Reacting assertively to such aggressiveness cues the attacker that this particular woman is not to be easily intimidated and controlled. He will usually move away to find another woman who shows more visible signs of weakness and insecurity.

"Should a woman fight back?"

Women have long been told by police officials and sheriff's department representatives that if they fight back physically they are "asking" to get murdered. If they were to just passively submit they would "only" get raped. What they do not tell women is that less than one percent of reported rapes are homicidal. The risk of serious physical injury from a rape attack is considerably less than one in ten. Statistics show that three of every four women confronted by rapists get away without serious injury and without getting raped. Three-fourths of those women who do resist are successful. This is phenomenal considering only 20% of women approached by a rapist resist his threats.

The point here is that physical injury and death may be secondary in a rape. It is rare for a rape victim to sustain physical injuries so serious that their effects last as long as the emotional trauma which results from the incident. It seems the greatest danger in rape is that of severe and long-lasting emotional damage.

Physical resistance against rape has long been a controversial issue. Definite situations arise in which one can do nothing — in which the attacker is in total control and there is no way out — when one cannot even scream for help for fear of being beaten or killed. Fear is a valid reason to not resist. Many women also hold that they should never risk physical harm in order to resist rape. It is good advice to not resist unless you can overcome the attacker either physically or psychologically.

Before she can successfully defend herself, she must first cope with whatever feelings of fear she has of male attackers. Some women experience a fear of being struck. Others are apprehensive about unleashing their anger and possibly killing their assailant. While they should not feel compelled to fight back indiscriminately, they should be able to choose to do so without being restricted by mistaken fears about resisting. They must neither be made to feel that they must fight nor that they cannot fight. What a woman needs to know is that in a confrontation with a rapist the odds of escaping unharmed are in her favor. Each victim must decide for herself whether or not to resist. She is the one who must live with the results of her decision.

It is true that fighting back often means that the woman will increase her chances of minor physical injuries. However, regardless of the common but mistaken idea that women cannot

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handle pain, the fact remains that a woman can tolerate pain as well as a man. Repelling the possibility of serious physical injury is outside of the victim's control. Rapists who injure or kill their victims will intentionally do so regardless of his victim's intent. The woman will inevitably get hurt whether she resists or not — unless she can escape from him. Since he intends to kill her anyway she loses nothing by trying everything she can to get away. Her best choice then is to fight back with all she has got and know that whatever she does her actions will lessen her emotional trauma.

We are not talking about winning a fight or overpowering an aggressor. Instead the objective is to divert the situation in such a way that escape becomes possible. Actually, fighting back is not always the best option, but it usually is. The most effective reaction to a rape attempt is to run away.

"How can a woman fight back?"

No matter how careful, well-informed or well-trained a woman is in rape avoidance strategies, she could still be raped. It could happen no matter how prepared she is. All she can do is learn about how she can lessen her chances of becoming a victim. The basic principle underlying prevention and avoidance is that the more difficult one makes it for the rapist to attack, the less likely it is that he will. However, accomplishing that particular goal hinges upon whether or not she really believes she can do it. Women cannot defend themselves if they do not believe they have the right to do so.

Ultimately it is up to every woman to determine their own best course of action. Thousands of years of passivity and "nurturing" are hard to overcome. Women need to seek people who can help. There are organizations available that are devoted to the concerns of women. Emergency shelters for women, hotlines, women's organizations, social service agencies, community mental health centers and hospital emergency rooms are all possible sources of support. They may be used as an alternative to or in conjunction with police intervention. Good friends and relatives can also lend support and guidance.

In a violent encounter between a man and a woman, more than a physical confrontation takes place — it is a test of will. To win, the woman must be determined to keep from being raped. *The only strategy which never works in self-defense is doing nothing.* Women, if you face a rapist you are the one who must choose what to do about it. Ask yourself now, "am I willing to hurt someone else in my own defense?" and, "do I value my life enough that if I am attacked I will commit to doing whatever I must to protect myself?". If you can answer these two questions honestly and affirmatively then half of your battle is won.

Once a woman has confidence, her single most effective weapon against a sexual offender is her intuition — her ability to sense that something is wrong or dangerous. Acquaintance or "date" rape could be greatly reduced if women would listen to their intuition. One of women's biggest mistakes is in assuming the man will respect her body once she has passively declined his sexual interest in her.

Women must learn to rely on themselves. Early stages of rape incidents allow the woman choices in protection. She, better than anyone else, will know what her best chances are of getting away without being raped. By yelling at the moment she senses danger, for example, the victim gives the rapist the option to leave before a serious crime is committed. Pleading, too, has been found to work better than doing nothing. It is relatively ineffective however, when compared to other diversive options like stalling, discouraging, confusing, distracting or scaring the attacker with threats. Sixty-five percent of self-defense is non-verbal communication. Eyes convey very assertive messages of strength and determination. Body language is also important in protecting a woman's personal space.

During an actual attack women are recommended to defend themselves the best they can. As soon as possible they need to call the police and record their names and badge number of those with whom they speak. Most importantly women should seek medical attention because they might be injured more severely than they think. A woman abused at home should do the same

and take her kids with her. Additionally battered wives should have the phone number of police handy and have a reliable place to go if another beating occurs. She should also hide extra money, car keys and important documents somewhere safe so that she can get to them in a hurry.

"What if he has a weapon?"

Many women are unfamiliar with weapons and this leads to a rather mystical fear about them. They believe that resisting rapists with weapons is grounds to be injured by them. The fact is, most rapists use them for intimidation, not for maiming or killing. A rapist will often use weapons to get his victims to go with him somewhere because he does not feel safe where he is. Complying with his wishes will never guarantee a woman's safety. Many have not resisted a weapon wielding rapist, yet have had that weapon used against them anyway.

It is not the weapon which poses the most danger. It is the rapist. Focus your attention on him instead of whatever weapon he is holding. It is suggested that women make an effort however, to learn what is available about weapons and to know what can and cannot be done with them. It would be to their advantage to know what to do if the circumstances permit and the rapist is careless. A woman may find that same weapon in her possession. She is also less likely to be panic-stricken at the sight of an object she is familiar with. The initial response many women have is to freeze and mentally go blank when attacked. The basis for weapons training is familiarity with possibilities of attack situations. The more times women experience simulated attacks under supervision the better prepared they will be if it really happens to them on the streets.

Trust your intuition about a weapon the same way you would any other aspect of the situation. If a good self-defense course is available to you which concentrates on countering confrontations with weapons, it could be the most important thing you could do for yourself. Quality classes of this sort are hard to find, however, since most professionals do not teach the general public about weapons for liability reasons. Hand-to-hand training in self-defense is helpful if the classes are structured to actualize the experiences of real attack situations. The instructor must also have designed these classes with consideration for the sensitivity of the women who enroll. Martial arts can benefit women by increasing the self-confidence and general physical condition. Traditional karate and judo, however, take a long time to learn. Because they are competitive sports, much of what is taught should be confined to the classroom. Martial arts is often not applicable to real-life street situations. Assertiveness training courses can also be very helpful for talking your way out of the predicament.

Remember, knowing self-defense does not require one to use it. It is but another available option (and one of the best when no one knows you have it).

"What can a woman do if she wants to exercise her right to sexual freedom yet keep from being raped?"

While being passive, submissive, etc. makes some women more vulnerable to rape, sexual freedom may put others at a higher risk. Even in the courtroom the victim is sometimes put on trial instead of the rapist.

If you have any doubts about your date, where you are going or when you will get back, it's safer to spend an evening at home alone than to risk one which could end up in tragedy.

Be aware when you go into a bar that the men you meet have their own assumptions as to why you are there. They may try to give you more than you are bargaining for.

Although it is hard not to trust someone when you are trying to be his friend, don't trust him when he hasn't done anything trustworthy. Even when he does, use your own gut-feeling to determine just how far you will open yourself up to him.

If you do get a date that turns out to be a live wire and you get scared, then by all means get away as soon as you can. Excuse yourself to go to a phone or the restroom, slip out quickly and

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head for home. If he follows you, call a friend and arrange for help. If you do not have time, then find the police or someone else who will keep the man away from you.

Should you become involved with a stranger, be careful. Never give him all the correct details about yourself such as where you live and work or whether you are married or single. Do not accept an offer of a ride home and do not give him your telephone number.

* * * * *

To sum up: Rape is the product of the society in which we live. The sexist ideology of our culture places standards on the traits of both sexes. These standards are part of the role modeling which begins in childhood and show women to be objects of degradation.

When men accept this ideology they tend to feel either superior to women or to feel inadequate as men. Often these feelings are further evoked by the increasing sexual freedom of women. When women believe society's stereotyped notions of their sex, they tend to accept male domination or to develop a low sense of self-worth and to feel responsible for men's hostile actions toward them.

Contrary to belief, all women are potential rape victims and all men are potential rapists. Rape can happen anywhere and under any circumstances. Since there is no one cause for rape to occur there is no easy way to prevent it. Until society rejects its tolerance and acceptance of violence for resolving affairs and expressing anger, meaningful changes will not occur. Prevention starts with people changing their attitudes toward violence and women.

Women must come to understand that because rape in our society affects all of us, the solution to rape lies with the individual. To keep rape from happening to you it is best to observe and follow the suggestions given throughout this book. The preceding tips on prevention, avoidance and passive resistance will give the kinds of defense most needed to keep one from all types of attack, including rape.

Many programs are available today which help women to learn how to protect themselves more effectively. (Model Mugging courses have proven to be most effective in training women in self-defense. In only sixteen hours of class time, *any* woman can learn how to knock out an assailant within five seconds by using simple fighting techniques to vital areas of the body with full force.) These classes are being taught nationwide and have proven themselves very effective for women looking for confidence and strength.

For those who become victims and suffer the trauma of having been raped, there is help nearby. The first step to take is to admit that the rape actually occurred and that it is not the victim's fault. All people have the right to feel safe from physical harm — especially in their own home. Women (and men) who have been traumatized are not alone. Shelters, rape crisis programs and emergency hotlines are available nationwide and in most every city offering counseling, guidance and protection. They are designed, not only to help these people re-evaluate their lives and build self-esteem, but to assist them through the trauma and legal aftermath. If the attacker is known, or is a member of the immediate family, criminal charges can be filed. (Women now do not have to prove physical resistance to get a criminal conviction as before.)

Battered wives should seek formal and informal sources of help (including individual counseling for the husband as well as herself) to be able to bring an end to the problem. (Once wife-beating occurs, it is likely to continue with the violence getting worse over time unless help is sought out. Husbands need to realize that it is human to feel anger, but to release these feelings by beating others is wrong. By learning to deal with emotions through acceptable behavior with counseling, men who batter can program themselves to respect themselves and others.)

Civil legal options are also available to support and protect victims of rape. Those who utilize these services still suffer. However, the healing process quickens with the victim's satisfaction in knowing that something is being done about it, even though after the fact.

PART THREE:

MARTIAL ARTS FOR PROTECTION

The exercises in this section of the book are designed for persons in reasonably good health. They can, however, cause serious injury and possible death if not practiced carefully. Neither the publisher nor the author assumes responsibility for any mishap or accident arising from the practice of any of these defense exercises. Practice at your own risk and consult your doctor before beginning any new exercise program.

Chapter Eight

Physical Defenses

Did you ever wonder what it takes to acquire the skills of a black belt? Or have you tried to imagine what it is like to break boards with your bare hands? Most of us have at least wondered how martial arts experts demonstrate incredible fighting sequences in which punches, kicks and throws are exchanged with killing force but in which nobody gets hurt.

I wanted to find out the answers to these questions and many more I had about the martial arts. My curiosity brought me to my first self-defense class where I began training, yet the questions I entered the class with were brushed off by my teachers. The only answer I could get was to keep practicing. They told me to stop trying to analyze what I was doing and to just do it; more kicks, more punches, more falling, more flipping, and much, much more practice.

Later the answers came. But they came not from my teachers; they came from inside me. I realized that I had the misconception that martial arts was something which could be mastered — something I could gain control over. I had believed that I was acquiring new skills and secrets which few people knew.

It was only through the doing and the constant practice that I realized I was only removing the boundaries and limitations I had previously set upon myself. I was actually getting rid of the old concept of who I was and what I could do and allowing myself to just be what I was in the moment.

Most of us have the preconceived ideas that we are who we are and have such and such characteristics. We approach self-defense schools with the plan of adding more abilities to our character, yet new characteristics added to our personalities do not make us who we are — only who we think we are.

What the martial arts do is to train or condition the mind through direction of thought. Concentration is focused on technique, timing, neutralization of pain, or endurance, and this results in a turning away of the mind from the subjective *I* that all this is happening to. Instead of adhering to boundaries and limitations of who we were, our attention is brought to the process of the situation that is unfolding and to improving our role in it as a participant.

The true practitioner of the arts, through time, patience, and experience, learns to *live* his art. Art is spontaneous — in the moment. By concentrating on the practice of living in the moment, regardless of technique or style, you, too, can learn to let go of old concepts of who you are with their fixed characteristics and limitations, and can allow yourself to be an active participant in the happenings of the moment.

It is the moment that demands response from everyone all the time. It calls not only upon fighting technique and physical strength, but also upon every one of our human senses.

The moment will demand reactions which require the total surrender of who we thought we were. We will, in time, learn to react directly to what the situation itself calls for instead of by first altering it through our conscious mind, attaching our personalities to it, and *then* reacting.

So when an attacker jumps out from around the corner of a building in front of me, I will kick his groin and run; instead of first thinking, "Oh my gosh, I'm in danger. What do I do? — I could run, or fight — but maybe I'll get hurt — or should I scream or ...?"

Reaction must be spontaneous. It's doing what the situation calls for. There is no *I* connected. Thinking that it is happening to *me* takes energy — energy which in the flash of a moment can mean your life if it is not channeled in the right direction.

I must say at this point that there are instructors of self-defense who teach everyone, regardless of sex, height, build, etc., the same defense for an attack, or who show only one defense for each kind of attack. This is unfortunate because the same technique will not work for everyone and no technique of defense can be guaranteed to work all the time. People need to be taught how to utilize the best of their abilities (whatever they are) toward developing their own unique form of self-defense. They must discover those inherent, natural abilities which are already available (skills in ballet, gymnastics, body building, soccer and boxing for instance) and learn how they may be used to their advantage in fighting (or avoiding it — as a conversation specialist could employ his skill to escape a fight). Little is said by today's teachers of martial arts about knowing yourself and your surroundings. Even a black-belt can be easily subdued if he lacks concentration and incorrectly perceives the here and now.

If an attacker jumps out, you must in an instant know by feel whether he is a psychopath or a person who can be reasoned with, whether or not he is scared, and whether he is vulnerable to physical attack. You must know other things like whether there is a weapon close by, whether you have one, whether the police or anyone else are around, whether you think you can run faster than he ... and so on.

Without this kind of awareness you may get so scared you may decide to run even though the attacker has a gun. If so, it's too bad. Or you may fight and get stabbed because you failed to see that he had a knife. Too bad.

If you trained your awareness through practice you might become aware of these facts, or notice that the attacker may be showing signs of retreating, or any number of things.

The martial arts is not the art of killing or maiming others, instead, the essence of all martial arts, founded on a union between mind and body, is the development of oneself as a smoothly functioning human being. A principle aim of martial arts is nothing less than to make its practitioners into complete, fully realized human beings, both mentally and physically — people who can call forth all their resources and use their total capabilities at will.

Martial arts teaches a discipline. This discipline is manifested physically, mentally and spiritually.

On the physical level it strengthens the muscles, quickens the reflexes, conditions the nervous system, and helps develop greater stamina.

Mentally, it will develop a quick mind, keen judgment, directness of thought, a strong will, and the ability to act quickly in tense situations. The martial artists, by frequently creating intensely emotional situations and experiencing them in class, similarly desensitize themselves to the feelings. Situations no longer call forth panic, paralysis, nervousness or uncontrolled responses. Practitioners can instead remain calm and contained in the face of stress, able to use their best judgment. This is an enormous advantage in a combat situation, of course, but it also has advantages in any other stressful circumstance, such as a vital business meeting, a final exam or an auto accident.

Spiritually, the student of martial arts finds peace of mind through security and greater awareness of his relation to himself and the universe.

There are different styles which have originated over the years which offer different manners of suppression of an attacker. Some make use of blocks and blows delivered with impeccable force while others use the attacker's own force against himself. Yet others incorporate a combination of the two.

This section deals with the defense against physical attack. We will cover the basic types of attacks, illustrate simple yet practical defenses, and give some insight into the basic areas of martial arts movements, styles and philosophy.

Because each of us has a different level of agility, body and mind coordination, and stamina, we will all find a certain level of capability in ourselves which seems difficult to surpass. Some of us have higher capability levels and some lower. The following exercises (in the next few chapters) are structured in a progressive manner such that more and harder techniques are added.

These added techniques are available for the practitioner who feels comfortable with the basic ones. They are included because their use adds to the control of the attack situation. For example, after breaking out of the attacker's hold, you can also make sure he will not attack again. The added techniques allow you to totally incapacitate your attacker or to stop your defense once he is on the ground.

Your mastery of the techniques will depend upon your strength and height, your ability to tense up or relax at the right time in execution, and your ability to time your movement properly with that of your adversary. My advice is to stick with that technique you feel most comfortable and secure with before advancing to the next level. For this reason, I have labeled each defense and its variations and advances as being either level one, level two, or level three.

Practice the martial arts for the enrichment of life. Learn through them to give of yourself for the betterment of yourself and others and to be of service to others. Use the martial arts to render aid in your own defense and to help others in need. Use them with the utmost respect for life. Without others, we cannot exist. We are they; they are we. If we kill another, we kill part of ourselves. Strive only for the perfection of life.

Turn your cheek before you fight; if you must fight, induce pain before injuring; injure before maiming; and maim before killing.

I do hope you keep this in mind as you study these defenses. It is respect for life which has been the secret of the martial arts for ages. Without respect for life one loses his ability to transact with life smoothly.

What I have to teach in this book cannot be learned by only reading. You must take each of these defenses and practice it hundreds and perhaps thousands of times. Through practice you will work the movement of the body with the mind into the subconscious where it will stay. You will build into your existence a reflex—a reaction which will manifest itself spontaneously should a situation call it forth.

If you are attacked you have no time to consciously think that the hand goes here, that the foot goes there, to twist your body in this or that direction, to strike with so much power at such and such an angle, all without losing balance. You will have to react immediately.

What you must do is to coordinate all of these points consciously right now, before your life depends on it. As you get used to the movement, little by little, you will work up speed so that you can perform it with lightening quickness and total control. Keep in mind as you work that you will benefit from it only according to what you put into it. The more you practice the faster you will be able to recall it from the subconscious.

Learning martial arts demands constant and continual practice of techniques which involve both heavy muscle conditioning and fine-tuned accuracy and coordination. Except for the basic gross motor movements, the moment you stop practicing everything begins to slip away from you. In truth you will only be as good as you are *right now*.

You will need a partner to practice with. It is important to make the attack as realistic as possible so you may experience and get used to those feelings that go along with grabs, punches and chokes.

When you begin each workout, both you and your partner should be relaxed. Go slowly and work one step at a time. Later you will integrate speed and power into your technique.

As you practice, both you and your partner must exercise control over both the attack and the defense so that neither gets hurt. Do not actually kick or punch your partner. Control is most important as you execute these defenses. Without it the result is injury and possible death to your friend. Be careful and learn to work with and not against each other.

The martial arts can be a wonderful way to maintain a healthy body, mind and spirit if they are regarded with the utmost respect and if you work with them diligently. If they are not, and if you don't, then they are like a poison to your existence as well as to that of those who are around you.

Basic Conditioning and Warm-up Exercises

It is important before beginning any activity for which the body is used as an instrument to warm up first, much the same as you would warm up your car before driving.

In addition to your usual set of exercises there are a few more I would like to introduce.

Throughout this section you will learn the basics of three major styles: Tae Kwon Do, Aikido and Judo. Each of these has special warm-ups that will prevent injury to you as you practice. Please study these exercises and spend the few minutes it takes to learn them. Make them a part of your workout, for your own sake.

Warming up for Tae Kwon Do

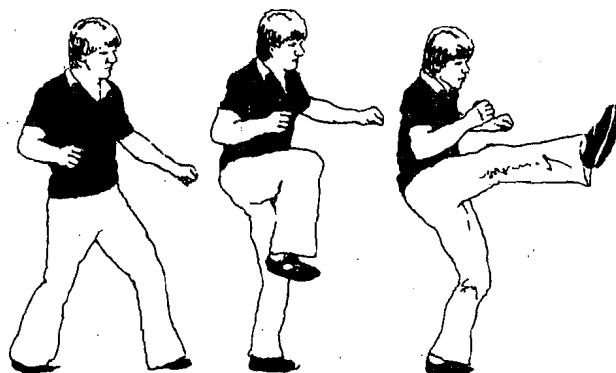
Tae Kwon Do is the art of kicking and punching. It follows the assumption that the foot can produce more power than the hands. It is considered a "hard" style because it consists of linear techniques delivered with power. Much strength is required either in muscle or technical ability to insure its effectiveness. Constant practice in this kick-punch art, as well as similar arts of Tang Soo Do, Shorin Ryu, and other forms of Karate, makes it possible to completely devastate those areas of the opponent's body chosen as targets for attack. Even the blocking is designed to break bones if done correctly.

In addition to conditioning exercises for toughening the hands and feet, Tae Kwon Do requires constant stretching of the legs to produce higher and more powerful kicks. Make sure before attempting these kicks that your hamstring and inner thigh muscles are complete stretched. Failing in this important point could result in painful tearing and pulling of ligaments and other tissues in the legs.

To stretch these areas of your legs, practice bending forward with your back straight and try to bring your chest to your thighs. Keep your knees locked out. Do this with your feet either together or wide apart. These stretches will also work either standing or sitting. The main thing is to bend forward only until you start to feel a pull in the back of the legs and to then hold it. Move slowly and do not overstretch.

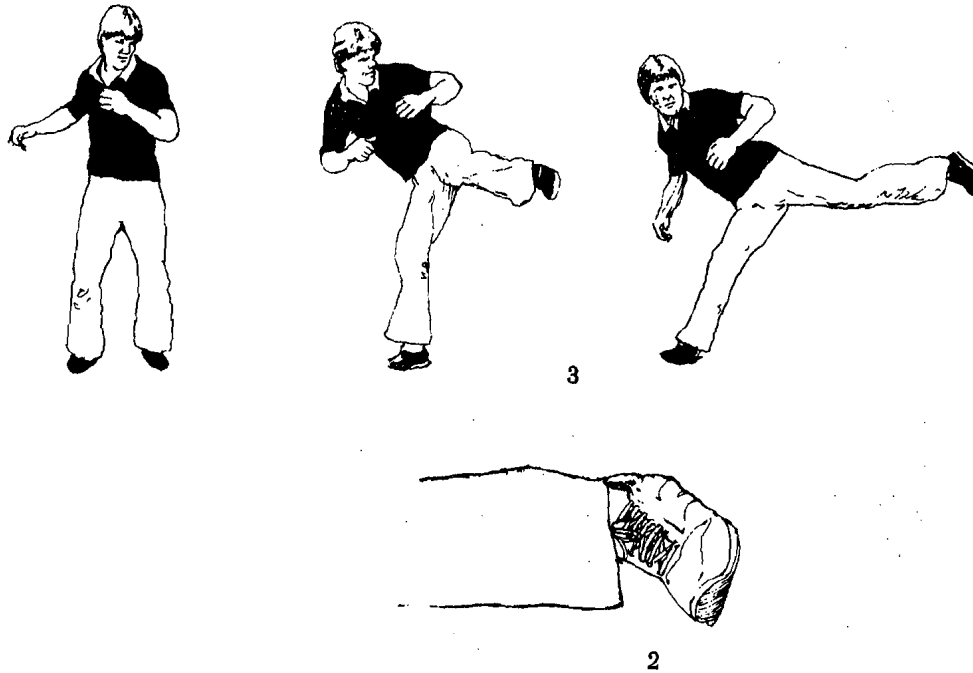
Each kick described here can be practiced in the air, on a soft target such as a pillow in the hand of a partner, or on any kind of punching bag with the approximate weight of the human body. In an adequate workout each kick is executed twenty-five times with power before going on to the next one.

The front kick, the easiest of the kicks, is for a defense directed against an attacker in front of you. Targets on his body include the shin, knee, groin, stomach and solar plexus depending on their accessibility and on your confidence in the height of your kick. It can be used offensively to kick an attacker or to put a defensive and protective distance between you and an oncoming attacker.



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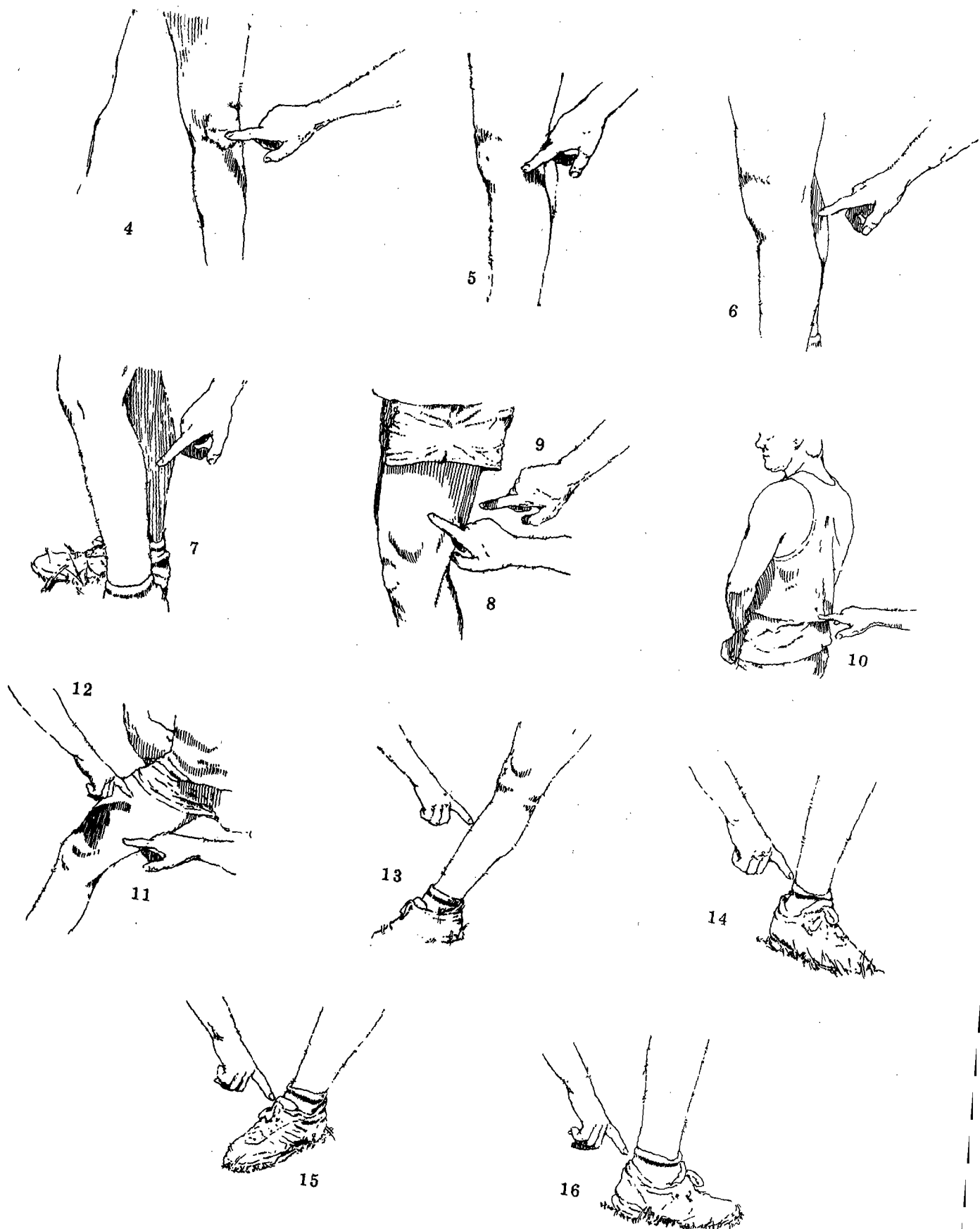
To throw a front kick, keep in mind that the knee is the mid-point in a line starting at your hip and ending at the ball of your foot. Remember to first point your knee at your target and then snap out the lower leg when you kick (1).



The side kick is for defense or offense to the side of your body. It is a little tricky but not too difficult to do. The main two points to remember about the side kick is to make an edge with the foot (2) and to deliver the kick with the power concentrated in the heel.

Unlike the front kick, in the side kick both the thigh and the lower leg move simultaneously. To change the height of the kick just adjust the height of your knee as you pull it up before kicking (3).

The side kick should be aimed in a fight at the knee (4), to the side of the knee (5), behind the knee (6), the calf (7), the back of the upper leg (8), the side of upper leg (9), the kidneys (10), the inside of the lower thigh (11), the upper thigh (12), to the shin (13), the ankle (14), the instep of the foot (15), and the Achilles' tendon (16).



Since you will soon be using punching techniques, you should know before going further how to make a proper fist.

When you clench your hand your thumb should overlap the middle of each of the first two fingers. Make sure that every side of the hand has a flat surface with nothing to break off or cave in (17). Test it by hitting your other hand with it from the front, back, and both edges of your fist. Feel powerful? Good. Now you have to strengthen it by hitting as many flat surfaces as possible during the course of the day. Start out with light taps and each month increase your power. In a year or two I guarantee, at this pace of daily practice, you will be able to break boards just like you see at demonstrations.

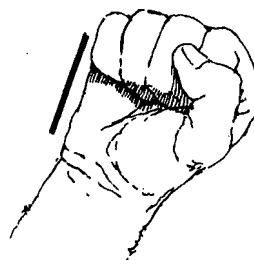
A number of other ways the hand can be used as a weapon are as: A knife hand (18), side fist (19), the ridge hand (20), ridge fist (21), back fist (22), palm strike (23), tiger paw (24), bear paw (25), tiger claw (26), the spear hand (27), and two-fingered strike (28).



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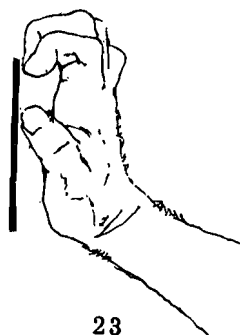
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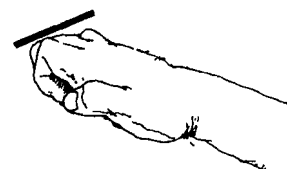
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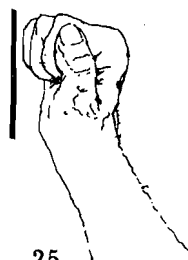
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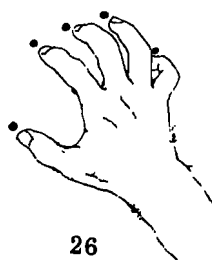
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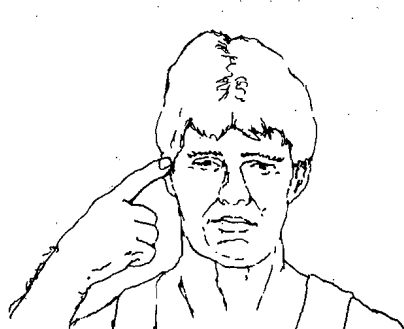


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Any time I refer to a punch as a defense it may be assumed that any one of these strikes may be used.

Should you have to use Tae Kwon Do to fight, get it over with fast. Use single powerful strikes which maximize damage. (This could mean death to your opponent—be aware of the spots on the body and avoid them when practicing with a friend.) Aim for the eyes (29) (30), the nose (31) (32), the temple (33) (34), the nerve center behind the jaw and below the ear (35) (36), the side of the neck (37) (38), up under the jaw bone and over the neck (39) (40), the Adam's apple (41) (42), the hollow of the throat (43) (44), the vertical neck muscles on either side of the windpipe (45) (46), the base of the skull (47) (48), the seventh vertebra (49) (50), and the solar plexus (51) (52).



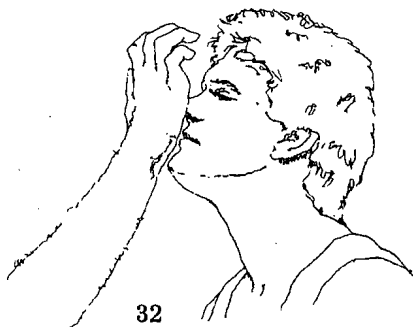
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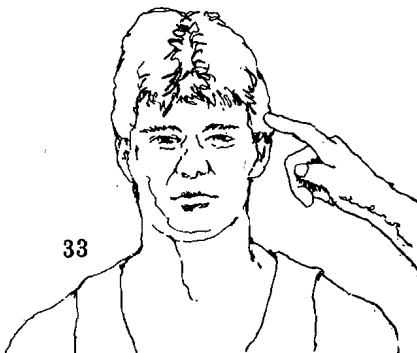
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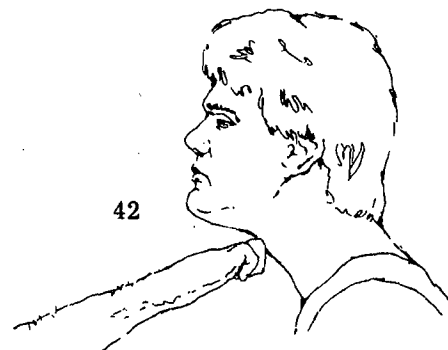
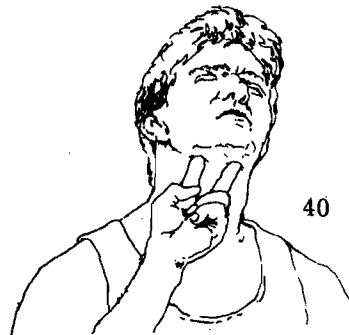
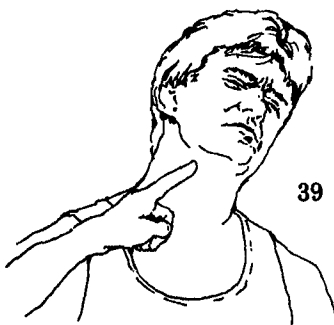
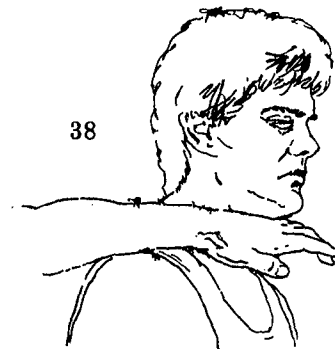
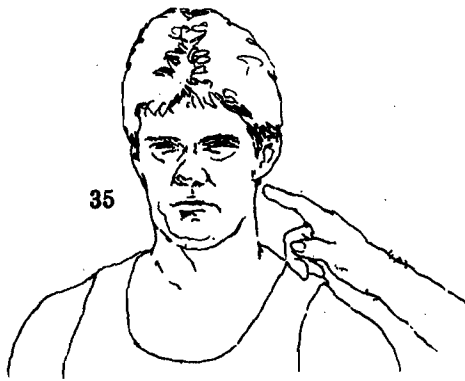
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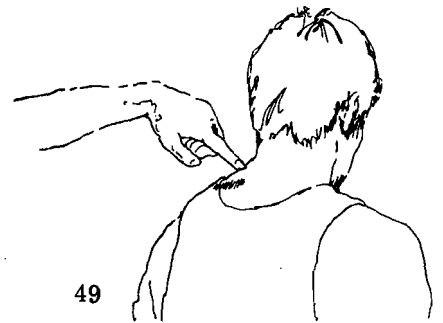
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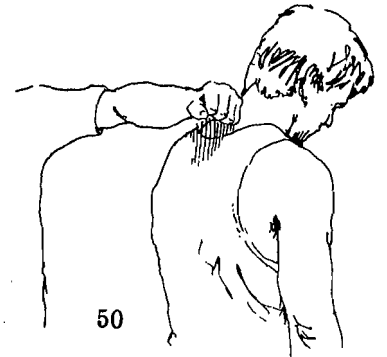
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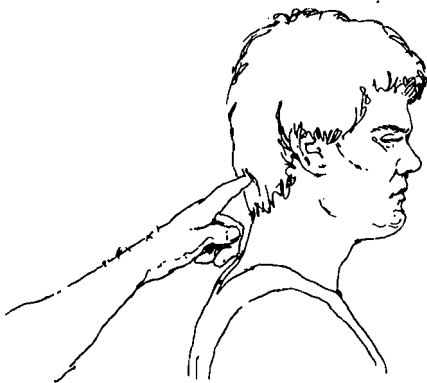
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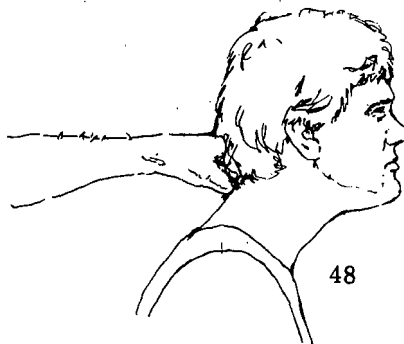
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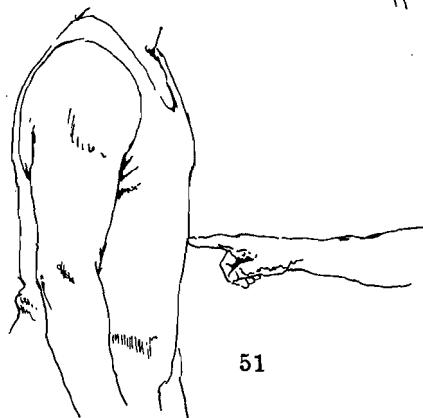
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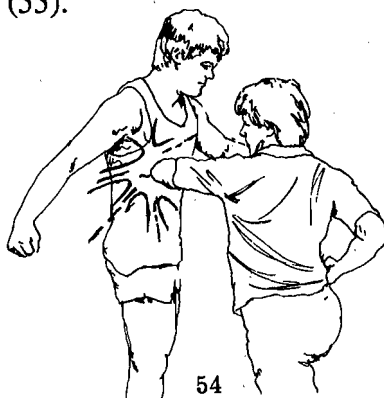
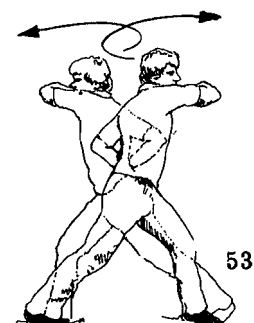
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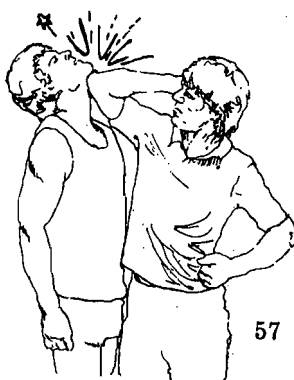
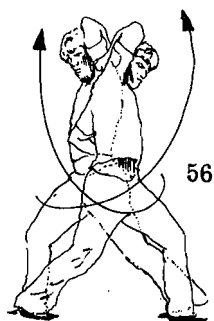
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Even though Tae Kwon Do is best suited for fighting at a distance, there are some techniques which are particularly effective in close quarters. One such technique involves using elbows as weapons.

Practice this: Stand with the feet at shoulder width apart with your elbows out to the side and both fists near your upper chest. Twist your body from side to side rotating your hips and turning on the balls of your feet as you move. Make your whole body turn the same direction and think about making contact with both the outer edge of the forearm going forward and the back edge of the upper arm when twisting backward (53). This move is best used to attack the rib cage down low (54) and the head up high (55).



A variation you might like is to assume the same stance and twist your body the same as before but change the elbow positioning and direction of movement. Instead of swinging the arms parallel to the floor as before, you swing them up and down as you twist. Start with both elbows pointing in front of you and your hands clenched next to your ears. As you twist either direction the front elbow goes up as high as you can get it, driving its hand back behind your ears and the back elbow drops down, pulling its hand to your ribs. In other words, if you twist to your right, your left elbow goes up, the right elbow down (56). Think about how you could use this uppercut to the jaw (57) or smash to the solar plexus to your advantage (58). Keep in mind that in a real fight your offensive must be focused not *at* the opponent but *through* him.



Aikido warm-ups

Aikido is the art of unifying the mind and body harmoniously with the universal energy "ki" (pronounced "key"). It is a "soft" art which should be done in a strong way. It makes use of circular movements.

Soft arts should be practiced with concentration on relaxing the body and on finding the strength within the movement instead of muscling through each movement.

When you tighten your arm muscles, especially the big ones, you are depositing energy or "ki" all along these spots on the arm. This energy is wasted if the intention is to put maximum

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energy into the hand or fingers. When energy is thus extracted, the arm will become weaker the further out that you get from that "leak".

Try the following. Tighten your fist as tightly as you can. Now relax your upper arm and tighten your fist even more. Then tighten your upper arm as tightly as you can while keeping a fist. Do you feel your grip weaken when you take the energy away from your fist and move it to your arm?

It will take time to learn how to direct this "ki" to the various areas of your body as you move, but this is the way in which the martial arts help you to deal with body awareness. Through practice you will learn to find energies which you can control that you did not even know you had. Just be patient and persistent.

Warming-up exercises for aikido deal mostly with the wrist. I will describe techniques of opponent-suppression characteristics of aikido which depend principally on the ability to bring energy to these points of the wrist and hands while they are relaxed. In aikido, always relax the wrist as you apply pressure and movement. During each practice period increase the amount and duration of pressure to condition the wrist to strength and to tolerance of pain.

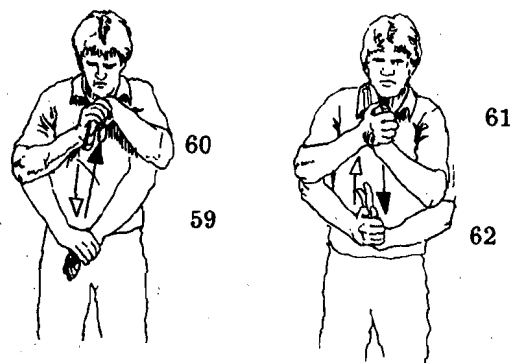
There are four basic limbering-up exercises for the wrist:

First, grab your wrist at waist level and bend the palm toward its forearm with your other hand. Bend the wrist downward with the opposite palm and bring both hands up to the height of your chin increasing the pressure on your wrist as you go, then release. Repeat five times with each hand (59) (60).

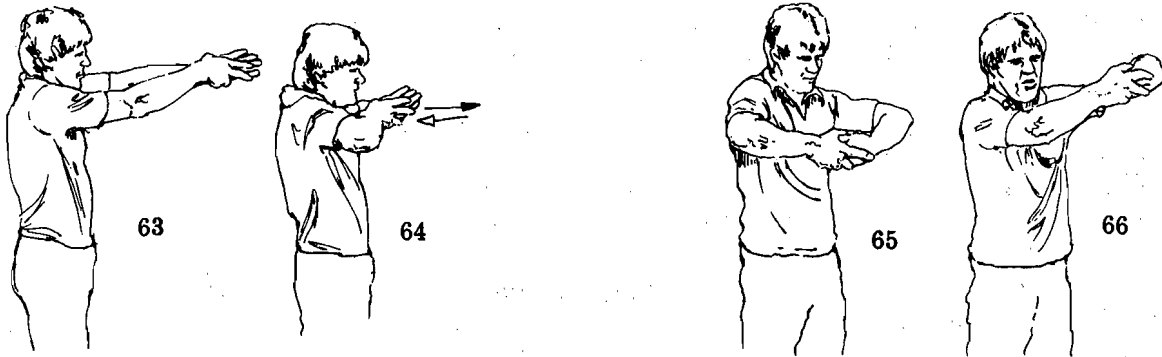
Second, turn your palm toward its wrist and face it to the outside of your arm. Then grab that hand with the other hand placing the thumb in the back of that hand across the knuckles and the fingers of the grabbing hand over the "meaty" part of the thumb of the hand that is bent. Start about shoulder level and lower both hands down to waist level. Increase the pressure as you go down. Repeat five times each hand (61) (62).

Third is to stick your hand straight out in front of you at shoulder level and turn your palm to the outside (turn your hand over). Grab that hand with your other hand with all ten fingers facing the same direction and pull both hand straight back to your chin (63) (64). As you move the hands inward, concentrate on bending the wrist. Repeat five times on each hand.

Fourth, point the fingers of one hand toward the other hand with both palms down and at chest level. Grab the pointing hands with the other by placing your thumb to the inside of the wrist and wrapping your fingers around the knife-edge part of that hand. Next as you push both hands straight out in front of and away from you (palms out), pull back on that hand with the



grabbing fingers and use the web of grabbing hand to supply the leverage as you bend the hand backward. Repeat five times each hand (65) (66).



Judo warm-up

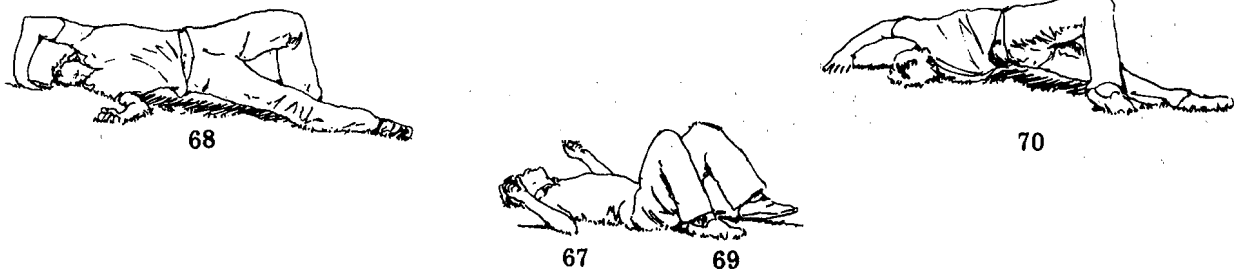
Special exercises for judo will have to be shown as they are called for in the pages to come. Most of them require a partner. These exercises are ways of learning to off-balance other people by using their own momentum and direction of energy, adding a minimum amount of your own force in that same direction, and attaining the maximum result by using your body as a fulcrum to wheel them to the ground. The result is maximum efficiency to bring someone to the ground with minimum effort.

Judo is both a sport and a form of self-defense. It is the art of throwing—a soft art requiring total relaxation in order to feel when one's opponent is most vulnerable to off-balancing or whether they are already off balance.

In the beginning of sport judo practice, one finds much resistance on the part of the competitor with whom one works. For this reason physical conditioning and strength are promoted in the form of sit-ups, push-ups, and deep knee-bends. It is advised to practice anything which also promotes endurance. Without it you will find that you will be easily drained by judo and tae kwon do.

One exercise you should practice for groundwork is this: Lie down flat on your back with both knees up. Roll to one side, reach with your other arm in front of and over your body, and simultaneously straighten the leg of the side you roll on. While you do this, tilt your head over as far as you can and arch your back. You should be reaching as far as you can across your body and be touching only your feet and shoulder to the ground (67) (68).

Then roll to the other side and do the same thing, and continue back and forth (69) (70).



In judo, fighting does not stop with the throw. If it is your choice to bring a man down to the ground in defense, you must also know how to handle being pulled down there with him.

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He could be throwing you down there in the first place. If he does, it is important that you know how to fall without sustaining major injury. The great advantage of judo is that it teaches you how to break your fall. However, techniques for practicing this kind of falling are far too advanced to introduce in this defense book. They can be found in the next book I write. Instead we will deal only with the easiest techniques which show how to get you away from your attacker as quickly and safely as possible.

Attack I, Front Choke with Hands

This attack may consist of either a choke applied with the hands from the front (71) or shoulder pin (72). The defense is the same for either attack.

As in all chokes, your first priority is to get his hands off your throat. Which technique you choose to do so with will depend on your personality and how badly you wish to hurt your assailant. Keep in mind that factors in the setting may take away from or add to the choices you have. For instance, some techniques cannot be done if your shoulders are pinned against a wall behind you. However, this wall could be used by you to reinforce other techniques.

No matter what else you do, first tighten up your neck muscles. The throat area itself has no protection from direct pressure, but the expanding neck muscles may help to loosen his grip. Practice this by gritting your teeth and pushing your tongue hard to the roof of your mouth.

Do not give the attacker pain by surprise before getting his hands off. His first reaction to pain will be to flinch and tighten every muscle in his body. There would be unfortunate consequences with your neck being in his grip as he flinches. Get out of his grasp first, then you kick if you wish.

The kick, after breaking away from a choke, is a powerful, quick, and easy form of offense. As you finish your escape, it may just be that added extra which will change his mind about chasing you.

In most situations it can also be used as a diversionary technique to draw pain (and his attention) to a certain area of his body while you attack another area.

Remember, a choke can kill in only a few seconds.

Here are the defenses for the front choke:

(Level One) I (A)

Sew one hand down between the attacker's arms and to the outside of his arm diagonal to your sewing arm. Clasp your hand together with the other as if clapping (73). Squat down as you grab your hand. Then spring up using your entire body to push both of your hands to the outside of the attacker's elbow, forcing the elbow up (74). Bring his arm and your arms in arc high across and above your face to your other side. Straighten your elbows as you do this and use your

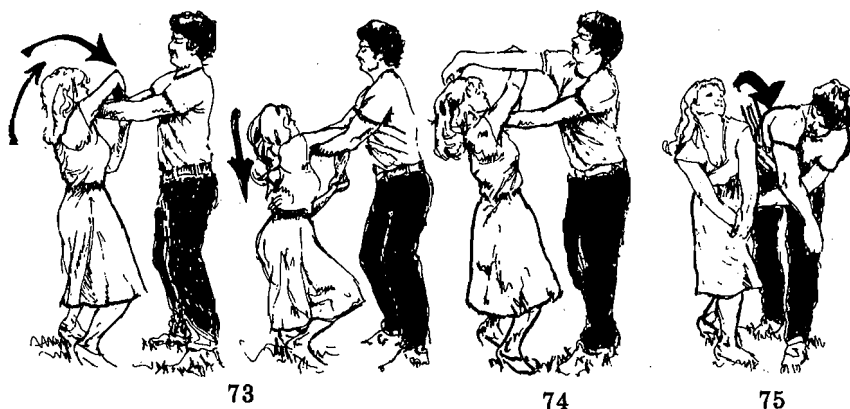


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crossed arm like a lever to knock his hand away from your throat (75). Be sure that you attack the elbow and not too high or low on the arm.



(Level Two) I (B).

This is an advanced variation of I (A). Once you have successfully pried off his arm from your throat, then bring the same arm you had used to dip down between his arms with, upward over the back of his shoulder and around his neck from behind as you move yourself behind him (76). Put the elbow of your free arm on his opposite shoulder perpendicular to the floor with your hand pointing up. Then grab the inside of that elbow with your choking hand by resting the hand of the choking arm on the bicep of other arm. Slide your free hand back behind his head (77). All you have to do now to apply a strong and controlled choke is to tighten up all your arm muscles and push his head forward with your hand (78).

His life is now in your arms. Be careful. You now can give him life or death the same way you turn a faucet on or off to let water through. The tighter you make your muscles, the less he can breathe.



Variation: Typically chokes may be applied in two different ways. The rear choke as applied in I (B) is used to crush the trachea, or windpipe, in front of the neck. The bony part of the forearm is pressed into the area of the adam's apple to cut off the oxygen flow to the lungs. Another choking method works by cutting off the oxygenated blood flow to the brain. This choke is called the "sleeper-hold". Law enforcement officers call it the "carotid restraint". It works on the premise that by applying pressure to the carotid arteries on either side of the neck for about ten seconds or less the person will lose consciousness.

WARNING: The sleeper-hold is a form of a choke. As with all chokes, this hold could be fatal if held too long. Chokes are not to be applied to any effective degree except when your life is at stake. Under no circumstances should they be used while practicing with a friend. To practice any choke with a partner go through the proper motions and set up the hold but do not apply a lock firm enough to render the other person unconscious. Do

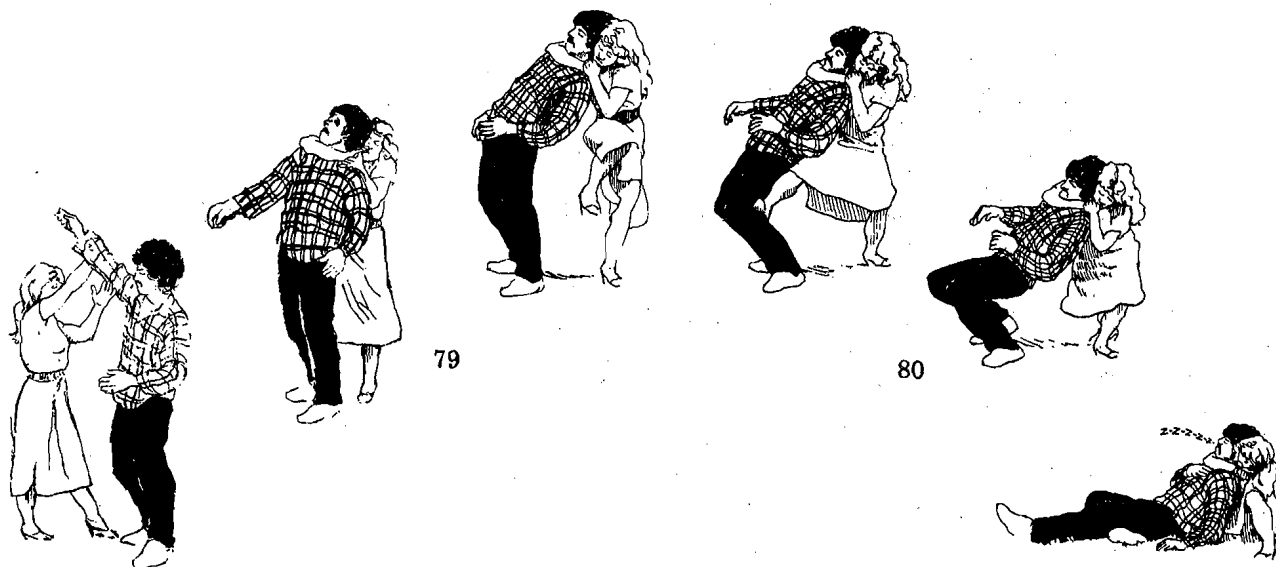
not apply the carotid choke in practice to anyone with medical problems involving the neck, the brain, the eyes or the cardiovascular system. If, by accident, your partner loses consciousness in practice immediate action must be taken. If the victim is left unconscious for longer than two or three minutes, brain damage could result. The proper way to revive someone rendered unconscious by the sleeper-hold is thus: First shake the victim and yell sharply and loudly. This gives basically the same effect as smelling salt. However, if it does not work or the victim stops breathing, emergency professionals should be notified at once.

The variation of the choke applied in I(B) begins the same way as I(A). As in I(B) you pry off his arm from your throat and move behind him. The difference here is that as you bring your arm around his neck you bend your choking arm into a "V" shape to get the attacker's chin into the crook of your elbow. Your choking shoulder should be as near to and behind his shoulder as possible as you move behind. This allows both your choking shoulder and your fist of that same arm to rest on either side of and behind his head. Pressure is applied to the hold by using your free hand to pull your active arm as close to you as possible in an attempt to bring your clasped hands toward your choking shoulder. This presses your bicep against one of the carotid arteries and your forearm bone against the other (79).

Be sure to break his balance backward as you do this. Maximum control in off-balancing your opponent can be by pulling the hair and head back with your free arm before applying the choke or by pulling back and stepping your closest foot behind his supporting knee. If you wish, you may also drop to one knee. This will cause your opponent to fall back to his bottom and into your arms (80).

To secure the hold, move your head in close and place it next to the back of the other person's head. This will keep him from wriggling out of it. When clasping your hands place your palms together or make a clenched fist with the choking arm pointing knuckles up and grab and pull with the free hand.

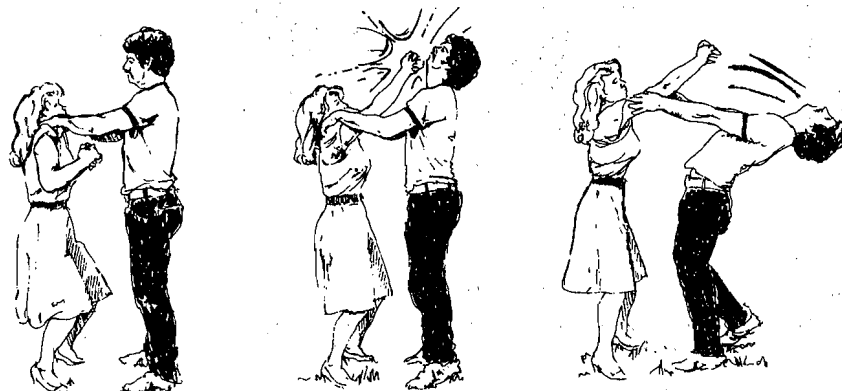
Note: In the street situation once you have successfully applied this hold do not relax the carotid restraint just because your opponent goes limp. He may "wake up" instantly with no ill effects if you do. Instead, continue the hold for about thirty seconds or so then run for safety. If help is within yelling distance you may loosen your hold without releasing it, then reapply it should he wake up and continue to struggle to get free of your grasp.



(Level One) I(C)

Using the same down-up body motion and clasped hands, drive straight up between his arms. (You will fight your pain by giving him pain.) With as much power as you have, use this double fist punch to his nose or throat (81). Make sure that your arms are not the only part of your body exerting power. Make the body move behind the punch for maximum effectiveness.

Do not clasp your hands interlocking the fingers with each other or you will break your fingers. Instead, put your palms together with the fingers on the outside as you would if you were to clap your hands together.



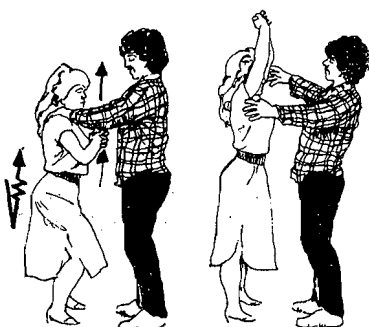
81

(Level One) I(D).

This is a variation of I(C). Drive your body and clasped hands straight up between his arms as close to his wrists as you can (82).

(Level One) I(E)

This technique uses the idea of I(D) to break the grip he has on your neck. Start out in a squat with your forearms crossed at the wrist with your fingers turned towards you (83). As you drive your body up, turn the wrists outward hitting both his wrists (not his elbows) on the inside, with the outer portions of your forearms (84).



82



83



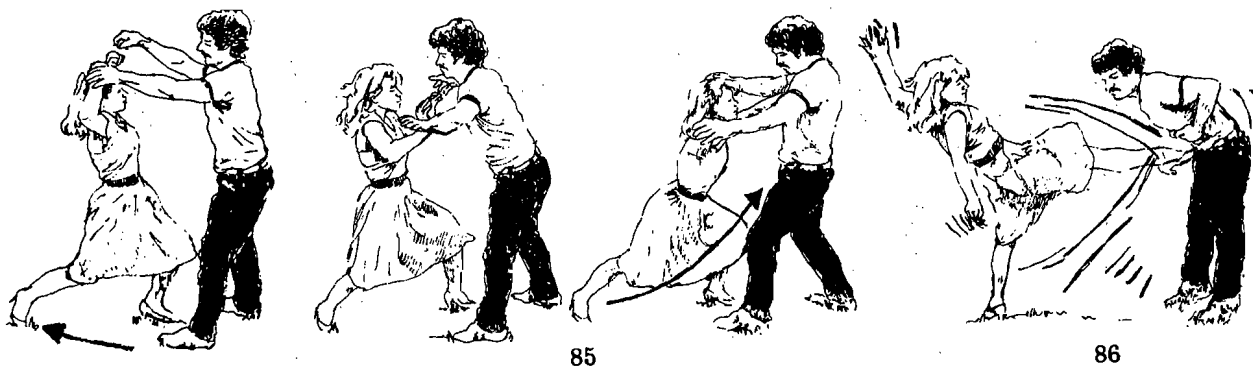
84

(Level Two) I(F)

Break his grip with technique I(C, D or E). Then with all your might, push on his upper chest to knock him off balance backward (85). Keep your weight moving forward and follow through

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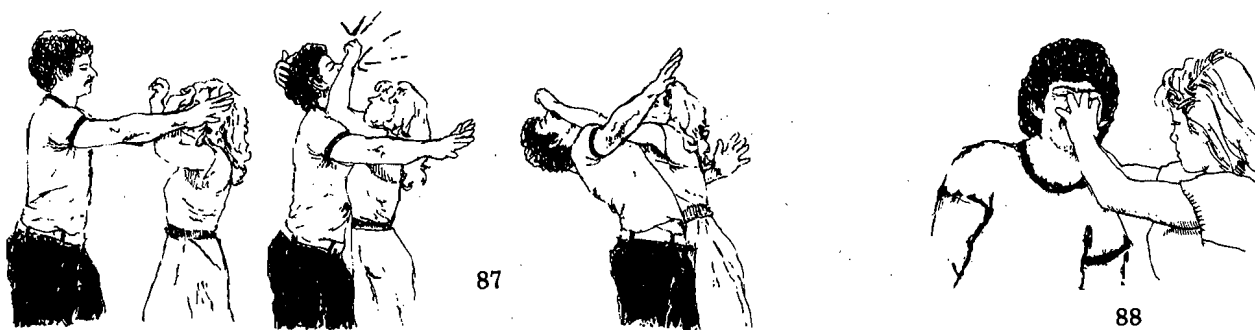
with a powerful front kick to his stomach with your back foot (the foot furthest away from him) (86).



(Level Two) I(G)

This variation incorporates a combination of movements. All three defenses I(C, D and E) can be followed with another technique of placing one hand behind the assailant's head, grabbing the hair and driving a palm strike with your other hand to his nose (87).

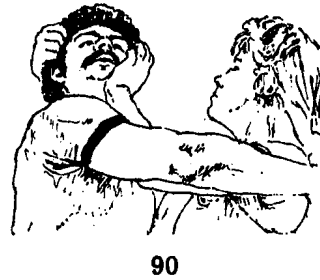
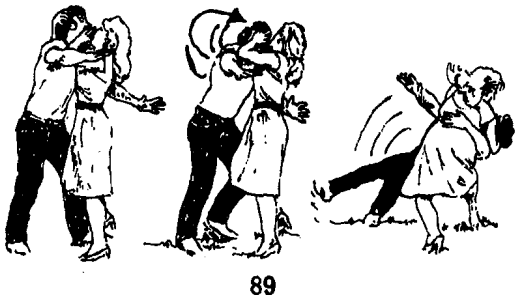
For maximum effectiveness in totally incapacitating this man, as you palm strike, open your fingers up and drive two of them all the way into his eyes (88). Blindness and shock will result.



(Level Three) I(H)

Break his grip with technique I(C, D or E). Move into your attacker keeping your hands high. Follow through with the palm strike the same as you would for I(G). With your hand behind his head, grab his hair as far around his head as you can and pull back and down to the ground (89).

Use the hand in his face to reinforce his submission. You can either put pressure in the eyes, on the nose or the chin (90).

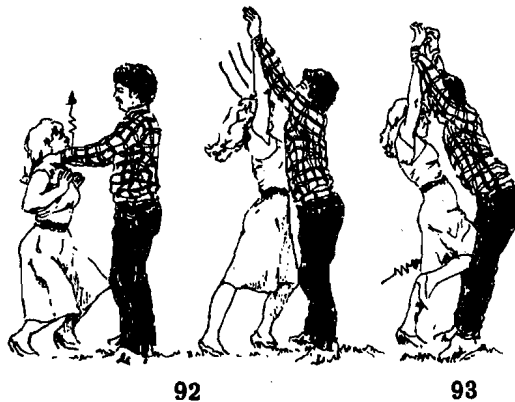


To get maximum power, pull his head back first to weaken the strength of his neck and then twist his head to the ground pushing his face away and pulling his hair toward you (91). (*Note: If you were to snap your hands quickly while twisting his head his neck will break. Do not practice these neck twist take-downs with anyone complaining of pain in the neck or spine. Severe damage could result.*)

(Level One) I(I)

This is similar to techniques I(C, D and E) except as you squat you have to really lower yourself because you will need much power to drive back up against his point of strength: the grip on your throat.

Open both your hands with both palms facing out and as you thrust up, hit and grab each of his wrists between your fingers and thumb and continue to throw both yours and his arms straight up (92).



93

(Level Two) I(J)

As you drive up in technique I(I) then move forward to knee him in the groin (93).

(Level Three) I(K)

As you drive up in technique I(I) keep hold of his wrists and move into him stepping one of your feet on the outside of his foot opposite yours. This pulls him to that side and onto one foot

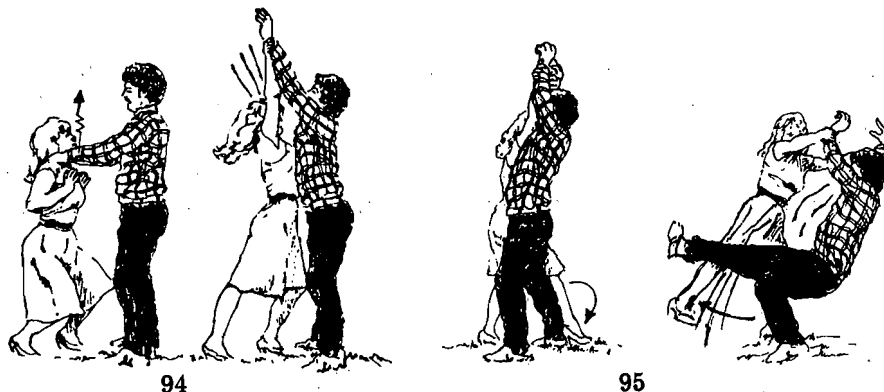
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(94). His balance is in your hands. Then with your leg closest to him (the one opposite of the one you stepped with), sweep out his supporting foot and lean forward to throw him backwards (95).



Variation: Instead of stepping to the outside of his foot as you move into him, step instead between his legs while yet forcing his arms straight up (96). This still forces him off-balance backward but shifts his weight to his other (inside) foot.

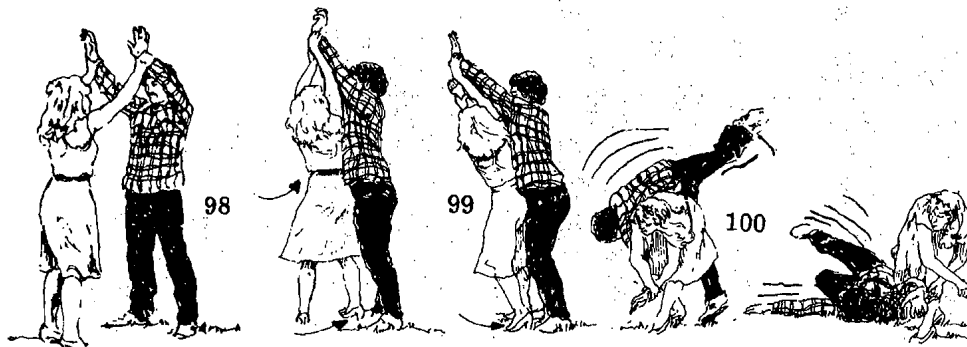
Use your leg opposite that foot to sweep or "reap" his supportive leg by catching his leg with yours from between his legs rather than the outside (97).



Level Three) I(L)

As you drive up in technique I(I) pull him off balance towards you keeping yours and his hands as high as possible. Step one foot diagonally across and place it in front of his (98), turning the toes inside and back towards you as much as possible. Then twist your body in the same direction and join your other foot in front of his feet so that your feet form a "V" inside and in front of his feet. You should now have your back to him and be pulling him forward. Squat down low as you move in toward him and put about a quarter of your hip on the outside of his (as if to sit on his thigh) (99). Just continue the arm pull as far out in front of you and down to the ground as you can and straighten your legs. Keep your back straight and twist your upper body in the

direction in which you are already turning so that you pull his upper body over and in front of your hip. He will easily slide right over your hip to the ground (100).



Variation: This technique of judo is similar to the throw of I(L) except for a minor variation. Step one foot diagonally across and join your other foot to form a "V" in front of him as before. (Place your back to your partner and keep his hands and yours high overhead) (101). Next lift the foot you stepped diagonally with and place it to the outside of his foot on that side. Shift your weight to your other foot (102). When placing your foot outside his, turn that heel up and bend that knee as if to place it on the ground (103). Instead of putting your hip outside his hip for the throw, keep your hip to the inside and below his.

Now twist your upper body bringing your arms toward the floor in an outward arc. Use your blocking foot and ankle to "trip" your partner as he is off-balanced forward (104).



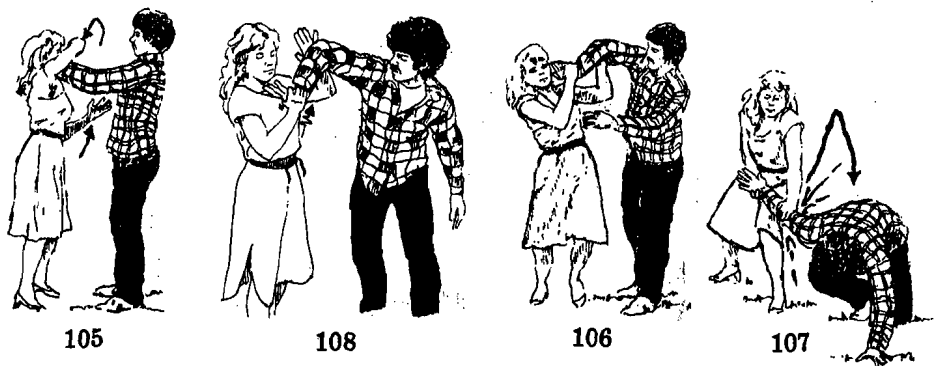
(Level Two) I(M)

The principle of this technique is similar to that of I(A). Both of these are characteristic of aikido in that you can break away and even control the attacker without actually injuring him.

In this technique, drive the palm of one hand with your finger pointing to the outside of the elbow straight up with one hand toward your opponent's elbow while your other cross-hand covers and gets a solid grip on the hand of that elbow placing your thumb in the webbing between his thumb and fingers and your fingers wrap around the outside of his hand resting in his palm (105). The hand on the same side of his arm you are attacking which drives straight up, continues to push his elbow up thereby turning his arm at the shoulder joint like a crank up, over and down towards the floor. Be sure to step forward and across the path of his body with the foot of the hand that has the elbow. This helps to throw him off balance (106). It is important to move

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his elbow and your foot simultaneously as you do this so that your body moves as a unit allowing you to use your body weight to reinforce and maximize your power (107).

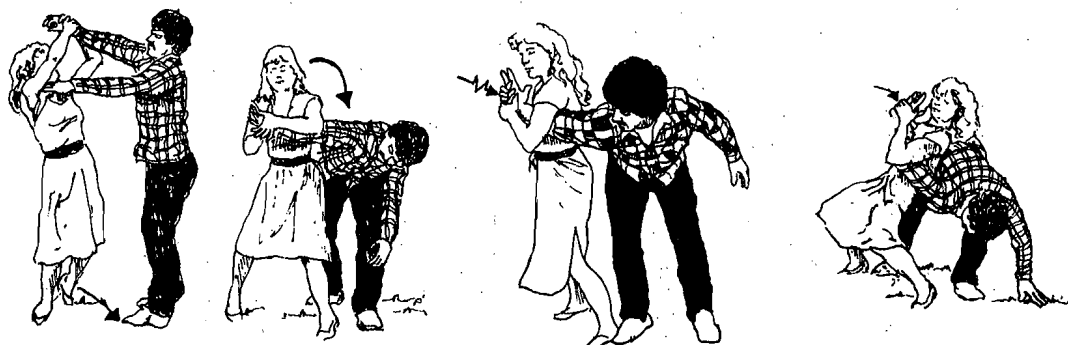


To insure proper control of his arm throughout this technique it is important to keep pressure on the wrist of the arm being cranked. The hand you wrap around his should constantly add pressure to the cranking action on his elbow. This is done by bending his wrist *hard* toward his elbow with your grabbing hand as soon as it leaves your shoulder area. Once bent, the degree of pain is controlled by twisting his bent wrist so that his fingers on that hand point skyward. This twisting action precedes the elbow cranking action. It also rotates in the same direction as the elbow, as your cranking hand moves his elbow in an arc toward the floor (108).

If the elbow happens to straighten out you are in position to perform an elbow smash to the locked elbow of the assailant (109), or to bring your elbow over his arm resting your armpit right above the elbow to use as a fulcrum while pulling up and toward you on his hand against the elbow. If you choose the latter, then with your back to him simply fix both hands onto his wrist placing both your thumbs into his palm and your fingers outside the back of his hand. This allows you to control and apply pressure towards you by bending his palm against his forearm and pulling back and up on his arm against the elbow joint. Then lean back (110).

Note: Keep an open channel with your partner. Make sure that he tells you the instant he begins to feel pain. When he does, stop immediately. After a period of time, you will be able to stop at the very moment he notifies you because you too will be able to sense his pain threshold.





110

(Level Three) I(N)

This technique combines techniques I(A) to I(M). The break is the same as I(A) except you end up as in I(M). While driving up with both hands at the elbow, after the choke-hold is broken, allow the hand closest to the wrist of your partner's controlled elbow to slide down toward that wrist. Grab his wrist with your palm facing away from you and your little finger close to the wrist. The thumb reaches over to the opposite side of the wrist (111). The other hand continues driving up at the elbow and across as you step with the foot of the hand on his elbow across his path and shove his elbow to the floor as in I(M) (112).



111

112



113

(Level Two) I(O)

There is one more way to achieve the final two positions described in I(M)—the elbow smash and the arm lock.

While your partner chokes, grab his hand with both of your hands placing both your thumbs in the palm of his hand (113). Next, bring your elbow from the outside of the arm of the hand you have grabbed over and to the inside of his arm and twist his wrist as you turn your back to him so that the wrist is bent with the fingers up and palm facing you. Take a half step toward him as you do this with the foot on the side of the elbow you use and wheel your back to him as you join your other foot. As you turn your own body, either push down with your elbow or lean toward him (see illustration #110).

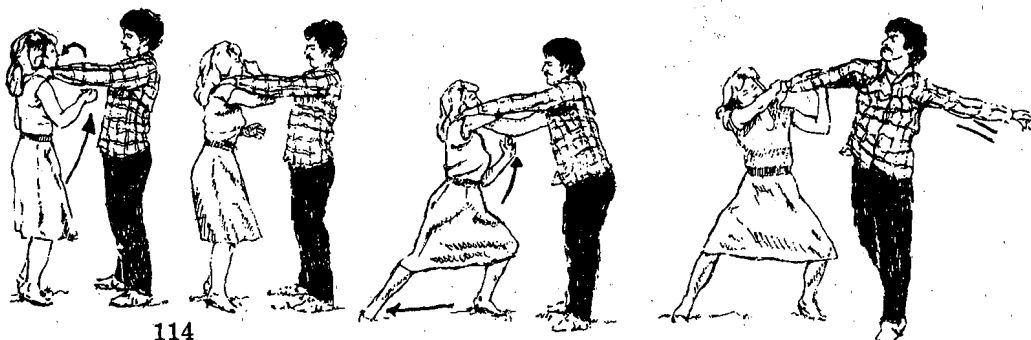
(Level One) I(P)

If you want to make your first move a cruel arm break, you will set yourself up the same as you did for technique I(M). Start with your opposite hand on top of his (for instance, your left hand on his left choking hand). But instead of gripping it, you cover it with pressure from your own hand. What you want to do is prevent him from getting his hand away from your shoulder area (114).

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The foot on the side of your holding hand steps backward to pull the man's arm forward, thus straightening his arms and pulling him off balance forward. With the aid of the twisting motion of the hips, apply a palm strike with your free hand into and *through* his elbow.

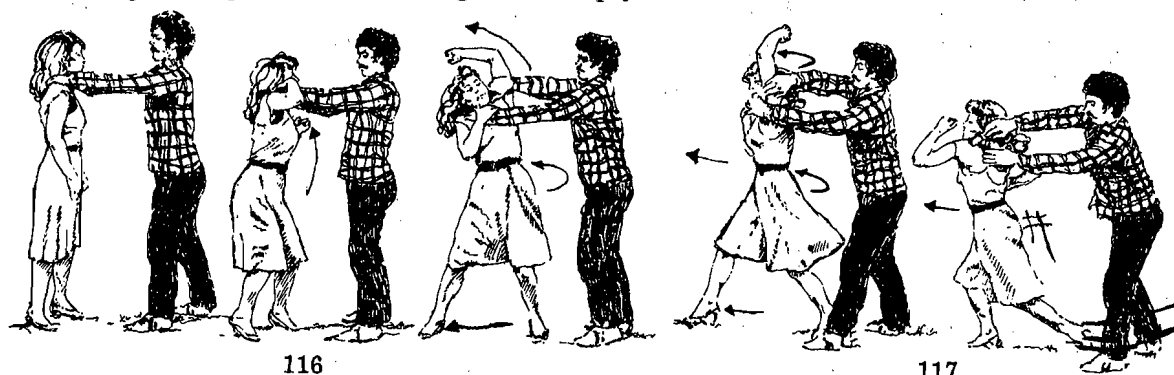
Make the direction of your force go directly through the outside of his elbow to the inside to break it complete (115).



(Level One) I(Q)

The following is a very effective technique and is easy for almost everyone to do regardless of size. First bring one hand up from the outside of his arm and grab his choking hand on this side from underneath with your palm down and fingers to the inside. Now, simply raise your other arm straight up from the shoulder (116) and twist your body and shoulders causing the armpit of that arm to attack the back of his wrist. Bend back the attacker's hand which is now trapped between your neck and shoulder. This twist is away from him so your first step begins your run as you escape. Step back diagonally with your foot opposite of the arm that is up and place it at shoulder's length directly behind your other foot pointing the toes outward and behind you. The wrist is weak and you will have the strength of your whole body twisting to attack his wrist. It will be impossible to hold on.

The hand grabbing his other choking hand simply throws his hand back at him (117).



(Level Two) I(R)

This is a variation of I(Q) for retaliation should you choose an offensive move once you have broken the hold. Since this is not only an escape but also a counter-attack, instead of stepping back and away from him with the foot opposite of the arm that is up, step forward and towards him diagonally forward with the same foot as the arm which breaks the choke-hold so that it is shoulder width directly in front of your other foot. After twisting to break the hold, lower the elbow of your arm that is up to pull both of his arms down, keep your fingers pointing skyward

and the forearm perpendicular to the floor, and follow with a strike from your opposite palm to the nose or claw of the eyes (118).



118

(Level Two) I(S)

In this takedown variation of I(R), after lowering the elbow of the arm that breaks the chokehold and forcing both of his arms down (attacking at the inside of the elbow) turn the palm of your hand on the side of your attacking elbow toward you so that your thumb points at his head and your palm faces you (119). Reach up with this same hand back behind his head while keeping your elbow pointing down and grab his hair from behind.

Now all you have to do is pull his head (and body) to the floor in front of you (120).



119

120

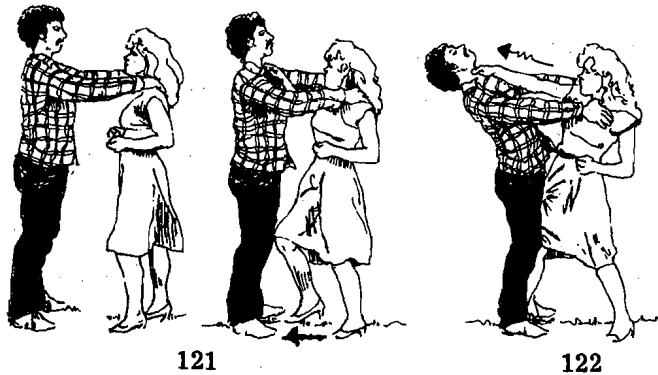
(Level One) I(T)

Using the tiger paw from p. 95 thrust your foreknuckles straight into his throat. If done hard, this technique will kill him in a very short time. You will break his windpipe and he can drown in his own blood. The only hope for survival from this blow is a tracheotomy (121).

You must assume that his arms are longer than yours so make sure that you now twist your body toward him to allow your shoulder to follow your hand forward into his throat (122). This twisting will be your main source of power; do not leave it out of your practice.

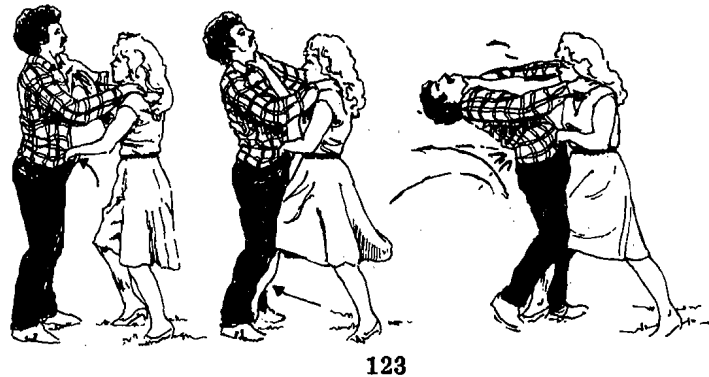
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Note: Remember the safety of your friend. All strikes to the eyes and throat should be done very slowly and with the utmost caution.



(Level Two) I(U)

The last defense is more of a strongman approach to retaliation from the front choke. If you can reach his pants or belt with one of your hands then do so and pull it to your hips as hard as you can. At the same time, catch his throat between the fingers and thumb (the thumb pointing up) of your other hand. If you do this while you shift your upper body forward you will be in the position to steer him backwards to pin him onto a wall with a choke (123).



Before you follow through with any suppression technique that keeps you within the grasp of the attacker, you must know what you will do if he manages to wriggle out of it. Remember that if he does get out of your hold it is not because the technique is ineffective, it is because your application of the technique is ineffective. Just keep on practicing!

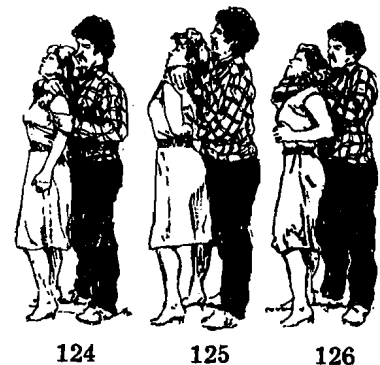
Attack II: Arm Choke From Behind

Your assailant may be choking you with his arm or covering your mouth with his hand to prevent you from screaming for help. His other hand could be holding your shoulder (124), securing a lock on your arm behind your back (125), or grabbing the hand of his choking arm for a stronger choke (126).

Each of the following defenses will probably work for each attack. Try them and find out.

Since the choke is more dangerous than covering the mouth, these are escapes for the former predicament.

If his forearm bone is at your throat, you have very little time to live. You can give yourself quite a few extra seconds if you can get



your neck into the crook of his elbow where nothing protrudes into the center of your throat. You can do this by pulling out on his elbow with your hand (on the choking side). As you pull, turn your chin to his elbow and your neck will slide into the open space (127).

(Level One) II(A)

His free hand is holding your shoulder or upper arm (124). Before you try to get out you must take his mind away from the spot he is concentrating on—his arm. Draw his attention to his legs and feet. There are many ways to do this; all are extremely painful.

If you have any kind of heel and hard soles on your shoes, just turn one of your feet sideways as you lift it up turning the outside edge of your foot toward his leg and scrape down the front of his leg to his foot. Start at the knee and take every bit of skin off the shin as you go (128). When you reach his foot, then lift and stomp as hard as you can (129). You can break many of the tiny bones of his instep easily, especially if you are wearing high heels.



127



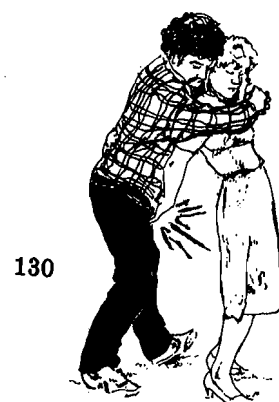
128

129

If he is a person with short legs, then be aware that his groin is right behind you. You may reach back with your hand and squeeze (130), or kick the heel of your foot straight up between his legs (131). All of these techniques, if done correctly, will make him forget, for a second, the arm around your throat.

You have to make your next move before that second is up, though. Quickly drop your body a little by pulling your thighs up parallel to the ground. This will allow you to straighten your arm on the choking side and reach up to the back of his head (132). This will also pull him a bit off balance forward.

Grab as much hair as possible in the back of his head and pull it straight over your shoulder to the ground (133). The pain he experiences from the hair pull plus the lack of control he has for his neck and head will prevent him from offering much resistance. Just keep pulling as hard as you can forward over your shoulder to the floor. Take care not to fall on top of him. Keep your legs bent a little and if you start to lose your balance, then squat down lower keeping your back straight up.



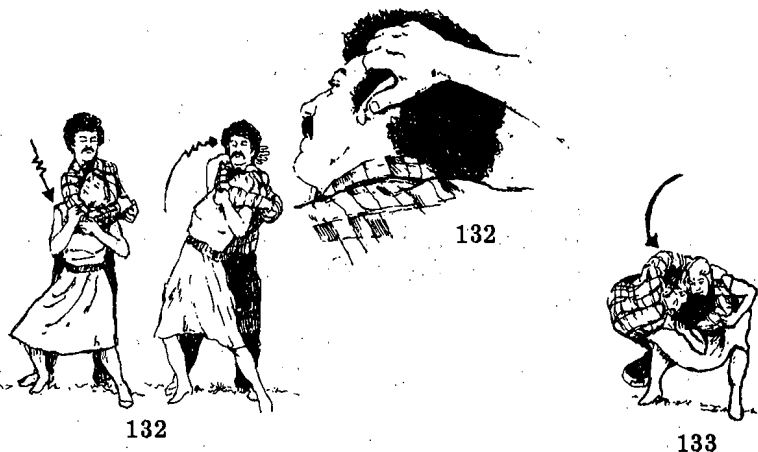
130



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Once he is down, kick his face or ribs and run away.



(Level One) II(B)

His free hand is holding your shoulder or upper arm (124).

Use both of your hands (palms facing you and grabbing from the outside of his arm) to pull his choking elbow straight down towards the floor as you turn your whole body towards the shoulder of his choking arm. Pivot on the foot of the side he is choking on as you do this and make a semi-circular sweep with the opposite foot so that you now face toward your partner (134). Once you are facing him, take your closest knee and ram it into his groin (135).

Note: Even if you miss his groin you will surely hit the front part of his leg with your knee. There are many sensitive tissues in the front of the upper thigh. You will definitely hit something to cause him pain.

You may follow with a shin kick or foot stomp also.



(Level Two) II(C)

His free hand is holding your shoulder or upper arm.

Distract his attention first as in II(A) above then use your hand on the side away from his choking arm to reach up and grab the wrist of his choking arm. Grab with the fingers pointing out and the palm of your hand against the inside of his wrist (136) if you can (if you cannot, slip your finger on the inside of his choking wrist. It is alright to grab from the outside with the fingers pointing towards you.) As you pull down on the elbow with your hand on the choking side, push (or pull) his wrist away from you and upwards with your free hand (137). Use your shoulder and twist your body towards the shoulder of his choking arm as in II(B) so you face toward him. The

success of the technique depends on the strength of your free side, so twist with power and face almost directly toward him.

Once his elbow points down with his wrist and hand above it, then let go of his elbow and bring your hand straight up the far side of his choking arm to his wrist and grab his wrist from the inside with this hand too, wrapping your thumb around (138). You now should have both of your hands grabbing the same wrist; with one palm facing away from you (or towards you), and the other threaded under his armpit, over his wrist and gripping his wrist. The palm of this hand also faces away from you. His elbow should continue to be bent with his fingers or fist pointing straight up. There is now a torque at his shoulder joint with his forearm used as a lever in both your hands.

From this point you have control of him. You should find it easy to push his arm back behind him to break it or bring him to the ground backwards (139). Be sure you act fast because he has a free hand which he may use to foil your technique of escape.



(Level Two) II(D)

This technique starts out like II(B) and ends up in a take-down. As in II(B) use both hands to pull down on the inside of his choking elbow from the outside while turning toward him. Facing him, quickly reach your outside hand (the one originally opposite his choking arm) up behind his head and pull his hair and head backward weakening his neck (140). Next use your inside hand (the one closest to the front of his body) to push his chin away from you (141). By pulling toward you and downward with the hand from behind and pushing away at his chin you twist his head and body to the ground (142). Do not stop this movement until you put the outside of his face and his ear on the ground.



(Level Three) II(E)

Draw your opponent's attention with a foot stomp or strike to his groin. Next use your hand on the side away from his choking arm to grab the outside of the wrist of his choking arm from

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the outside with your palm facing you as you pull down on the elbow with your hand on the choking side (143). Then step your foot on the choking arm side to the outside of his foot and *turtle* your head out of his arm while stepping your other foot backward to that same side, between and behind him (144). As you turtle your neck out, pull his bent arm around and behind his back and pull up high on his wrist with your grabbing hand.

Quickly reach your arm which previously pulled on the elbow around his neck and pull him off balance backward toward you (145). If you wish, or if you have trouble off balancing him backwards, you may step your foot into the back of his knee throwing him backward and thrust both of your arms and his body toward the floor (146).



(Level Two) II(F)

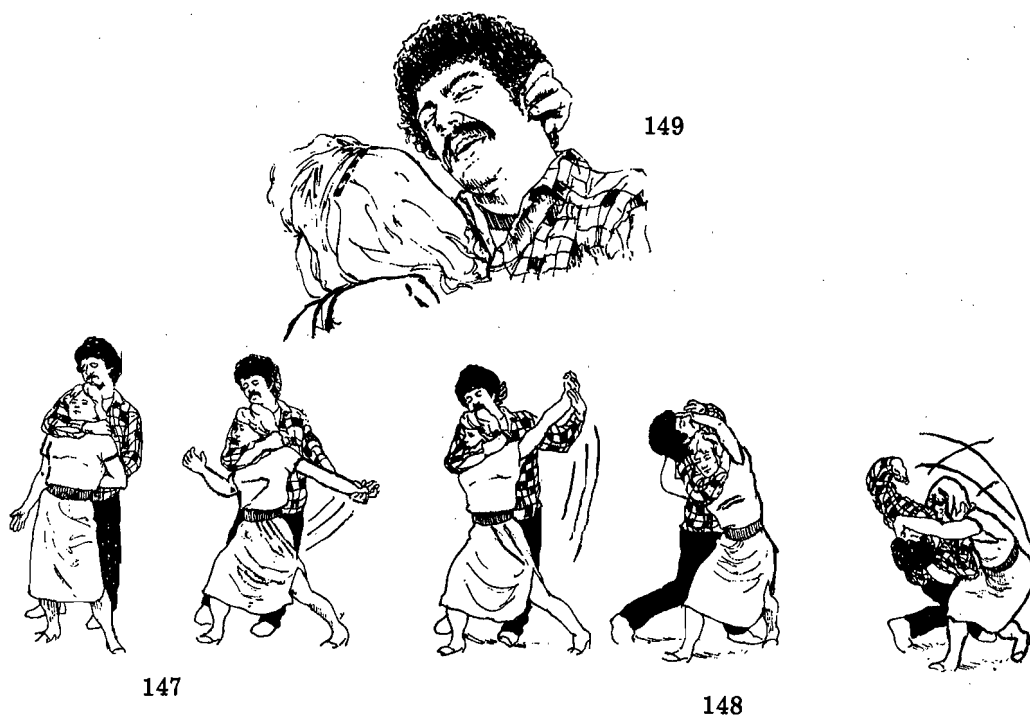
Your attacker's free hand has your arm bent up behind your back (125) while you are being choked. This painful lock prevents you from grabbing or striking his groin with your hand. But your feet are still free to strike at his groin, legs and feet. Use your feet! You do not even have to look down. He is right behind you. You know his feet will have to be under his body, so attack and draw his attention to a spot down low.

The rest of this defense is the same as II(A) except for one move. When you drop your body to reach up to his head, twist your body a little toward your bound arm, bend forward slightly and use all your strength to straighten your bent arm (147). Be sure not to lose your balance when you bend forward. Then proceed to grab his hair with your hand on the choking side and pull to the floor as in II(A) (148).

What if he is bald? Simply grab the back of his shirt collar as strongly as you can and pull straight over your shoulder.

Note: The more you can keep him from controlling his head and neck the better your chances of success are. This is why you must try to reach all the way behind and around to the opposite side of his head to grab his hair. If he is bald put your middle finger in his ear and put power in your fingers as you pull the head around (149).

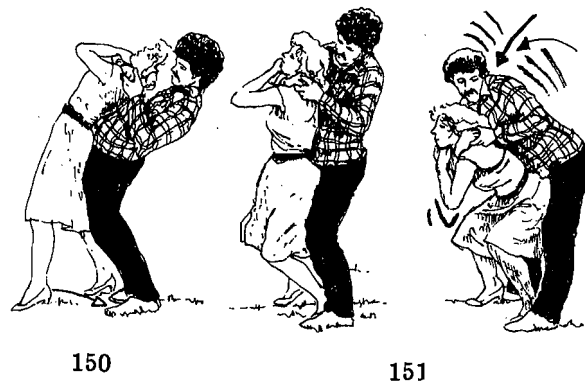
(The principle here is much the same as laying a horse down on the ground or bulldogging a steer in a rodeo. By pulling and twisting the head and neck, the animal loses control and his body follows its head to the ground.)



(Level Two) II(G)

He may use his free hand to grab the hand of his choking arm to increase the power of his choke (126).

If he does, it only makes it more necessary to act quickly and get your neck into the crook of his arm. You may use both hands to pull out on the outside of his elbow if necessary. Be sure to squat a little as you do this. The last thing you want while in this kind of choke is to be off balance backwards (150). If you are, you have to step your feet back to get them under your shoulders and drop your whole body weight down to pull him forward again (151).



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Once you are balanced with your neck away from his forearm bone, use your arm closest to him as a battering ram. Reach way out and drive your elbow straight back into his rib cage or stomach (152). If he does not react, then quickly do it again as hard as you can. Break some ribs and knock the breath out of him with this elbow smash. He may let go of you. If not, he will at least temporarily forget about the choke hold. If he won't let go, then you can have all kinds of fun with this poor guy.

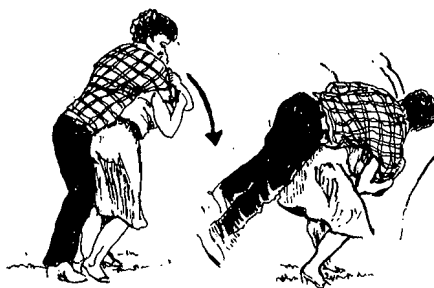


152

Drop your body as you use both hands to pull his choking armpit onto your upper arm near (just below) the shoulder (153). Make sure it says there. Place about one-fourth of your hip outside of his (keeping your feet close together and in a "V" position) and continue to bend forward and straighten your legs (154). (He should be balanced up on your hip now staring at the ground with his feet off the floor.) All you have to do now is twist your body to aim the shoulder he is stuck to towards the floor. He should easily slide right over your hip and take the fall (155). (Make sure that you have your hip outside of his as if to sit on his thigh and that your feet are fairly close together.) Do not lose your balance and fall on top of him.



153



154



155

The most important aspect of this throw is your balance and his lack of it. Before you follow through with the throw, make sure you drop your weight and pull him forward onto your shoulder. As you straighten your legs you should lift him right off the ground. If he slips off behind you, you will know that you are not holding him close enough to you. He should be glued so tightly to you that whenever you move, he moves.

Attack III: Head Lock

This attack is more often used by men against men than by men against women. However, anyone who tries unsuccessfully to get out of the arm choke from behind and twists his body in the wrong direction (i.e., to the outside of the choking elbow) may wind up in this position.

In the head lock the attacker has your head and neck under one of his arms while you are forced into a bending over position at his side (156). He could be reinforcing his hold on your head with his other hand by grabbing the hand of the arm which binds you; or he may use his free hand to punch at your head and face while using the muscle strength of the holding arm to bind your head.

(Level Two) III(A)

This is not a choke, so the arm which holds your head is not the immediate danger. The danger lies in his other hand which could be hitting you (157).

If your arm is long enough, reach in back of him, then on around his waist as you step your leg closest to him also in back of him then on around behind him. Reach around as far as you can and stick your hand out in front of him on the side of his waist opposite from you. This will hopefully block his arm from striking if the elbow of his striking hand gets hung up on your extended arm (158).

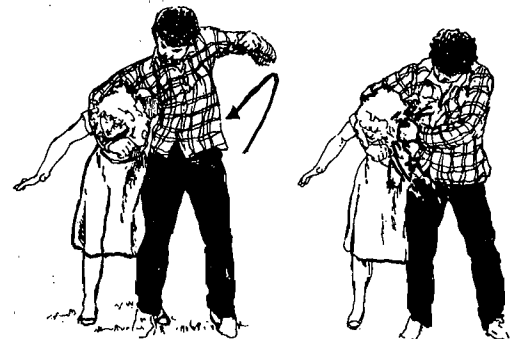
Remember that the only thing he has control of is your head. You have use of every other part of your body. You can move your feet to change position or even kick. Your arms and fists are available for striking and grabbing.

Now reach with the arm farthest away from him to his groin. You may strike or grab and squeeze (159). You may also punch him in the ribs (160). (Keep in mind the sensitivity we all have in the floating ribs located in the bottom of our rib cage.) If someone should put you in a head lock for fun then you push to the area of their floating ribs.

If their intent is harmful then hit this area as hard as possible.



156



157



158



159



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(Level One) III(B)

Assuming you cannot or choose not to block his hitting hand with your closest arm, you may use that arm and hand to reach behind and underneath his crotch and grab at the groin. Grab, squeeze, lift up and pull hard as you do this. Use your outside hand to push at the arm that holds your head and try to pull your head free (161).



161

(Level One) III(C)

If you have a moderate amount of strength in your arms you may try to see if the following incapacitating technique will work for you.

Your partner gets a good firm headlock on you with one hand or both. Then with your closest hand reach behind him and as high as you can to the back of his head (162). Now push his head forward and down from behind with your hand and use the tiger claw on p. 95 to gouge his eyes with your other (outside) hand (163).



162



163

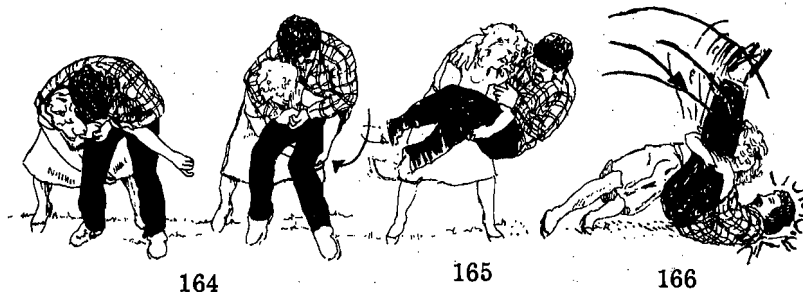
(Level Three) III(D)

To execute this defense for the headlock, reach around to the front of his legs and grab the calf of his far leg with your closest hand (palm faces up). Then grab the calf of his closest leg with your hand farthest from him (palm faces up). Make sure you are in a deep squat with your knees far apart (164). Your leg closest to your attacker should be placed directly behind him so when you straighten your back and scoop his legs up he will lose his balance and fall over your knee backwards (165).

He may let go and take the fall. If he does not, then make sure that when you go down with him you fall with all of your weight on his rib cage. You can break many ribs and possibly puncture his lungs as you sandwich him between you and the ground (166). You should definitely knock the breath out of him.

There is danger in this technique if you do not know what to do after falling with him. As best as you can, you should turn in the direction from which he grabbed you to gouge his eyes (167) or strike his groin (168). You must get up and away from him as soon as possible. You

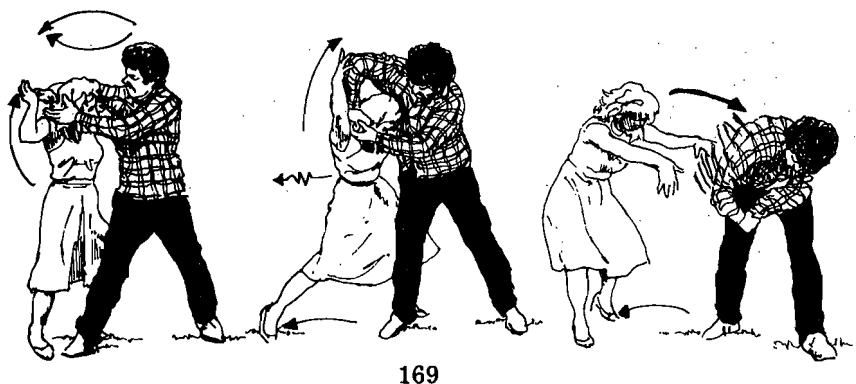
may be putting yourself into a worse predicament than you started off in if you make any mistakes.



(Level One) III(E)

The best thing to do in a headlock such as this is to have your reaction speed ready so that your attacker never really has a chance to get a secure grab around your head.

Practice turtling out of his arms by having him start the grab and then react before he tightens up the hold. To turtle out place one hand on his elbow (the one closest to it) and the other on his shoulder or back and push as you shrug your shoulders and pull your head in (169). If he catches your head grab his groin from behind with your closest hand and squeeze while pushing his elbow with your other hand.



Attack IV: Full Nelson

This is often a difficult hold to get out of if it is applied correctly. Consequently it is favored by many attackers. It enables the assailant to hold his victim from behind while binding his arms in a position useless for defense. The head is pushed forward which leaves the person in the hold feeling helpless. He cannot straighten his body nor grab anything with his hands (170).

To apply the full nelson, have your attacker (partner) slip both of his arms under your armpits from behind and bend his elbows so that he may interlock his fingers behind your head. His palms push your head forward (171).

(Level One) IV(A)

There is no immediate danger from this hold because both of the attacker's hands are bound together. He is behind you so there is really no vital area of your body which is vulnerable to the person grabbing. This is a suppressive technique often used when there is more than one attacker. One man holds the victim while another man beats him up.

First, before attempting any aggressive actions, reach back behind your head and try to find his two thumbs. Peel them off with each hand and pull them apart. This will make him unlock his fingers to prevent his thumbs from breaking (172). Try two fingers; one from each hand and do the same.

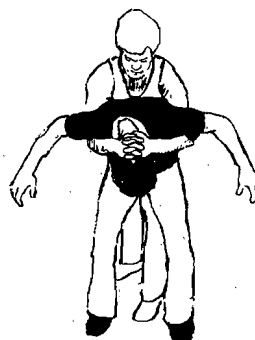
(Level Two) IV(B)

If the hold is strong or the thumbs are tucked in, then IV(A) will not work.

The follow-up technique involves breaking that all-important grip he has on the back of your head with his interlocked fingers. Use your feet to create the distraction by scraping his shin or stomping his foot. Then shift your weight forward and a little out to the side by stepping onto the foot you stomped, scraped or kicked him with.

As your foot impacts the ground, drop your body weight and yank your elbows to the ground—hard (173). Keep your fingers (or fists) pointing straight up so that when you yank the force goes directly down with the elbows. This should break his grip from your neck (174). If not, then kick him again and yank down even harder. Give it all you have got.

If there is any wall behind your attacker you may try to knock him back against it first to jar him before breaking the hold. Remember that both of you are limited in movement and that neither of you has anything which is free except feet.



170



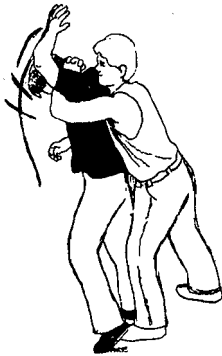
171



172



Once the hold is broken, continue your counter-attack by swinging your elbows from side to side (keeping your hands in close to your chest) and battering his head between them (175).



173



174



175



Attack V: Body Grab From Behind (arms held in)

There are a number of ways in which one might escape when grabbed from behind.

We will cover escapes from two different but similar body grabs from behind. The first grab encases your arms inside of your opponent's arms (176) and the second grab encompasses only your body, leaving your arms outside (177).

We will work first with the full body grab with the arms locked inside.

As with the other defenses, first call the attacker's attention to another part of his body. You will not be able to do much while he has all of his energy concentrated in his arms around you.

(Level One) V(A)

Distracting techniques for a grab from behind are: (1) throwing your head straight back into his face and hopefully his nose (178). You must realize that a strike to the nose can cause an enormous amount of pain, especially if you break it. The whole front part of his face will sting and his eyes will water. A good shot to the nose will make someone let go very quickly. (Note: Nose shots are also effective in defense against attacking animals.)

(2) Stomp on his foot breaking the bones of the arch. You may start at the knee and scrape off all the skin from the front of his leg as you drive down to his foot (179).

(3) Reach behind with both hands and grab his groin and squeeze (180). (If he is too close for you to get your hands back, then butt your hips backwards and then forward to create the space.)

(4) Tilt your hips to one side and strike with the edge of your hand to his groin (181). There is enough power from the elbow to the hand in a full swing to do damage.

(5) If his legs are apart behind you then *mule-kick* one of your heels straight up behind you to his crotch (182). The pain will be excruciating.



176



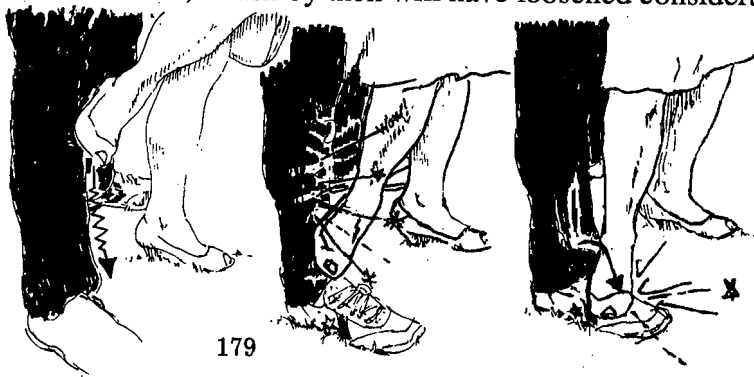
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After distracting his attention from his grasp on your body, you may proceed with a follow-up maneuver to get out of the hold, which by then will have loosened considerably.



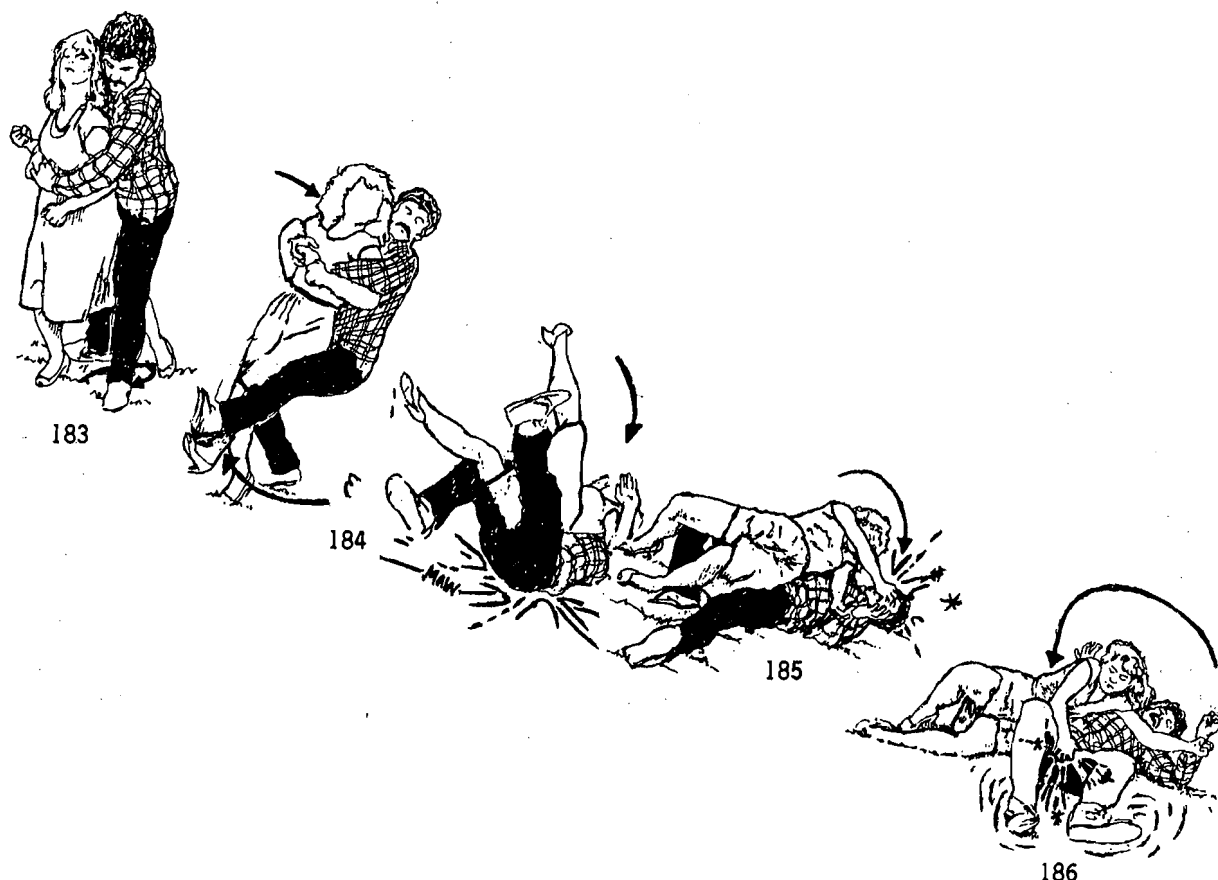
(Level Two) V(B)

One defense is to shift your weight, and his too, to one of your feet. The other foot reaches back and hooks his ankle from between his feet (183).

Push backward with your upper body and pull his ankle and leg forward with your foot. You both will fall backward (184).

When you hit the ground, try to make sure that your hip lands squarely between his legs. This should be enough to stop anyone, but as a protective measure, be ready to turn around to face

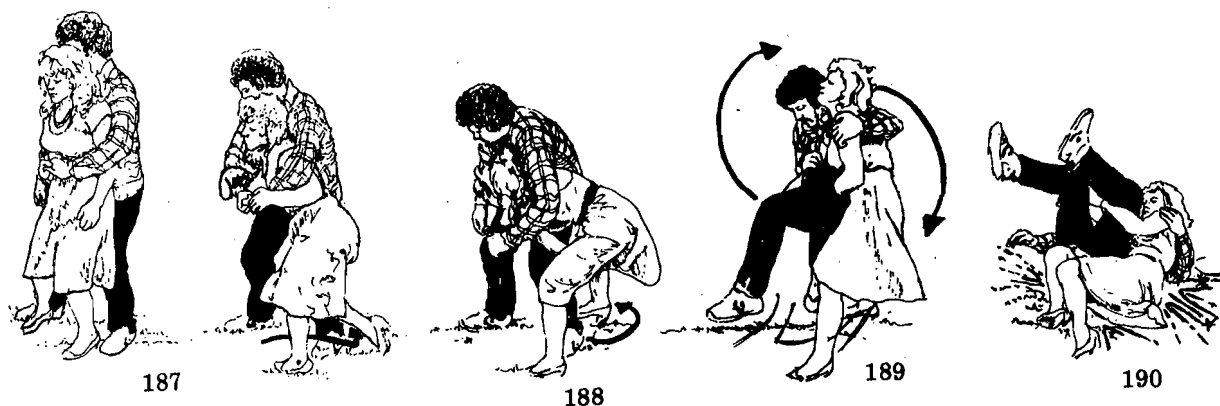
him and gouge his eyes with your tiger claw (185). If you cannot reach his eyes, then you will be low enough to pound repeatedly at his groin (186). Then get up quickly and run for help.



(Level Two) V(C)

Your attacker has control of the upper part of your body which still gives you mobility of your legs. You will also be able to adjust your body height by bending your legs provided that he is not too powerful and that you have already drawn his attention to pain.

In this defense, step to one side and bring your other foot around behind your attacker (187). At the same time squat down keeping your weight evenly centered between your legs, grab his legs at the knees (188), and pull them into your chest. Lean back and throw him over your knee (189). If you fall on him, concentrate on falling on his rib cage with all your weight (190).

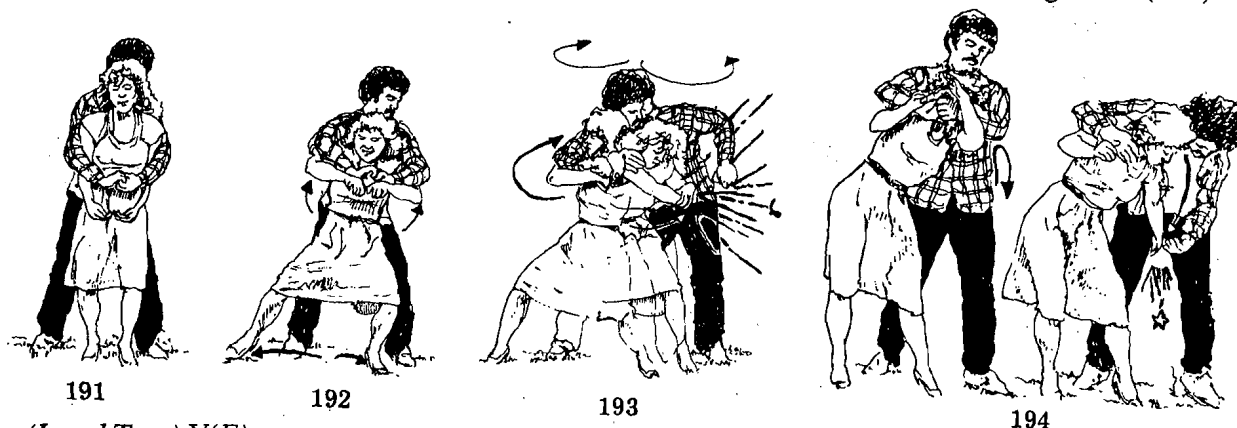


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(Level One) V(D)

When the attacker loosens his grip from the pain of the distraction, it should be easy to break the grip he has around your arms.

Starting with your arms bent at the elbows and the palms of your hands facing skyward (191), drop your weight suddenly to a squat (this is done by lifting—not jumping—your legs up off the ground and allowing your body to fall into a squat) while simultaneously rotating your arms at the shoulders to face the palms down. The elbows should now be horizontal to the ground (192).



(Level Two) V(E)

Do whatever you have to do to break his grip as in V(D). From here, use your elbows one at a time striking from side to side into his ribs (193). After one, two, or three blows, then shift your hips a little to one side and strike his groin (194). He should be off you by now, but if he still has his arms around you then bend down, grab his ankle with both hands (wrapping the fingers behind the ankle) (195) and pull his foot up and out between your legs (196). He will lose his balance and fall backwards.

He may let go as he falls and he may not. Be prepared for either one. If he does let go then keep holding on to his foot and stomp his groin, then let go (197). If he does not let go, and if you go down with him, then remember to go for the eyes or the groin as in V(B).



(Level Three) V(F)

This variation is similar to V(D). We will assume that you have successfully distracted his attention and broken his grip as in V(D). Your elbows should be pointing out to both sides and you should be in a squatting position (192). Use both hands to pull one of his armpits on top of your arm just below your shoulder. Make sure it sticks there (198). Straighten your legs and bend forward to load him up for the throw (199). (Do not allow any space between your back and his chest. Let him be glued to your back so that when you move, he moves.)

To finish the throw, just turn your head and upper body to the side in a twisting motion away from him (200). He should easily float over your hip (to the side of his trapped armpit) and due to your preparatory squat, is lower than his hip. Keep your balance and do not fall on top of him.

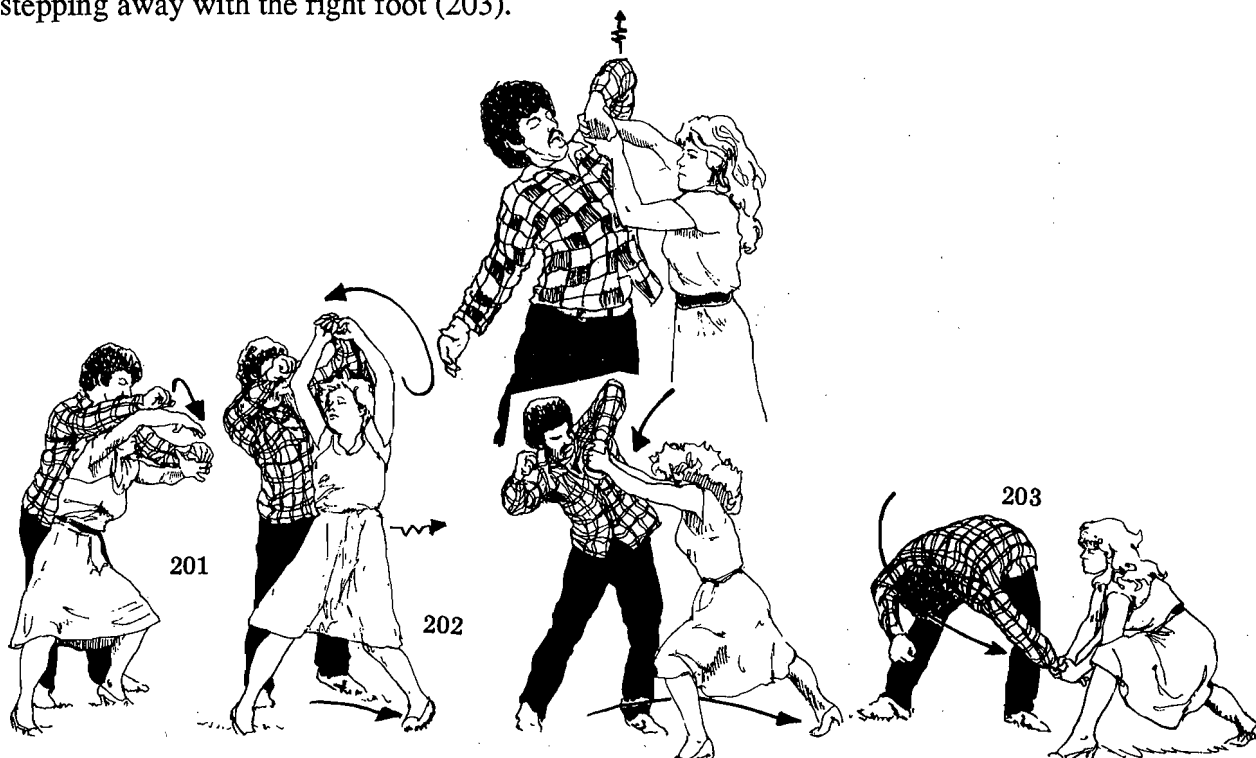


(Level Two) V(G)

Draw his attention and break his hold as in V(D).

Once this is done, then grab one of his hands with your opposite hand. (If you grab with your right hand, then grab his left hand. If you grab with your left hand, then grab his right.) Wrap your fingers around the outside edge of his hand and place them in his palm. The palm of your hand should be on the back of his hand. Then use your other hand to grab as securely as possible the same hand by placing your other thumb on the back of your hand and your fingers wrap around the meaty part of his thumb (201).

Now step with the foot which is on the opposite side of the hand first placed on top of your opponent's hand. (If you started by grabbing with your right to his left and then reinforcing the grab with your left, then now step with your left foot.) Step forward, duck under his arm and turn in toward him. Turn his hand with you as you duck under and turn. (If you step with the left foot forward, turn in toward the right.) (202) When you face him then jerk his arm toward you while stepping away with the right foot (203).



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When you duck under his hand and your hand to move out in front of him, you will be twisting his wrist and arm. This is a very weak and possibly painful position for him. When you jerk the arm, the twist of the hand and forearm moves up to the shoulder as the arm straightens out. The result is a severely dislocated shoulder. You may follow up on this technique with a kick to the groin or stomach.

Attack VI: Body Grab From Behind (arms free)

Should someone do such a foolish thing as grabbing you from behind while leaving your arms free, you need to draw his attention to pain. You may choose any method you wish, but I have another one to show you which is perfect for a situation where you have your arms free.

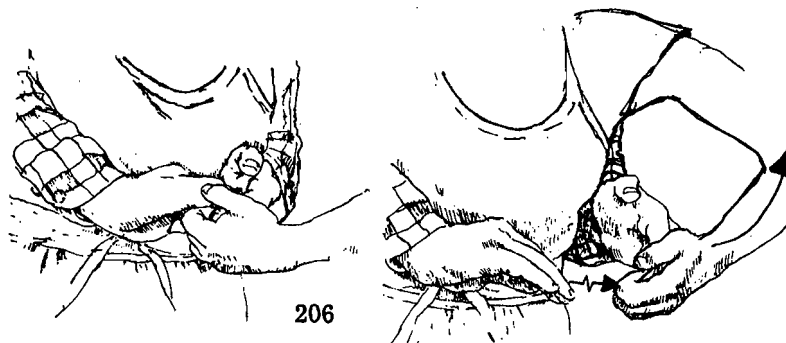
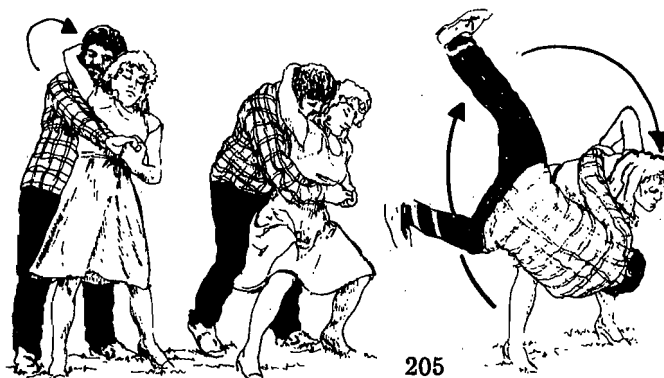
(Level One) VI(A)

Use your elbows; with all your might, turn your upper body around to the left and right (204). Each time you turn, smash his head with the back of your elbow. (Anyone who has accidentally been behind someone else when this happens can confirm the pain and amount of damage this can create.) In this defense you induce pain in a different location and also attack his head and face in just one move.



(Level Two) VI(B)

If he does not let go after you do VI(A), then simply drop down, reach up to the back of his head, and grab his hair. As you pull his head over your shoulder to the ground, use your other hand to pry his clasped hands apart (205). Make sure that you can pull his outermost hand off with your free hand (206). If not you should switch the hair-pulling hand with the grip-prying hand. Take note of this before you attempt the hair throw. Otherwise you will fall with him and possibly be unable to turn around to claw his eyes or attack his groin. So make sure that you grab and pry his *outermost* hand with your free hand before the hair pull.

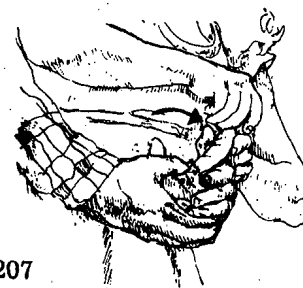


(Level One) VI(C)

This is an uncomplicated technique of defense. It should be used right after commandeering his attention and drawing it to his lower extremities.

Promptly after the foot stomp or shin scrape, peel off just one finger from his clasped hands. Use both of your hands and as many fingers and thumbs as you need to isolate this one finger of his. (Or you may attack his thumb.) Once you have the finger, then bend it all the way back and pull it away from you. Break his finger and pull his hands apart (207).

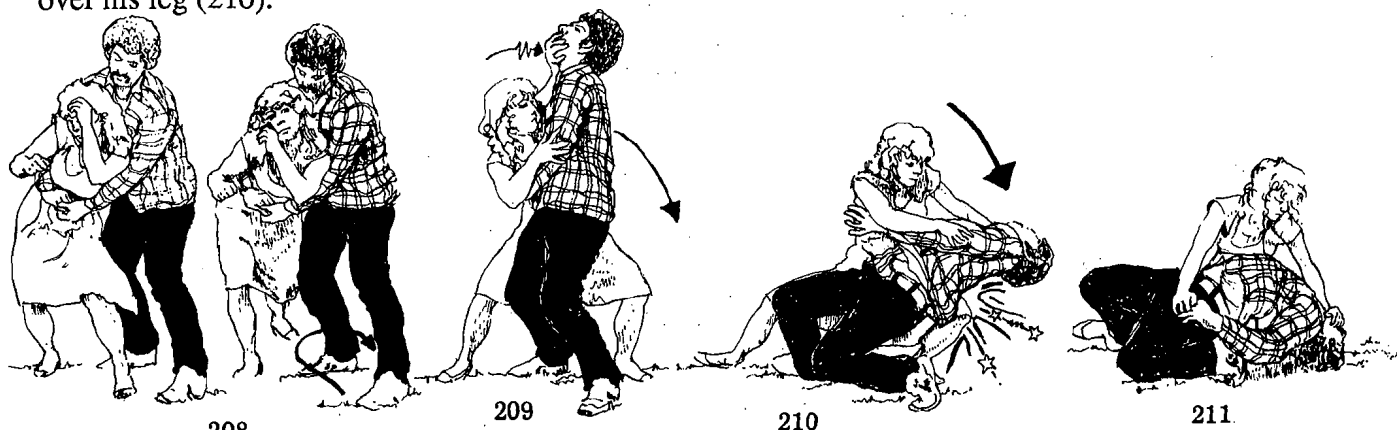
This will hurt a lot, but will not completely stop the persistent aggressor. You *must* run away as quickly as possible because he will become very mad after recovering from the shock of the finger break.

*(Level Three) VI(D)*

This final technique of defense against the body grab is one which can be used either to off-balance your attacker into letting go of you or possibly to break his back.

You may use any technique of distraction including the elbow attacks. Then step to the side and squat with the knees apart. Plant the closest leg behind your assailant and distribute your weight evenly between your legs (208). With your outside arm and hand, push into the back of the attacker's knee. Simultaneously stick the palm of your inside hand over his face (209).

Now as you twist the front of your body to face him, lift a little on his leg and push his face backwards and down weakening his neck. Whether he lets go or not, do not stop pushing his head down until the middle of his back is over your knee. You should end up with your hand over his face or your forearm over his neck. Your other hand can now move from under his leg to over his leg (210).



You are now in a position to break his back. Just push down on his legs with one arm and down on his head and neck with the other arm (211).

Be careful as you practice this.

Attack VII: Front Body Grab (arms held)

Let me ask you, have you ever been standing on a busy street corner and gotten scared out of your wits by the piercing screech of tires skidding? If so, do you remember that for just a fraction of a second you lost all grip of yourself? That was caused by a sound—a sound of such a vibrational quality that it seemed to strike the deepest point in your body.

Well, we, as human beings, have the capability to produce sound vibrations of the same magnitude as that of screeching tires. Professional singers and stage actors do it, only they make

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it sound pleasant—unless you are standing right in front of them. Musicians who play in bands do the same thing as they blow into their horns.

The power of such sound lies in control of the breath. All these people have at least one thing in common; they know how to use their diaphragms.

Most people breathe with their lungs, lifting the chest and shoulder on the inhalation and dropping them on exhalation. This is a result of the postural ideal of keeping the shoulders back, the chest out and the stomach in.

Did you ever notice the way a baby's tummy goes up and down as it breathes? This is the way we all naturally breathe. The baby breathes like this because it hasn't been conditioned to stand up tall and told to "suck in that gut." Actually, when you do not allow your stomach to expand on inhalation, your lung capacity is greatly reduced. You are pushing everything in and up with your stomach muscles which crowd your lung cavity.

You can change your way of breathing so that you breathe with the diaphragm by spending a few minutes each day doing breathing exercises. Instructions for breathing are contained in the final section of this book.

When you yell at an attacker and propel sound directly from your diaphragm, you send a jolt right through his eardrums and into his central nervous system. For a fraction of a second he will get a shock. This has the effect of drawing attention away from his grab in the same way that a kick to the shin does (212).

A good yell can also give you more power in any moment of concentrated exertion. Notice how the weightlifter exhales and grunts when he reaches his peak effort to raise the bar over his head. Or how the karate master yells as he smashes his hand through a stack of boards or bricks.

By yelling as you exhale from the diaphragm, you can give all the strength and power you have as you break out of some precarious situation. With all of this power going out from the deepest part of yourself, there is no energy left to clutter your mind with doubt or fear. Your yell springs forth as a total commitment to the action you take. Your own attention is completely on the movement. There is no holding back in anticipation or preoccupation with self-conscious thoughts.

As you can see, I have much respect for the "kiai" (pronounced key-eye) or yell and for the person who knows how to make it work for him.

In the case of the front body grab, the kiai could work well for you because you can yell directly into your assailant's ear. Do it as you stomp on his foot or scrape his shin. He will think his whole body has been invaded.

There are many ways to escape the front bear hug. The technique you choose will depend on whether your arms are free or bound inside of his arms.

Defenses while your arms are bound are as follows:

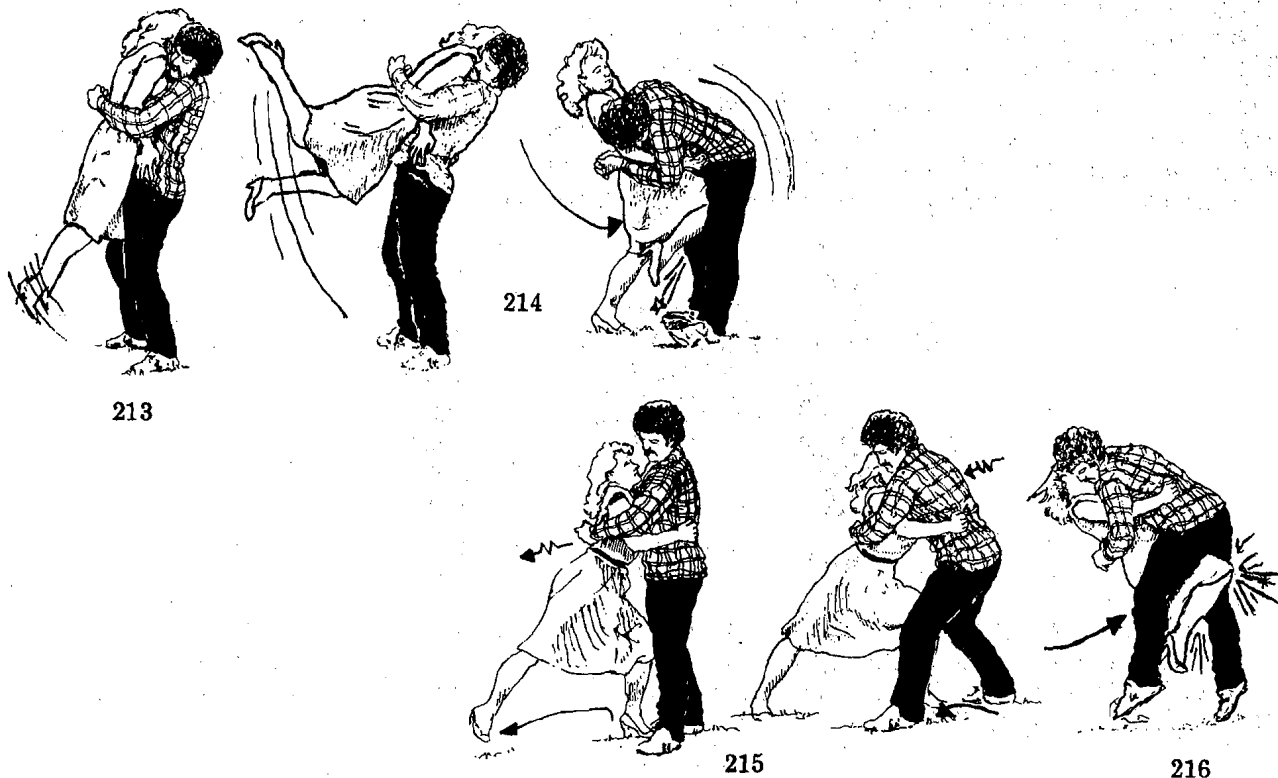


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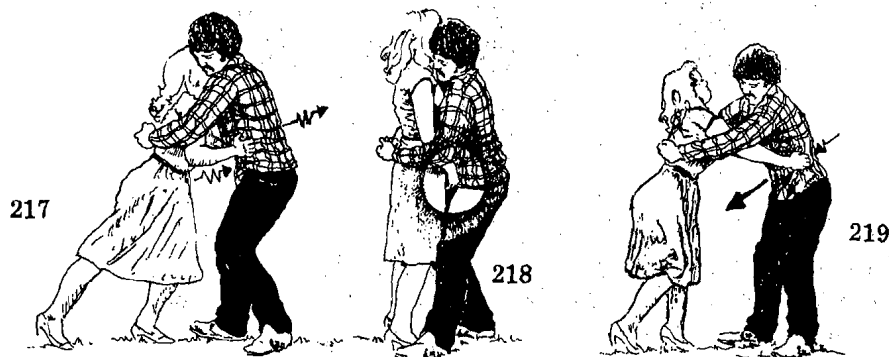


(Level One) VII(A)

Follow up on the yell with a knee to the groin. If he holds the front body grab and lifts your feet off the ground then swing your lower body away from him and then back toward him (213). Use your knee as you swing in (214). If your feet are still on the ground then step one leg back to get him to step forward and expose his groin even more (215); then let him have it with your knee (216).



A knee smash is effective to any area on the front of the legs if the groin is too close or too far away. However, you may still use your hands to help adjust your distance from the attacker even though they are bound to your sides. Simply create a small space to slide your hands between you and the attacker and use them to push him away if he is too close (217). (At this point you could also grab and squeeze.) (218) If he is too far away, reach out and grab his hips and pull them toward you as you ram your knee into his crotch (219).



By now you will have loosened his grip. As a matter of fact, by now he will wish he had picked another target or stayed home to watch television.

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(Level Two) VII(B)

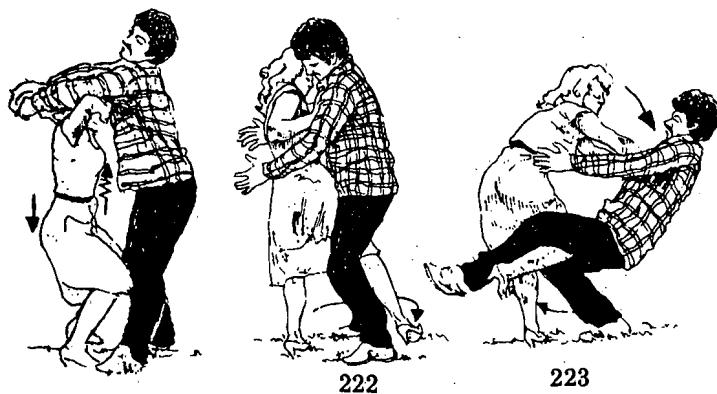
Use technique VII(A) to distract the attacker's attention. Follow this by breaking his arm-hold if he continues to hold on. Use the same technique of break-away that you did in V(D). Quickly drop to a crouch and throw your elbows out. Face both of your palms down and put the power into your hands (220).

Once his grip is broken, reach both your hands up to his head and put one hand on the back of his head and one in his face. Pull back on his head and twist it to the ground or gouge the eyes (221). Use the techniques as in I (G and H)—then run.

Note: Do not practice neck-twist take-downs on partners with neck or spinal problems. Be careful to apply the twisting motion slowly. Make sure the head does not twist faster than the body (in practice) as you bring both to the ground by your feet. Excessive force or jerking of the head and neck can severely injure your partner possibly breaking his neck.



Variation: After using the break-away technique of V(D) place both hands on your partner's chest and push while hooking his leg from the inside with your closest leg (222). As you push with your hands circle your leg from between his legs to the outside (i.e., if you use your right leg to trip, circle to the right) (223).



(Level Three) VII(C)

There is always that chance your opponent's attention will not be thwarted by screaming, stomping or groping. This technique can be used just in case this happens.

Squeeze one leg between his and wrap it around his leg opposite yours on that same side (i.e., wrap your right leg around his left). You may if you wish continue to wrap your instep around his ankle to bring your toes back between his legs again. This gives you more control of his leg as you tense and straighten your wrapping leg. Like a boa constrictor snake you can paralyze his "captured" leg. Next, lean into your opponent with your upper body and thrust your wrapped leg and his behind you. He will fall backward with you on top of him. As you fall, twist so that your

hip opposite your capturing leg turns into his groin and between the legs. This aligns the side of your body with the center of his so, in falling, the impact is focused between his legs.

The fall should loosen his grip giving you the opportunity to grab his groin and squeeze or gouge his eyes (224).



224

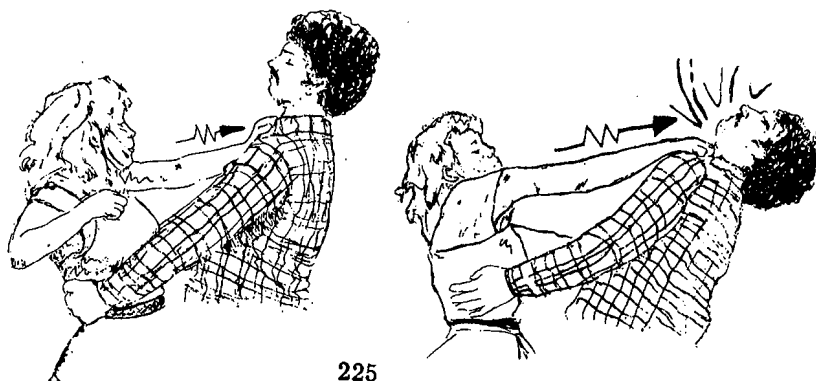
Attack VIII: Front Body Grab (arms free)

Have no pity on the man who grabs you and does nothing to bind your arms. He is asking for it.

Besides the yell, the foot stomp, the shin scrape, the forward head butt, the elbow to the head, and the knee to the groin, there are other ways to discourage this daring fool.

(Level One) VIII(A)

One way is to lean your upper body away from him and use the tiger paw (24) to ram your foreknuckles into his Adam's apple (225). This throat strike *will* work if you hit hard. If you do not want to kill him then push on this spot instead of striking it.



225

(Level One) VIII(B)

Another easy but effective technique which will not kill your opponent is to use both of your hands to box his ears (226). Do it as if you were clapping your hands together and his head got in the way. If the ear strikes do not work the first time, do it again. It *will* work the second time. He will let go. When he does, you may run or else give him a kick for good measure; then run.



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(Level Two) VIII(C)

You can use the face strike or hair take-down with your fingers in his eyes as in I (G and H). It is not necessary to make him first let go of you. These techniques can be done while he still has his arms around you.

Remember that if you choose to poke his eyes out you must commit yourself to it. He will only be aggravated if you start to gouge his eyes and then chicken out. To touch his eyes without actually hurting him only demonstrates to him his vulnerability to you which then contradicts the fantasy of having overwhelming power over you. This is a big mistake on your part.

Fighting is a commitment. It takes confidence in yourself to complete any action and decision made to thwart an attacker. There are no halfway points. You either fight or you don't fight. If you do fight, then give it everything you have got and be ready to accept the consequences. If you do not fight, then you still must be ready to accept consequences, whatever they may be. The decision is yours, but once you make it, then stand by it. Nobody else will be taking up where you left off.

Attack IX: Hand Choke From Behind

This attack is often used by men against women because most women's necks are small enough to fit into a man's grasp. Also, men do not expect even the minimum resistance from the woman which would be needed to break the hold. There are, however, a few options from which to choose in defense against this attack (227).



227

(Level One) IX(A)

Use a kick similar to the side kick except change the direction to behind you instead of the side. Aim it directly to his knee, groin or stomach. Kick hard and drive your heel with full force into the target (228).



228

(Level One) IX(B)

Step one of your feet to that side and bend both your knees to a half-squatting position and simultaneously bring both your hands up to peel off his hands from your neck (229). Next duck your head, bend forward and step to the outside. Turn your whole body 180° the opposite direction toward where you started (spin on the balls of your feet) so that you end up facing behind your attacker (230). Turn to the inside—opposite of the direction you stepped and duck your head under his obstructing arm as you turn. From here just walk forward to his back side and push away his hands from your neck (231).



229



230

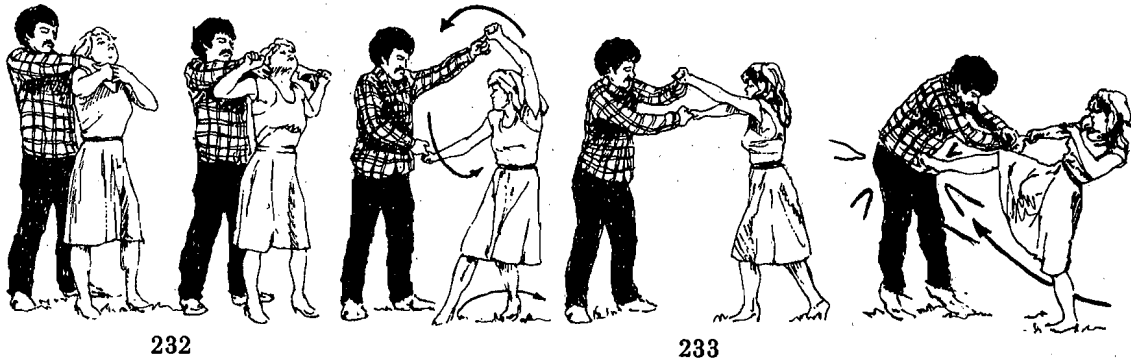


231



(Level One) IX(C)

Use your thumbs and fingers to peel off one finger of each hand from your throat and pull his hands off (232). If you choose, you may keep holding on to his fingers and duck under one of your arms to turn around and deliver a front kick to his groin (233). Remember that his hands are strong, but his fingers are weak. Just grab one finger, the rest of his hand will follow. (Variation: Combine the side-stepping-turning of IX(B) with the finger grab and kick of IX(C).)



(Level One) IX(D)

This is an easy and effective way to break a hand choke from behind.

Lift one of your arms straight up. If it is your right arm, then move your left foot diagonally in front of your right foot and turn your whole body to the right (234). This should be enough to break his hold because you use the turning force of your whole body against his wrist. The principle is the same as that of the technique in I(Q). You break and run. (Variation: a side kick or back kick could follow the break before running (235)).

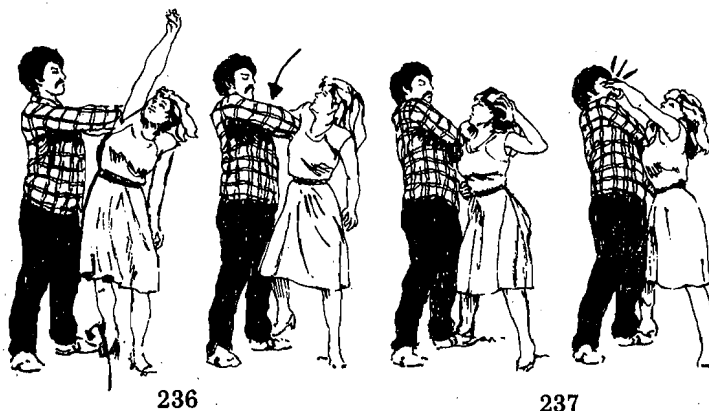


(Level Two) IX(E)

This is a counter-attack variation of IX(D). The difference in the beginning is that since you are choosing to stay and fight back instead of run away in your first movement (i.e., in IX(D) the initial step out and away from the attacker as you bring the arm up to break the hold is your first step of running away after the hold is broken), you step back diagonally with the foot on the same side of the raised arm instead of forward diagonally with the foot opposite of the raised arm (236). This way you move toward him and not away from him causing you to have more power in and control of your next offensive technique.

Safe At Last

Once his grab is broken, then circle your raised arm over both of his to trap them under your arm. Use your other hand to strike the nose or gouge the eyes (237).

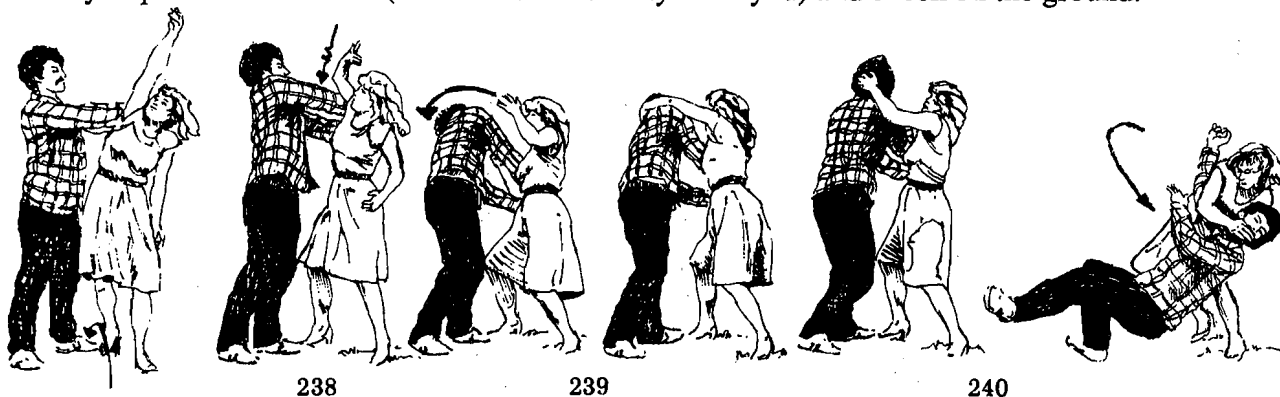


(Level Three) IX(F)

This is a take-down version of IX(E).

Break the hold the same way as in IX(E) by stepping diagonally behind your foot and turning with your raised arm.

The difference in this technique is that instead of wrapping your raised arm around both of his arms you lower that elbow straight down (with the hand pointing up (238) and grab the hair on the back of his head with that hand (239). Next use your free hand to push his chin away simultaneously pulling on his hair toward you and down (240). Do not stop twisting his head until you put his outside ear (the one furthest away from you) and cheek on the ground.



Attack X: The Attacker Stands in Front of You

Probably the most important thing in learning your defenses is to be able to keep any attacker from grabbing you in the first place. Learn to react quickly and at the very moment he makes a move to grab you.

He may jump out of some bushes in front of you before making his attack. If he approaches from the side or in back of you, turn your body toward him to keep him from jumping your blind spot.

Remember to act at the very moment you feel danger. (This can be applied to every technique of defense in this book. Practice breaking holds before your partner has a chance to secure it tightly. Work on reacting appropriately to his reaching out to grab you.) Making the first move often makes a difference between success and failure.



241

(Level One) X(A)

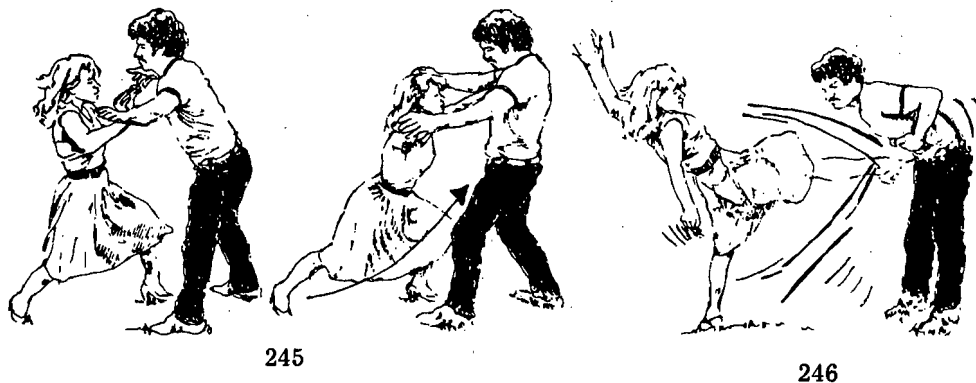
Besides the front kick to the groin or punch to the face to deter an attacker, there is another technique available which utilizes your automatic response to push him away.

Get your partner and have him stand in front of you with his legs a couple of feet apart and arms wide to grab you (241). Now step your right foot a short step forward and towards the center of the gap between his legs. Turn your toes inward and at a 90° angle to your other foot as you step. As you do this bring both of your hands up to push his chest or shoulders away (242). Next bring your left toes behind and to the right side of your right foot so that your left shin touches your right calf and your lower body pivots slightly to the left (243). As you push as hard as you can, stick your right heel behind his lower left calf muscle near the ankle, turn your hips squarely towards him, and sweep his foot toward you (244). You will be pulling his foot toward you and throwing his shoulders away from you. He will fall because he is off balance and cannot step back to recover.



(Level One) X(B)

With your partner standing directly in front of you, practice pushing him backwards with both of your hands (245) and follow it with a front kick to a vital spot from either of your feet (246).



(Level One) X(C)

Before the attacker makes a front grab to carry you away, there is a chance that he may punch at you first to deter any resistance on your part. *Be ready* in case he does.

As soon as you see the punch coming, raise your arm which corresponds to the side he punches from and keep it straight above your head. Tilt your head and body away from the punch

Safe At Last

(247). When he punches, drop your arm around his to trap his arm under your armpit and use your other hand to strike his nose or eyes (248).



(Level Two) X(D)

Use the method as in X(C) to trap his arm. You may want to use the power of your face-strike to push him back while you sweep his foot as in X(A) (249). If his other foot is closer, then use the foot-sweep used in I(K) (250).



Attack XI: The Attacker Chases You

Running away is probably one of your best defenses against an attack. If you would consider running, I suggest that you practice this art too in advance so that you do not twist an ankle, pull a ligament or fall down as you attempt to escape.

One thing you should keep in mind about all of these defenses against physical attacks is that they are physical. Your body must be physically conditioned to handle the strain of active resistance. If it is not, and you do not take the time and energy to build and keep up your bodily strength, then it may fail you at a time when you must depend on it. No matter what physical form of defense you choose as a way out, you must be physically prepared to use it unexpectedly.

Understand that it is you who makes the martial arts; the martial arts do not make you. You pick, learn about, and practice many different techniques to be used as your defenses. These techniques may come from one style or from many.

Learning about self-defense is much the same as it is for one who wants to learn how to become healthy. When being first introduced to the world of health one will find many avenues, each of which offers its own unique set of ideas for better health. Aerobic exercise instructors will tell you the secret to health is exercise and a strong cardiovascular system; a nutrition expert will reveal that longevity of life depends on the proper diet; the masseuse will say that life is

enhanced by body manipulation and stimulation; the singer will tell you that breath control is vitally important to a healthy existence; the psychiatrist will say that a person's mental health directly effects his state of physical being. This could go on and on.

The same is true in learning the infinite number of styles developed for use in self-defense. They all will work for at least one other person. What you have to do is find out which ones or parts of one work for you.

You may choose particular techniques because of your physical stature. You could prefer some techniques over others because you might feel that to hurt badly or kill another person would above all obstruct your own personal and spiritual growth. Still other techniques are chosen which seem more practical because they coincide with you or your attacker's personality.

Once you have consciously chosen the techniques you appreciate most, then you must study them. The more you practice them the more they become yours, lodged in your subconscious mind. The result is your own individual style of defense.

This is why many styles may be found within any given area of martial arts. The practitioners of each art have taken what the style itself has to offer and have adapted what techniques they felt most comfortable with into their own physical, mental and spiritual states of being.

When it comes to a fighting situation, you will be the judge of which technique is best to use. If you have practiced enough, your defense will present itself spontaneously.

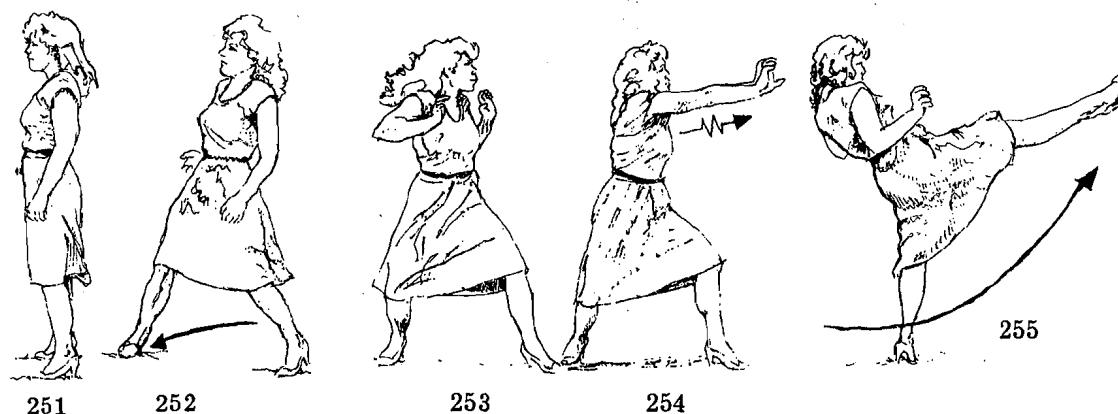
If you are running you could stop and let him grab you from behind or turn around and use one of the defenses you learned for a frontal attack if you feel the most comfortable with those techniques. There is nothing wrong with either approach to your defense while running away from an aggressor.

If you are running and you see that the aggressor is definitely going to catch up with you and that there is no obstacle to maneuver between you and him, then there are ways to overwhelm him as he runs toward you. Here are a few more choices you might want to consider if someone chases you. Try them and find out if they work for you.

(Level One) XI(A)

As you are running, occasionally glance over your shoulder to see how close behind you he is. When you see that he is close enough to run right into you if you stop, then stop as quickly as you can and pivot to front-kick his stomach. The force of his own movement should magnify the impact of your kick to bend him over long enough for you to take off running again.

To practice this, stand in a neutral stance (251). Step diagonally across your own forward path with the foot you plan to kick with (252) and pivot on the balls of both feet to face the opposite direction (253). (e.g., step your right foot ahead and to the left of your left foot, then pivot to the left.) All you have to do now is raise your hands to your shoulders (palms out) and push out with both palms (254). Then follow with a front kick with your back foot (the one you stepped out first with (255)).



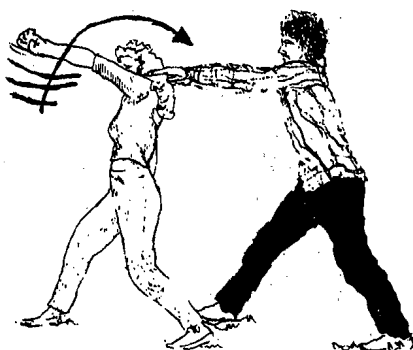
Safe At Last

To take the practice further, begin at a trot and make your last step a *diagonal* one (across your own forward path) and pivot to kick. Then speed your initial trot to a slow run, and then to a fast run. Practice learning how to spin around without losing your balance.

(Level One) XI(B)

This is a variation of XI(A). Your objective is to time your movement so that when you spin around and strike he will run into whatever it is you strike with. Here it will be a punch or a palm strike.

Begin as in XI(A) by stepping diagonally forward (across your own forward path). Next, pivot and thrust out and sweep across the front of your body and down the hand closest to your attacker (256) and follow with a strike to the face with the other hand (257). (The striking hand should be on the side of the foot which stepped diagonally. The purpose of the initial sweep with your other hand is to block away any arm which may be reaching out to grab or punch at you.) You may block from right to left or from left to right regardless of which foot steps diagonally.



256



257

(Level One) XI(C)

This technique is similar to XI(B). The difference is that when you spin around on the balls of your feet you bend both of your knees and plant your back knee on the ground (the one you stepped diagonally with). This puts your head and shoulders down low for a strike to his stomach or solar plexus. Strike with the fist or palm of the side you stepped across with. (e.g., If you step across your forward path with your right foot, then pivot to the left and strike with your right hand, placing your right knee on the ground.) (258).

Work the speed of the movement so that you do not lose your balance as you turn. If you do it fast enough there is no way he will be able to make a grab for you in your lowered position. You will be in front of him running one moment and dropped from sight the next.

To give a little extra protection to your head as you perform this technique, throw your other arm up over your head and bend the elbow as you spin and punch. By placing your forearm over

your head you will keep him from hitting your head as he bends over from the force of your punch (259).



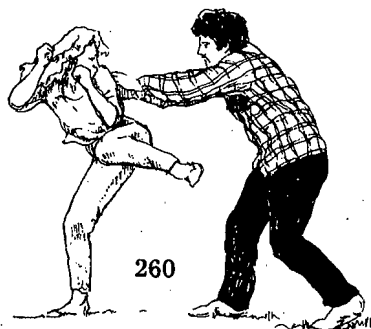
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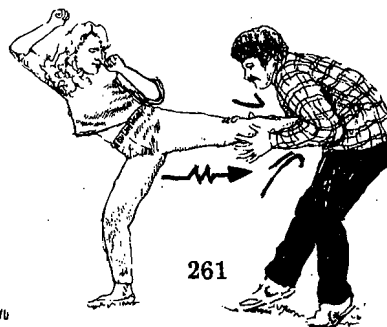
259

(Level One) XI(D)

If you do not feel comfortable with the idea of stopping and turning around then there is another technique by which you can attack as he runs after you. When you stop, without turning, shift all of your weight onto one foot and pull your opposite knee up as high as possible (260). Then with everything you have got, kick your heel straight back into the stomach of your assailant (261).



260



261

To practice, as with XI(A, B and C), start out with the standing back kick. Then jog to a stop and kick. Work your speed up so that you can kick from a run without losing your balance.

Balance is important for all four of these techniques XI (A through D). You have to consider your own forward momentum as you stop; so whether you turn around or kick backward you will have to lean toward your attacker. Leaning will also give you more power in your attack and will keep his weight and forward momentum from knocking you back as he runs into your strike.

Safe At Last

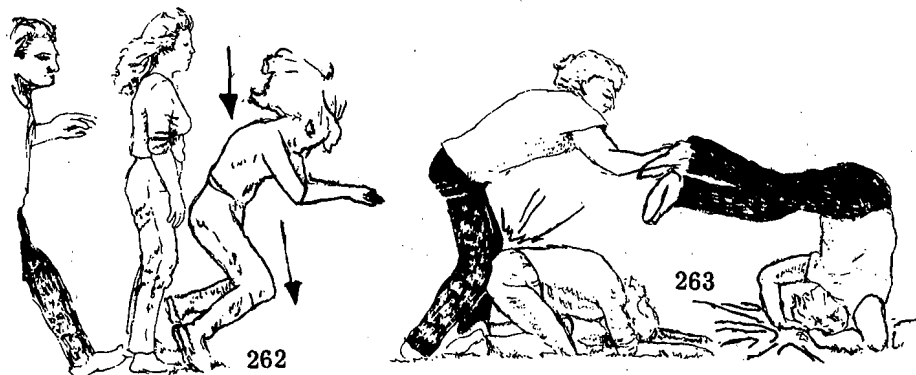
Don't expect one solid blow to leave your attacker hopelessly rolling on the ground with pain (although the possibility exists). These four techniques are quite difficult to perform when you consider that you are running. They will, though, if performed correctly, stop the attacker in his tracks for a moment. He will have to gasp for breath a few times before he can resume the chase. That is time enough to run or to continue with more attacks.

The only other way I know to suppress someone running at you is to use their body momentum and your body as a fulcrum to throw them on the ground. Anyone can do these throws regardless of his weight and height. Their effectiveness though depends a lot on practice.

I will not go into the proper way to execute these techniques of judo in this book because they would take too much practice for the beginner to benefit from. They will be included instead in a later edition of this self-defense book series.

Here is, however, one judo-type maneuver which will give you an idea of the effectiveness of your body as a fulcrum. I do not recommend it because it involves a fall on your part and may hurt you. But when you could also be hurt by an attacker chasing you down, then you may feel like taking that chance.

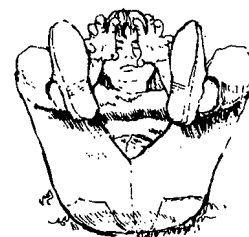
When you see your attacker is about to catch you, you can let both of your legs collapse and ball yourself as you go down. To stop your forward momentum, place your hands out in front and use your arms and wrists as shock absorbers (262). Go down directly in front of his legs. As you do, you will probably skin your knees if you are on concrete and possibly sprain your wrists. But if you do it at the right time he will not know where you are until it is too late. One second you will be in front of him and the next you will have disappeared. He will trip over you and fly forward head first (263). He could hit his head on the ground and be in serious condition if he does not know how to fall. Meanwhile you can get up and run.



Any of these techniques will favor your escape without having to fight on the ground. The *only* way an attacker is going to stop you from behind is to take you to the ground. (This is the chief method used in football.) Keep in mind that when you are tackled from behind while running that you are going down face first. He will not mind the fall, he will be falling on something soft—you!

Attack XII: Ground Fighting

There may be times when you cannot avoid fighting on the ground. It should be your first priority once going down to keep your opponent from getting on top of you where he may hold you down and beat you. If he is standing or on his knees keep your legs and feet up and use them to kick and push him away from you. Take a defensive posture with your knees wide apart so that he may not work his way around them to your upper body (264).



264

The strongest defense you can put between you and your attacker is your legs. *Always* keep your feet toward him. Draw your knees into your chest and spread them as widely as possible. The attacker must then get around your legs and knees to get to your head and upper body. From this defensive position you can keep him away by kicking and pivoting on your back as he tries to move around you (265). Most important is to keep the knees out to prevent him from moving around to the outside should he be on his knees fighting with your legs. As he struggles with his arms against your stronger leg muscles you still have both your hands free to hit to his face and gouge his eyes (266).



265

Whether you were down on the ground to begin with or the attacker has thrown you down, you may find yourself in the awkward position of lying with your back on the ground. This position is difficult to get up and run from because the attacker is standing at your feet ready to pounce on you (267). Instead of trying to get up to run away it is best to get into your ground-fighting ready-position and fight from here because he will not be able to hurt you until he gets down to where you are. You can keep him from doing this in two ways.



266

(Level One) XII(A)

One way is to attack him from the ground by rolling onto one side and slipping the foot of the leg next to the ground between his feet, resting your instep behind his heel (268). Then draw in your other leg by pulling your knee to your chest and powerfully kick a side-kick with that foot *through* his knee (269). The kicking foot does not stop until it is about two feet on the other side of his knee. More distance can be covered with the kicking foot by using your hands and the pull of the hooking foot to slide your body along the ground toward him as you kick. Properly done this will break his leg; if it is improperly done or if it is not powerful, it still causes the attacker to lose his balance backward and fall, allowing you to get up and run.



267



268

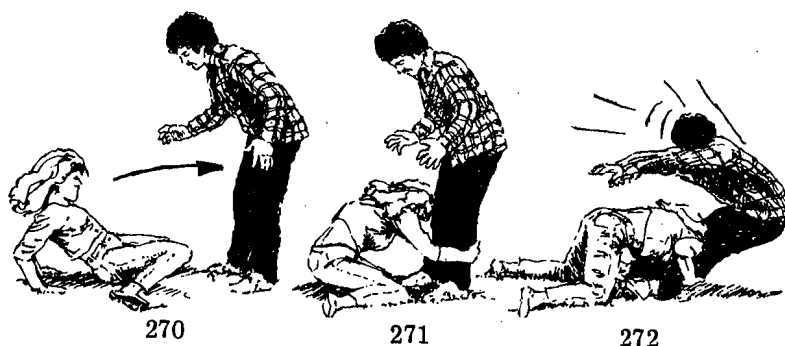


269



(Level One) XII(B)

The second way to attack someone standing is to attack both of your opponent's legs knocking him backwards and to the ground so that you can get up to run. To do this, stay low and drive your shoulders and upper body towards his knees as if to do a violent sit-up. Keep moving toward his legs and when you get close enough reach both of your hands around the outside of his feet and cup them around his heels (270). Then pull his heels forward simultaneously throwing your head and shoulders into his upper legs and knees (271). Push with your feet and knees forward until he falls backward then get up and run (272).



(Level One) XII(C)

If you do not have time to attack first from the ground you must be prepared to defend yourself where you lie. In spite of your efforts he may still succeed in getting on top of you. You could then find yourself on your back with the attacker sitting on your stomach. He could be leaning forward over you with his weight on his hands which are holding your arms near your head (273).

This is most likely the position a rapist will choose in holding you down. He will use his body weight to hold you while fighting your arms with his. Now it would not be so bad if you were a strong-armed person; you could keep him from holding your hands down and grab him to pull him off. But usually this is not the case; his arms can hold yours down or he can punch at your head while keeping his own head out of your reach (274).



If he is holding your arms down by your head, then he must lean down over you. He may even be trying to kiss you if you are a woman. You can use this leaning of his body to your advantage.

Pull your knees up and place your feet flat on the ground. In one motion, straighten your arms out directly over your head (parallel to the ground) and thrust your hips way up high. This will shift his body weight up over your head and off-balance him (275).

Then quickly lower one leg to the ground as you push your hips up violently and spin over to that side. You will have to press the ground with your head and neck muscles to help you arch

high enough to pull your shoulder under you as you turn. Push off the ground hard with your bent leg and arm on the side you are turning from (276).

If you find that he offers too much resistance to roll him off to that side, then bring your straight (underneath) knee back up and use his resisting force to roll him to the other side in exactly the same way.

If you succeed, then gouge his eyes and run.



(Level Two) XII(D)

If you have your hands free, you can do the same thing as in XII(C), but you will have to pull him off balance over your head as you arch your back. Grab his clothing near the shoulders (or his hair if he has no shirt) (277) and pull straight above your head stiffening your arms as you arch (278). The rest of the technique is the same.



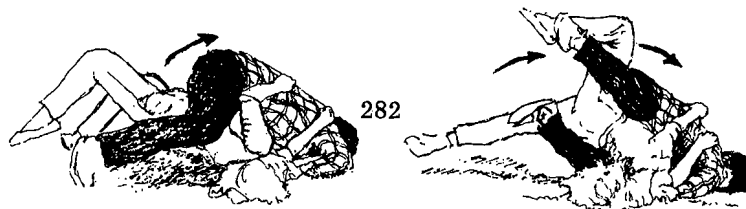
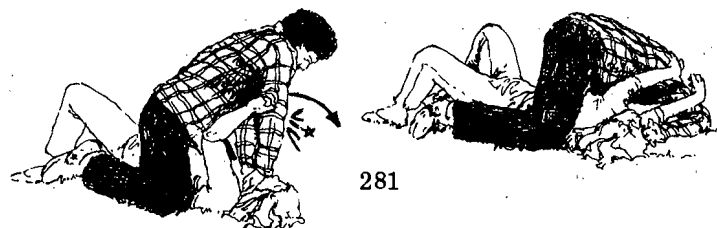
(Level Two) XII(E)

What if he is using his hands to choke you? You have to get his hands off your throat first. Either drive one arm through his arms and grab your other hand (279) or else bring it under both of his arms and grab your other hand (280). Shift both of your clasped hands to the side of your body and push your hands and your straight arms over your head and to the other side of your body to break his choke between the elbow and wrist of one of his choking arms (281). This will also throw his body weight to the side of you and toward your head.

Safe At Last

Now, as in XII (C and D), arch your back to bring your hips up and turn. At the same time, grab him from the side and push him toward your head and over to the ground. Gouge his eyes and run (282).

(Note: There is one defense method which repulses many but gets instantaneous results when applied leaving attackers incapacitated and in shock. This technique is most often applied by women against men. It's the lip tear. Like other passive-resistance measures it begins as compliance. The end is simple—the attacker lowers his guard while making mouth to mouth contact with his victim. The victim then retaliates by clasp[ing] either of the attacker's lips between her teeth and tearing it off by biting down and jerking her head sharply to one side. Since a lot of blood flows to the lips, the result is profuse bleeding and shock.)



Unification of Mind and Body

Mind and body were originally one.

Do not think that the power you have is only the power you ordinarily use and moan that you have little strength. The power you ordinarily use is like the small visible segment of an iceberg.

When we unify our mind and body and become one with the universe, we can use the great power that is naturally ours.

by Koichi Tohei

Some readers have noticed that a few of these illustrations may vary slightly from the written descriptions. Any of these differentiations *are* acceptable and may be integrated into the practice of these defenses. Although each technique is described in such a way that practice is possible without picture reference, these instructions should *not* be considered the only way to execute them. *If* you see any discrepancy between the illustrations and their literal descriptions, practice both to see which is more comfortable to you. In the meantime, use the step-by-step instructions and look for other opportunities to further vary what is presented by adding punches and/or kicks.

Chapter Nine

Defenses for Wrist Grabs

Let us review the different ways to get out a grab to your arm or wrist. As you know, your wrists can be grabbed by one or by both of the attacker's hands. He may even grab both of your hands from in front or behind. He can grab your right hand with his right hand or his left hand. You can see the many ways in which you may be held by the wrist.

The basic releases which follow are the movements which form the foundation of aikido. Remember that as you move, your body must be relaxed and your energy flow must be brought to the wrist rather than locked in the muscles of the arm. This point cannot be stressed too much. To make this easier for you, remember as you do each technique to open the fingers of your hand and to put as much power as you can into your fingers.

Move slowly and smoothly and remember that aikido makes use of circular and not linear movements. Linear striking movements like punches, kicks, and elbows may be incorporated in the following techniques. However, what is presented in the wrist grab section revolves around basic principles of escape and suppression *without* permanent injury to your opponent. As you practice, observe your body positioning relative to your partner. Be creative and innovative in finding what opportunities exist to use strikes as you move through each defense shown.

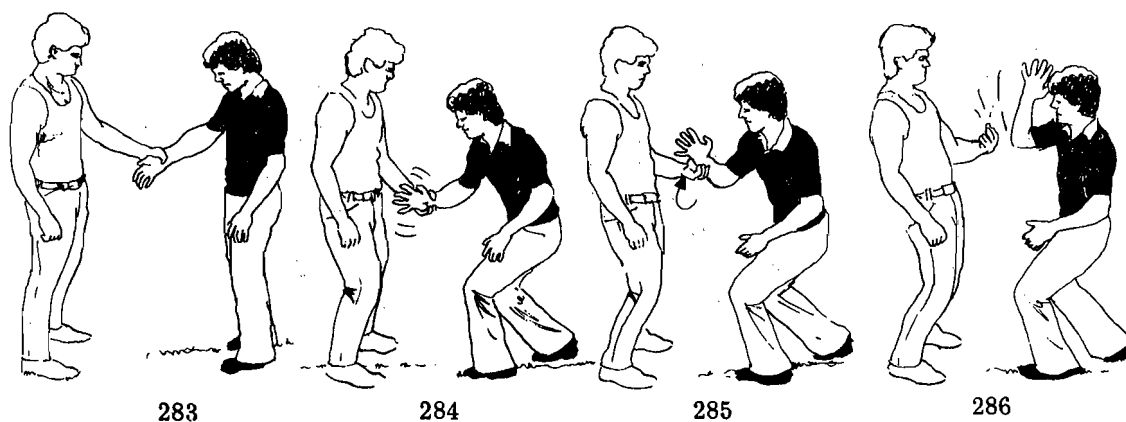
Start out facing your partner to begin these exercises.

Attack XIII. Same-Hand Grab

The first attack will be a same-hand grab. The attacker will grab your right hand with his left as he faces you (283). Here are the defenses. Practice them on the right side and on the left.

(Level one) XIII(A)

Take one step forward with your left foot as you drive your right hand down (284). As you hit the bottom of your drive then with your fingers still leading, curve your hand's direction of movement upward toward his left armpit and chest (285) without slowing down, then back toward your own head and snap your hand out of his (286). The entire movement is a smooth, powerful oval-shaped or scooping motion. In this, as in all aikido movements, do not reverse directions sharply, but instead continue in one flowing curve.

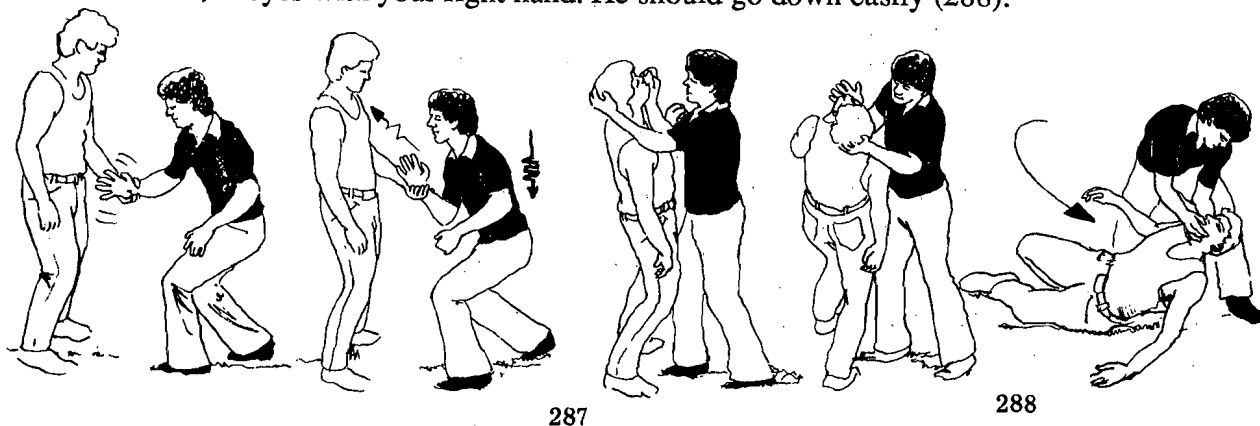


Safe At Last

This technique adheres to the principle of opposites. When you drive your fingers straight down, you opponent's reaction will be the opposite: straight up. So, since your final goal is to go straight up, you are getting him to help you by first moving downward. You then quickly turn back up again into the direction in which he has reactively begun pulling. Neither of you will feel any resistance as you move upward together. You will then find it easy to pull your hand out of his grip quickly before he can tighten up.

(Level two) XIII(B)

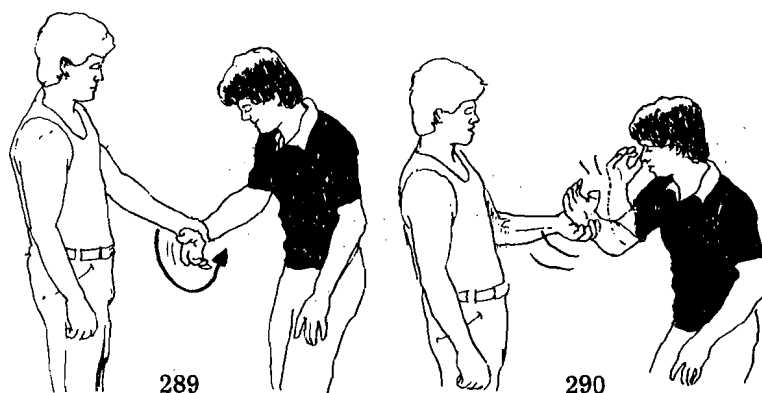
This variation of XIII(A) acts as a counter-attack to his grab. Step with your left foot and drive your right hand down and curve smoothly back up as you did in XIII(A) except that as your right hand comes up, you strike his chin (palm strike) so that his head tilts backwards (287). Now bring your left hand back behind his head and grab his hair while simultaneously pushing down on his nose and/or eyes with your right hand. He should go down easily (288).



(Level one) XIII(C)

Step your right foot forward and drive your right hand down, then to the left and up again (289). As you go upward, keep your palm facing up and make a movement similar to that of a scoop. As you come up, twist your wrist (so that the thumb moves to the left) out between his thumb and fingers and pull it back towards you (290). This movement is similar but at right-angles to the one described in XIII(A).

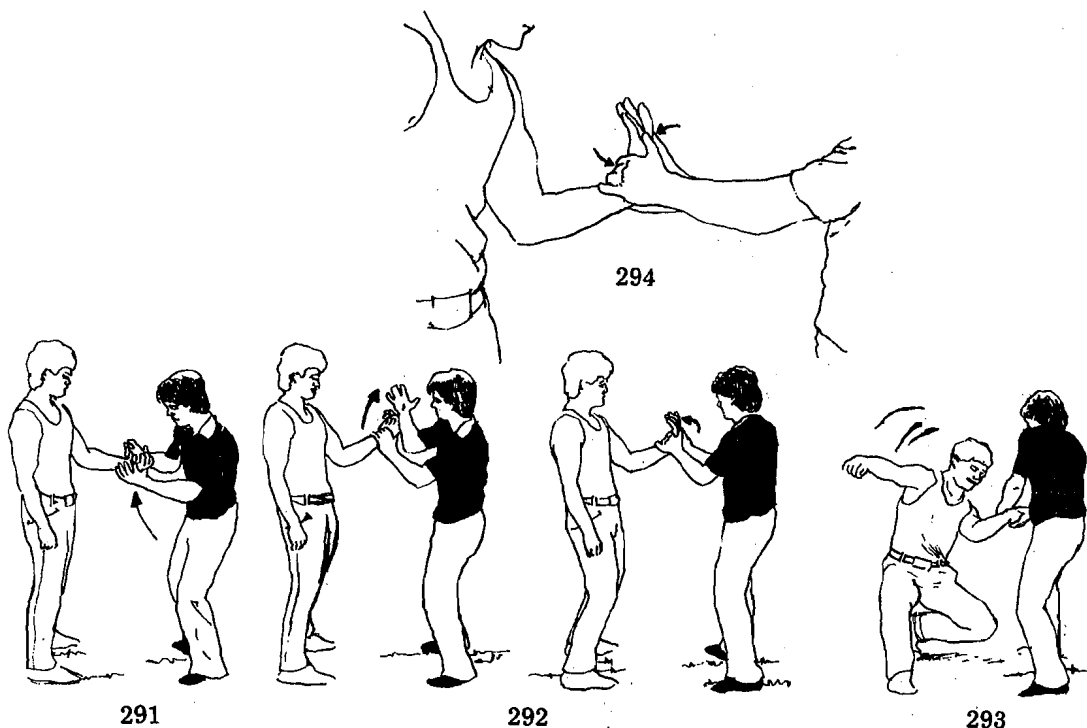
Note: In every escape for a wrist grab, the only way to get your hand out is through his weak spot between the fingers and the thumb. There is no other part of the grip that leaves a gap to escape from.



(Level two) XIII(D)

This variation of XIII(C) works into an application of your own wrist lock to your attacker's grabbing hand.

Use the clockwise circular hand movement with your right hand the same way you did in XIII(C). As your right hand approaches chest level, put your left thumb (pointing to the right) on the back of your attacker's left (grabbing) hand and place your left fingers into his left palm (291). Now go ahead and twist your right hand out (i.e., rotate the right hand counter-clockwise — palm-up to palm-down) and then place your right thumb on the back of his left hand near your other thumb and your right fingers on the base of his left palm (292). With both of your thumbs on the back of his left hand, bend his wrist at about waist level toward the outside of his arm at about a forty-five degree angle on the horizontal plane. His palm will face at a 45° angle to the outside of his forearm (294). Done quickly, this can break his wrist (293).



(Level one) XIII(E)

The next escape should allow you to see more clearly how the entire body can be used for escape from a wrist grab.

Most people perceive their hand as an object which no longer is connected to their body once it is in the hand of another person. This is untrue.

You must learn to make the body move as a unit, rather than to move your body and try to get your hand back from your attacker. This next exercise and escape is very good for learning how to make your hand move as a part of your entire body.

Your opponent has just grabbed your right hand. Well, just for a moment, forget there is an attack and forget that he has your hand. Pretend you have a watch on your right hand. Bring your arm up parallel to the ground and bending at the elbow. With your fingers at full attention and beaming with energy, turn your palm down and look at your watch to see the time (295). You discover that it is time to leave! Very slowly and steadily circle your left foot around behind you

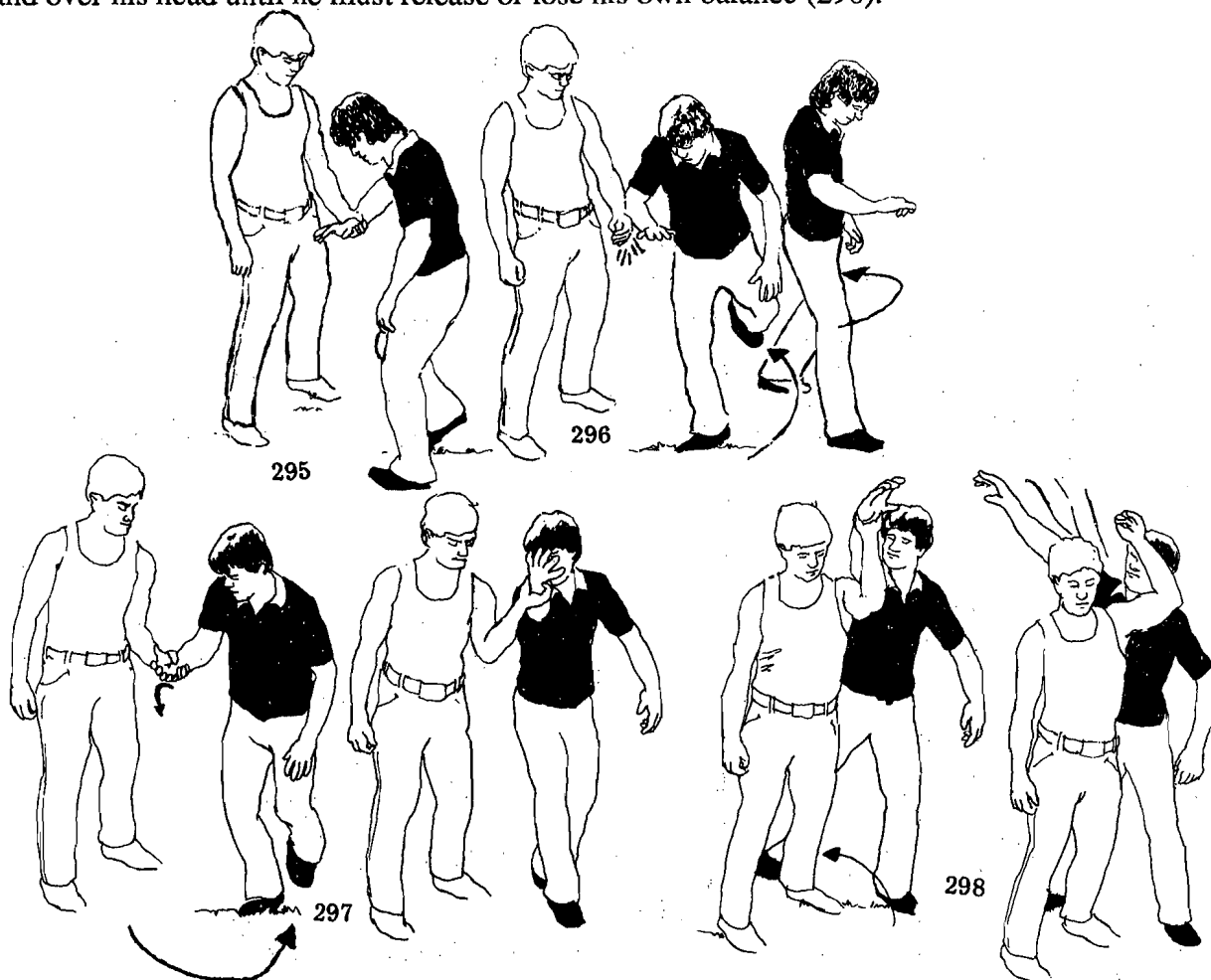
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and turn your whole body to the left as you move that foot to walk away. Make sure as you move that your arm and wrist *stay* in the very same place *in front* of your body and parallel to the ground (296).

As you twist your body to the left, your arm acts as a bar which pries your wrist out between his thumb and fingers. It takes no effort at all — just power in your hand to keep it in front of your body and a simple turn to leave. Do not yank. Do not leave your hand behind as you turn. Just look at the time and turn away to leave.

Variation: This is a variation of XIII(E) which uses the motion of the initial attack of his grab. As he reaches forward to grab your right hand with his left, spin your left foot around and follow it by rotating your entire body to the left, pivoting on your right toes, backwards two hundred seventy degrees so that you are now standing next to and slightly in front of him. While you spin to the left, keep your hand moving *in the same direction* his hand was moving when it grabbed yours (297). Practice this movement over and over until you can move quickly and smoothly without your partner's feeling any resistance whatsoever in your hand.

Then, when it is smooth, work a circle at the end of the movement to bring your hand and his up and over his head until he must release or lose his own balance (298).

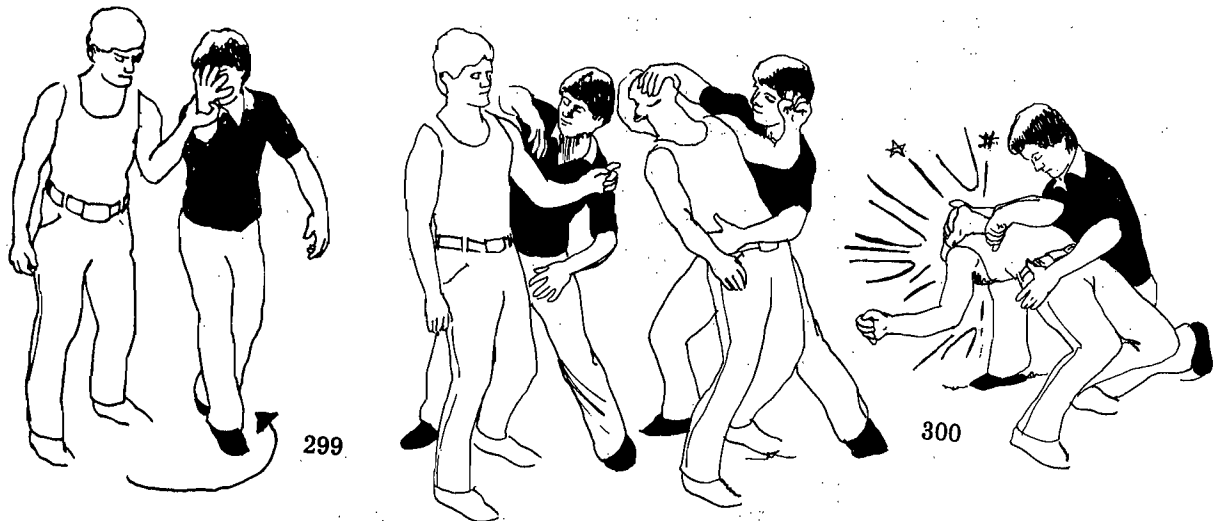


(Level three) XIII(F)

This is a counter-attack variation of XIII(E).

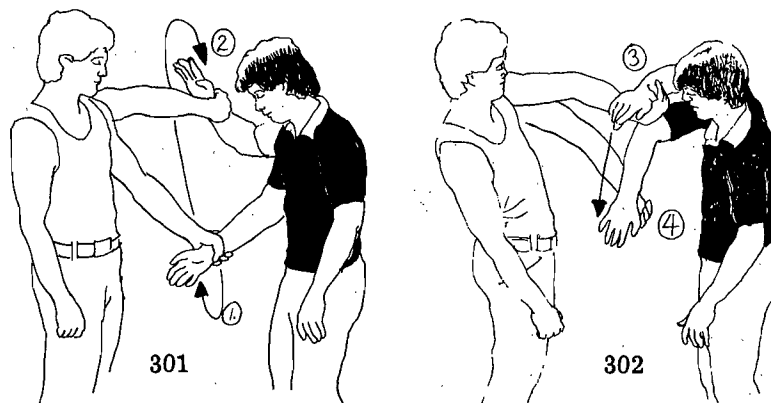
Follow through by rotating your body to the left, pivoting on your right toes, as you step backward with your left foot and then circle your hand forward and up. Just before you get up to his head, though, you then step your right foot behind him and bend your knees, distributing your

weight equally (299). When you bring your right hand back over his head, put your right palm on his nose or his eyes and push his head back. (Your hand may cover the face with the fingers pointing to the side or down. If down, you may grab and pull the jaw bone as you tilt his head back.) He should fall back over your knee (300). You may then use the back-breaking variation if you wish as in VI(D).



(Level one) XIII(G)

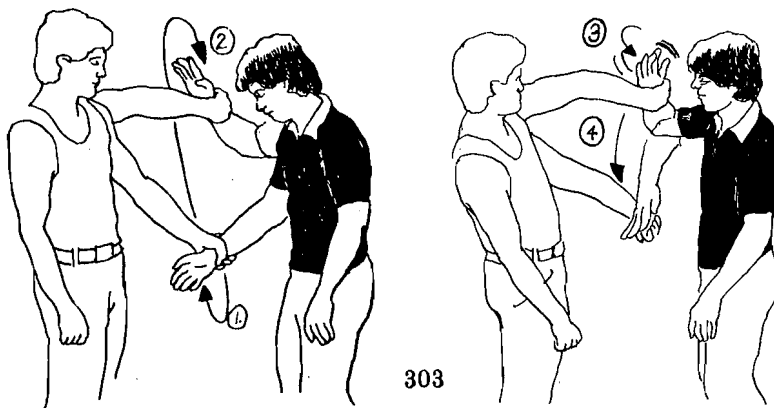
As soon as he grabs your right hand with his left, step your right foot forward and, using a circular motion, draw a counter-clockwise circle with your hand around his wrist. Your palm will face the outside of the circle (i.e., it will face down and then to your right side) (301). When you get your hand to the outside of his arm, your right thumb will be pointing down with the back of your hand toward his wrist. Now snake your right thumb over his arm (i.e., rotate your right hand at the wrist in a counter-clockwise circle) so that your right thumb again points down, but this time with your palm toward his wrist. Now snap your wrist from his grip by sharply twisting your whole forearm in a counter-clockwise direction, driving your right thumb downward (302). If he still persists in holding on, then continue your circle completely over his wrist and drive your right thumb and your hand on towards the ground.



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(Level one) XIII(H)

This technique is similar to XIII(G) except for a minor difference. While making the counter-clockwise circle to the outside of his arm, instead of keeping the palm facing the outside, allow your thumb to point up and your palm to face you as you bring your hand over and to the inside of his wrist. From this position you use the knife-edge of your hand to attack his wrist on the downward motion instead of the thumb and hand (303).

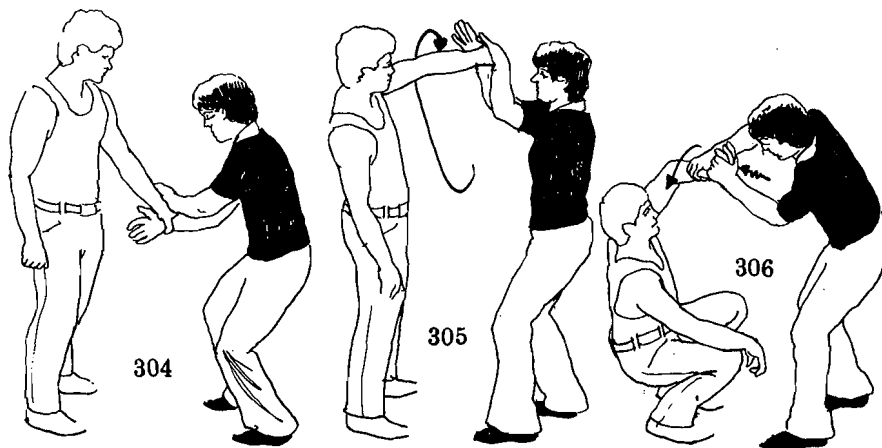


(Level two) XIII(I)

As a suppression, you may wish to use the movement of XIII(G and H) to induce pain or to break his wrist.

To do this, simply use your left hand (on top of his left hand) to keep him from letting go (304). Make your initial counterclockwise circle down and around to the outside and up. Now drive the fingers (and thumb) of your right hand over his wrist (as in XIII(G)) or the knife hand over his wrist (as in XIII(H)) (305). Then move in with both your hands toward his face to make sure that his left elbow bends (his left elbow must stay pointing to the side as you do this so that his left wrist will also bend.) Finally, lower your and his wrists down to his waist (306). You may use the downward pressure of the thumb to break his wrist as in XIII(G) or the knife-edge of your hand as in XIII(H).

Note: Be careful performing these wrist locks. If you use any jerky movements, you could seriously injure or break your partner's wrist. Work slowly! Try to feel your partner's point of pain.



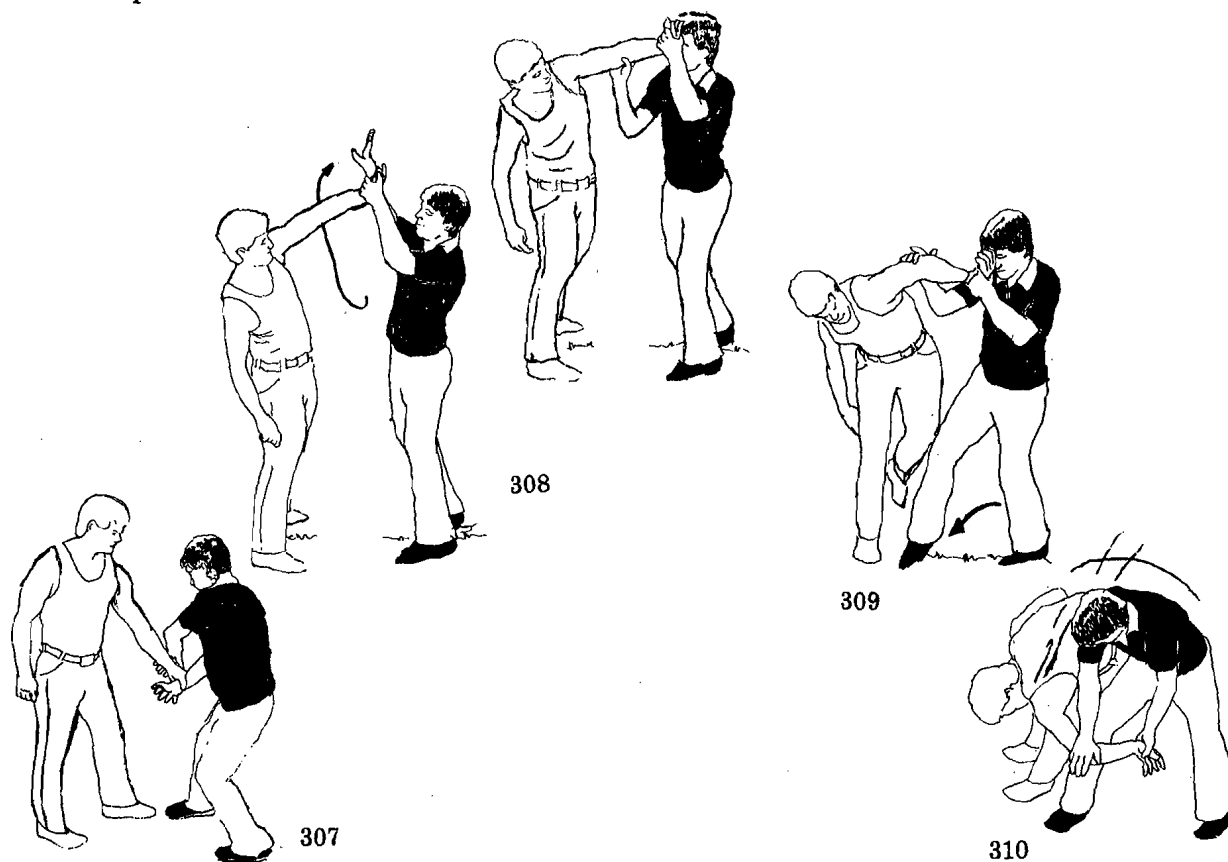
(Level three) XIII(J)

This suppressive technique can be used as a take-down if done properly.

Use the same initial counter-clockwise movement to get your hand to the outside of his left arm that you used in XIII(G and H). When you get to the outside of his arm, grab his hand with your left hand palm down. Keep your left arm board-straight and grab his left hand with your fingers. Wrap your fingers around the outside of his hand and into his palm. Your left palm must stick to the back of his hand with your thumb placed on the webbed area between his thumb and first finger. (This prevents him from closing his hand tightly in a fist.) (307).

Continue the initial circle of his hand with your left hand until it is directly over your head. Then, after pulling your right hand out, place your palm (fingers outside) under his elbow for leverage (308). Wrench his bent elbow in a continuing counter-clockwise sweep *as you step* diagonally with your right foot across his body (309). He will follow your counter-clockwise movement down to the floor (310).

If you have difficulty in putting him all the way down to the ground, then you may follow this technique with a front kick to the face or stomach.



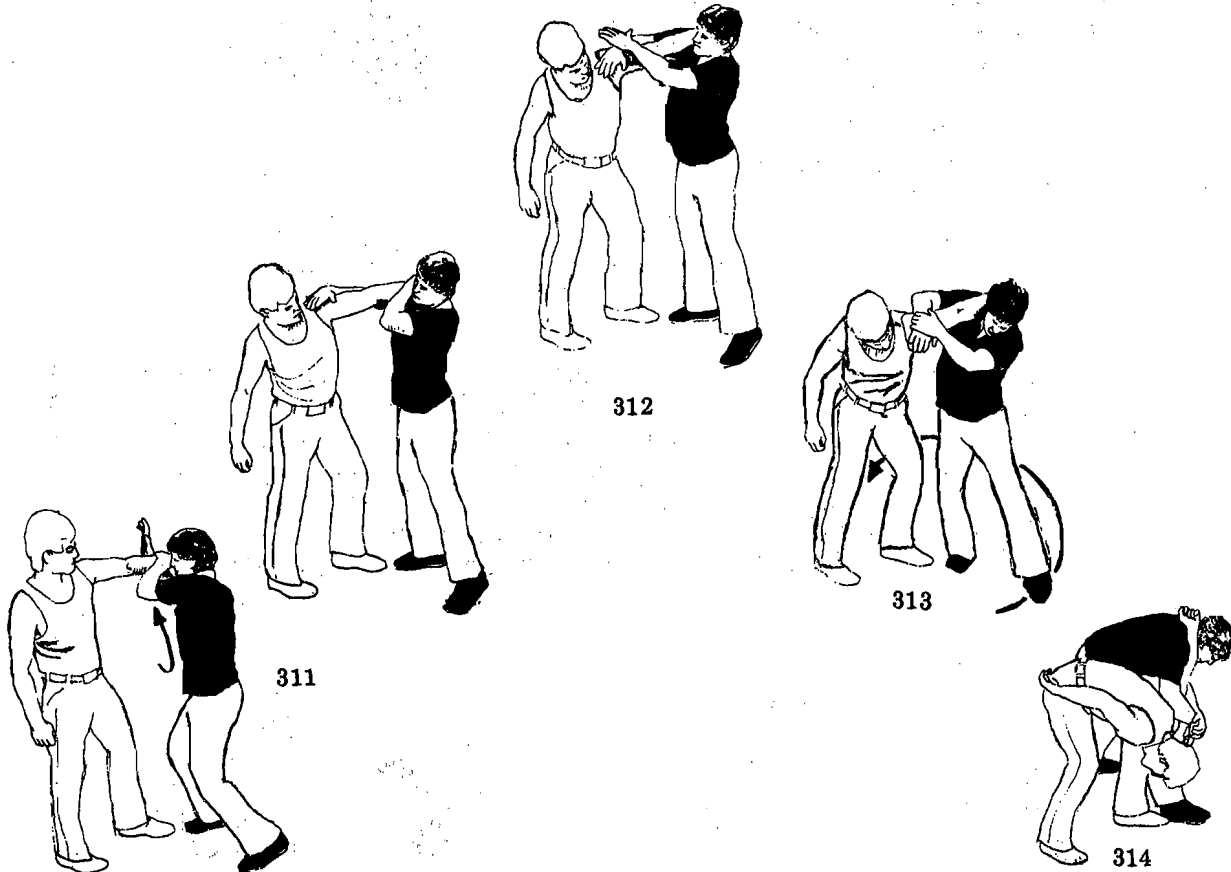
(Level one) XIII(K)

This take-down is similar to XIII(J) except the idea is to have the arm straight and use the arm bar to force your partner to the ground.

As in XIII(J) grab his left hand with your left, placing your palms down over his hand. Wrap your fingers around the outside of his hand and press your thumb between his thumb and first finger. Continue your counter-clockwise circle with your right arm now board straight. Circle your right arm overhead while simultaneously prying his left hand off your wrist with your left hand. Lower his left hand and yours to your right shoulder and secure his hand there, while continuing the circle downward with your right arm (311). This forces your right arm to make contact with the back of his arm near the shoulder. With his hand secured at your shoulder, the downward pressure creates an arm bar (312). Now, with his left hand drawn over and resting on

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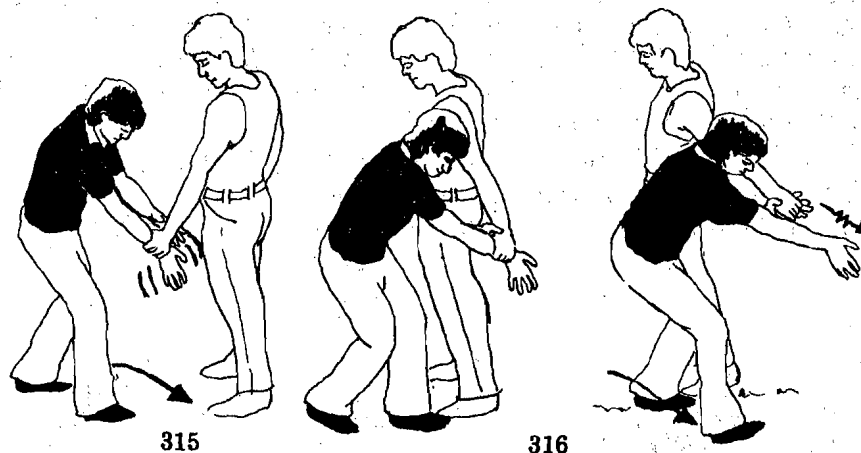
your right shoulder, bring your left hand down his arm, and place it on top of his left shoulder over your right hand. This maximizes your control on the focal point of the arm bar — his shoulder. Keeping his shoulder low with your straight arms and hands and his hand up high on your shoulder, step your left foot in a counter-clockwise circle behind you one hundred eighty degrees to face the same direction as him (313). Then, push hard on his shoulder and draw the same counter-clockwise circle with his upper body steering with his shoulder, as you bring his chest to the floor (314).



Level one) XIII(L)

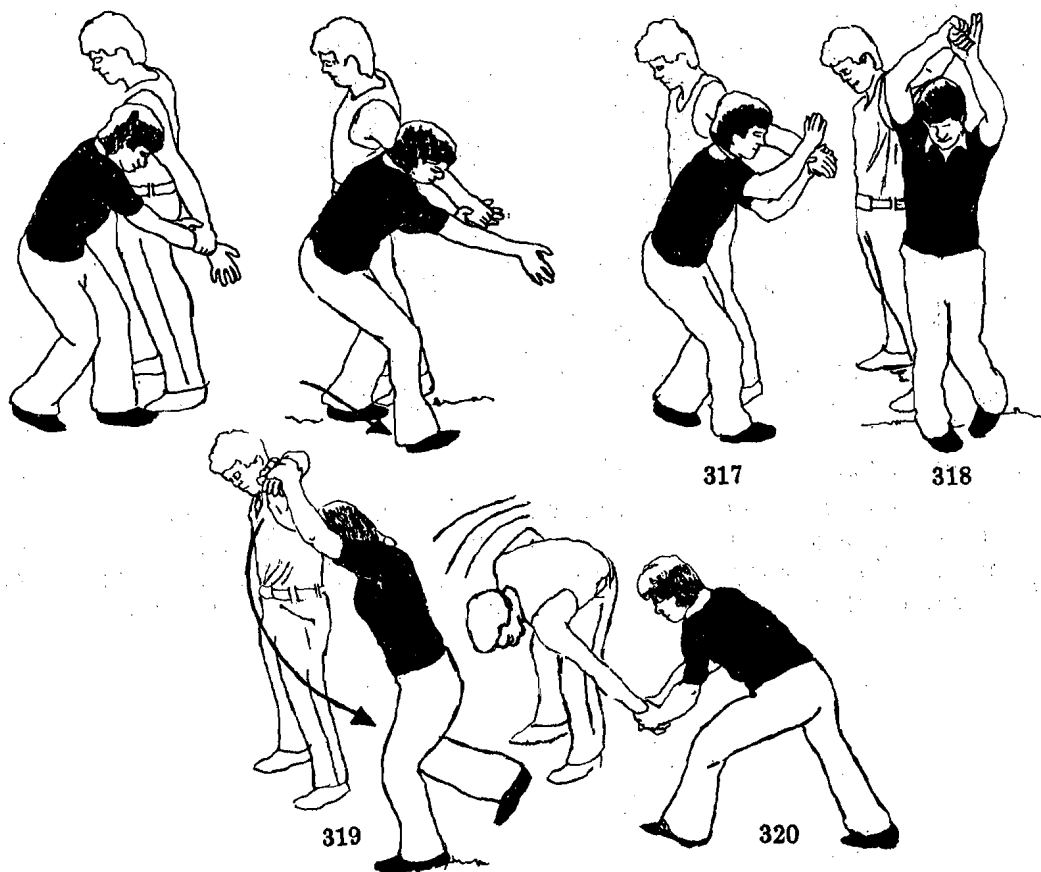
If he grabs your right hand with his left, then take your open left hand (palm down), cover his wrist with the webbed space between your thumb and fingers and straighten your arms (315). At the same time, start walking, beginning with your left foot outside his left foot, and drive straight behind him until he lets go (316). Take three or four steps if necessary, but keep driving your

right hand straight behind him, using your left hand as support. Remember, to use your body weight behind your movement.



(Level two) XIII(M)

This counter-attack is a variation of VIII(L). Drive behind him the same way you did in XIII(L). When you free your right hand, then immediately grab his left hand with your right palm on top of his hand. Wrap your right fingers around the outside of his hand and into his palm and wrap your right thumb across the meaty part of his thumb (317). Turning to your right, duck backward underneath his arm (leave your left thumb and fingers around his left wrist) (318). Then pull to straighten out his now twisted arm and continue your pivot by drawing your right foot through and behind you (319). Pull the arm away from his body to his left, not behind him. If you jerk, you will dislocate his shoulder (320).

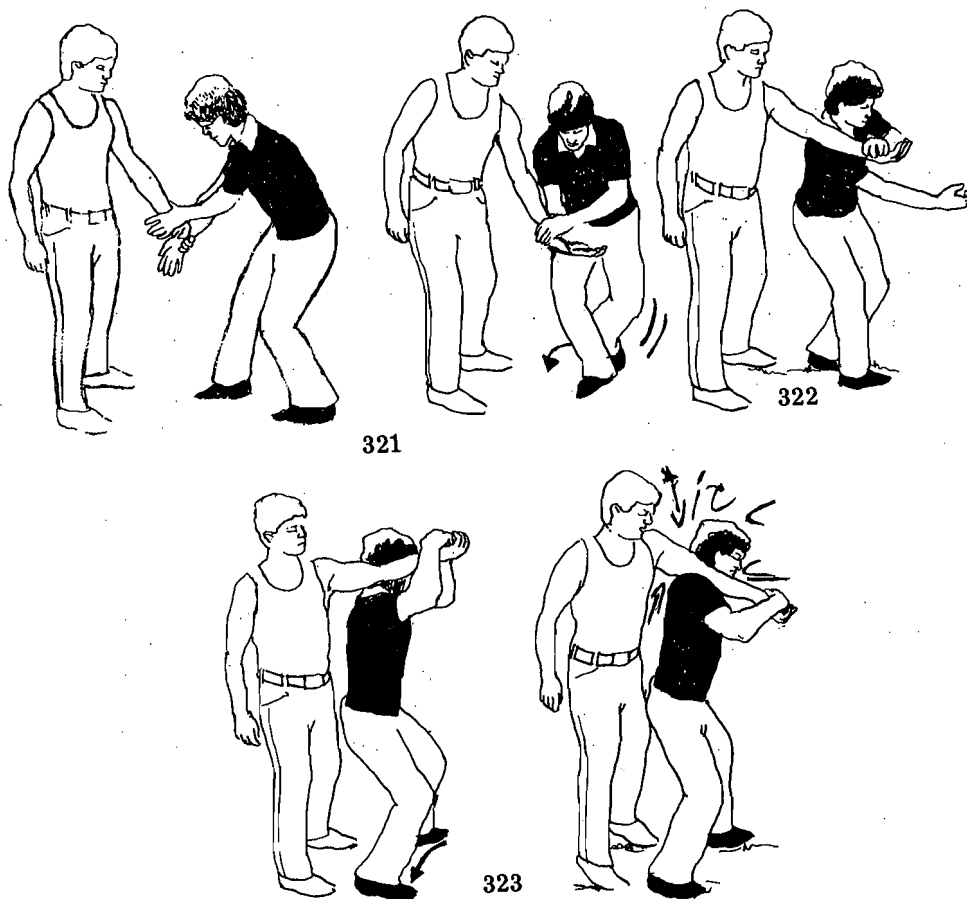


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(Level two) XIII(N)

This is another variation of XIII(L) except that, after you have your left hand in place, instead of driving straight behind your partner, you step with your right foot (not left) across in front of him as you drive his left hand across the front of his body and upward (321). Bend your knees and twist your whole body to the left so that you now have your back to him. Place his arm (at the elbow) squarely on your right shoulder (322).

Now just stand up and pull down on his forearm (323). Make sure that his palm faces up. This will ensure that his elbow is locked onto your shoulder. If you jerk his hand downward, his arm will break at the elbow. (This can all be done without ever having to free your right wrist from his grip.)

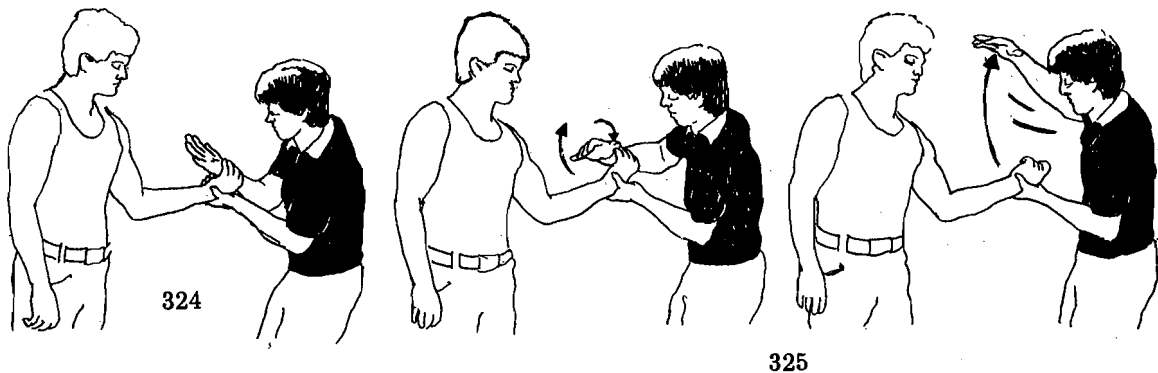


(Level two) XIII(O)

This is a variation of technique XIII(C).

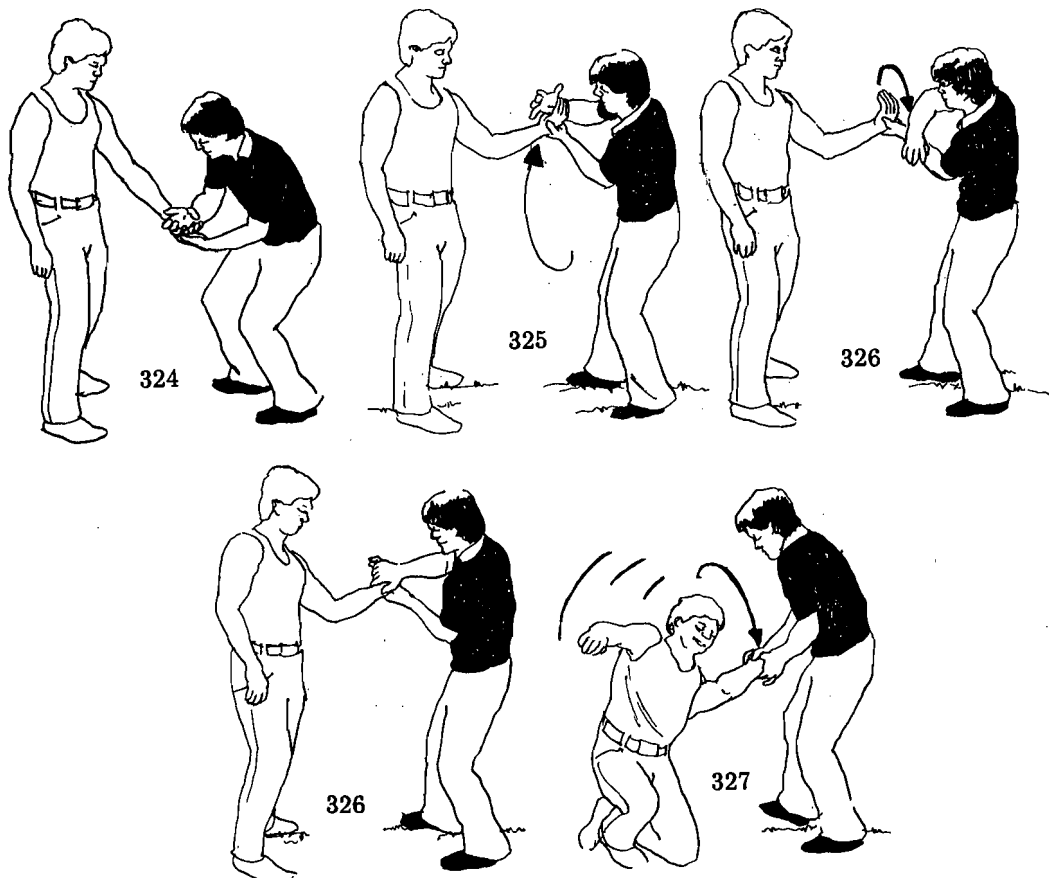
As you make the scooping movement and turn your right palm up, dip your left hand underneath in a similar scooping movement. Grab your opponent's left thumb with your left fingers (your left palm is facing up). Grab the meaty part of his left thumb near the palm of his left hand and get a grip on it (324). The rest of the technique is easy; just twist your right hand

counter-clockwise, moving your right thumb upwards and toward you (as if to look at your watch) as in XIII(C) (325).



(Level two) XIII(P)

This is a variation of XIII(O). Begin as in XIII(O), scooping with both your hands and grabbing his left hand with your left fingers around his left thumb. (Your left palm is up.) As you pull your right hand out (twisting it counter-clockwise as if looking at a watch on your right wrist), bend his left wrist a little outward and move his left forearm toward him so that his fingers and forearm make a one hundred and twenty degree angle on the horizontal plane, his palm bends toward and at a 45° angle to the outside of his forearm. Now place your right palm on your left forearm and slide your right hand down your arm to his hand (326). Close his hand by brushing your right palm over his fingers and continue until you have placed your right thumb next to your left thumb on the back of his left hand. Press both of your palms down from your wrist into his fingers and bend his wrist. All you have to do now is to press with your thumbs and palms and he will be wringing with pain (327).

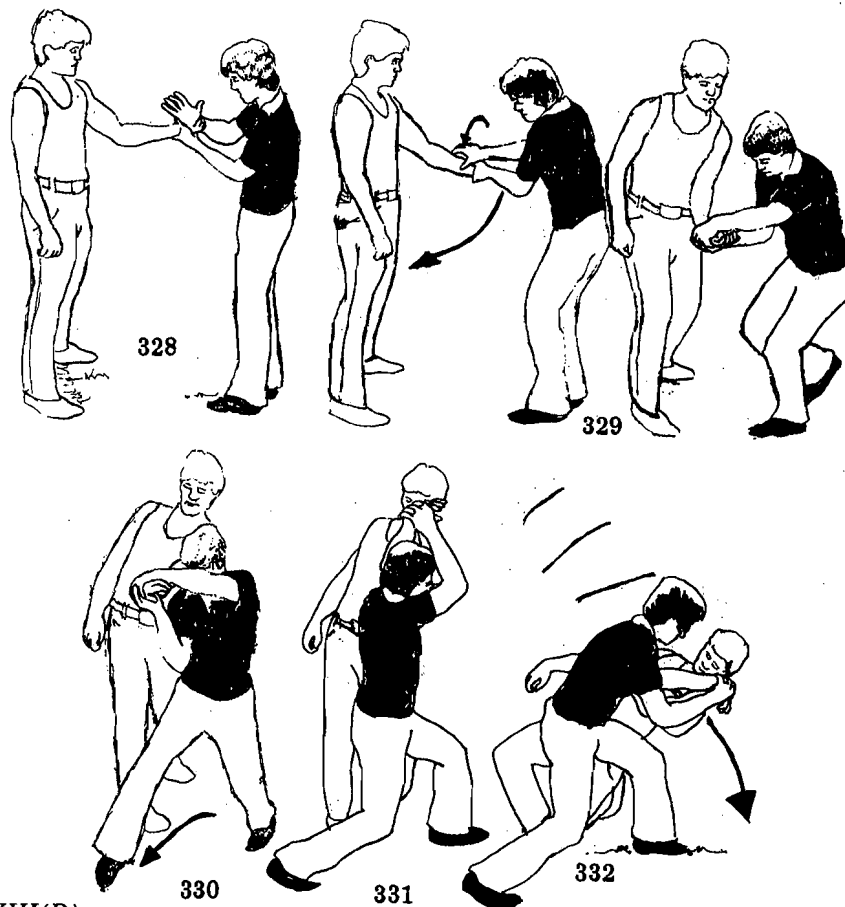


(Level three) XIII(Q)

Here's one more variation of XIII(O). (He has grabbed your right hand with his left.)

Begin as in XIII(O), scooping with both your hands and grab his left hand (with your left palm up) with your left thumb in his palm (328). Pull your right hand out (as if looking at your watch) and grab the underneath side of his left hand (and your left hand) with your right hand (your right palm is up). Make sure that his left palm is now up and that both of your thumbs rest in the palm of his left hand with each of your hands securely gripping it (329).

Now drive his hand and yours across the front of his body as you take a long step diagonally between you with your right foot (330). Keep his hand in front of and over your head as you twist to the left one hundred and eighty degrees to face in the direction you just came from. (As you twist, twist his left hand with you over your head. It will move in front of and then to the left of your forehead.) At the same time drop to your right knee (331). This will twist his arm so that his wrist will be held tightly over his shoulder where it will be easy for your to pull him backwards down to the ground (332).



(Level one) XIII(R)

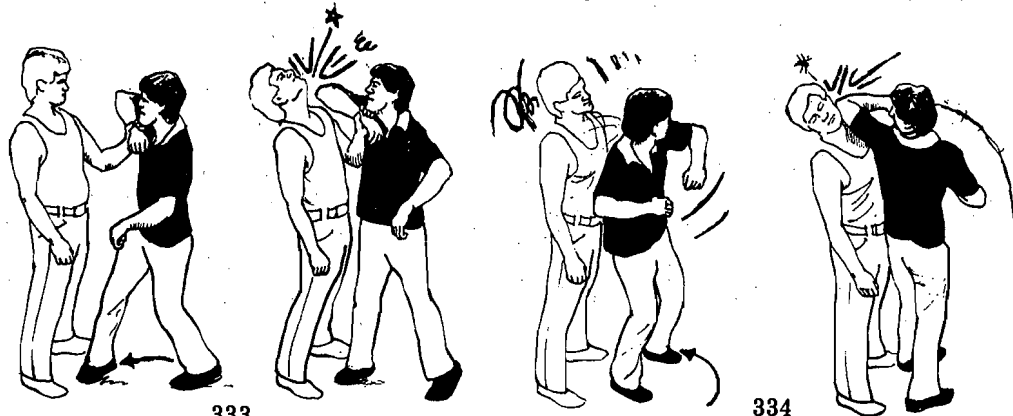
This defense against the wrist grab is quick and easy to execute. Like all other linear defenses, it is meant to devastate its target in one movement. It is the elbow smash.

Once your opponent grabs, draw your body forward toward him, raising your right elbow and bringing your right hand up to chest level. This automatically cocks your elbow up to strike across his face. Use your forward momentum and a slight twist of the body to give your elbow more power as you whip it across his face or jaw. Impact is made with the forearm or front part of the elbow (333).

Variation: If you choose, you may use your hooking action to continue your spin in the same direction. Spin on your right foot and move your left so that you finish with your back to your

opponent. After the first elbow strike (i.e., right elbow) raise your left elbow high over your shoulder while turning and jam it straight back into his face or jaw.

Impact with this second strike is with the back of your left arm and elbow (334).

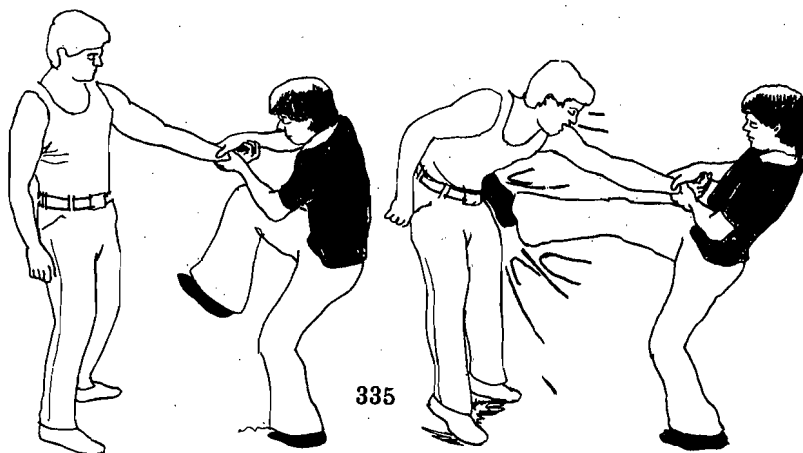


(Level one) XIII(S)

The last technique of defense against a same-side wrist grab is a single tae kwon do kick. Remember that elbows, kicks and punches can be used at any time during your defense. These linear-type movements can serve you as a distraction for a succeeding circular movement or as a means itself of finishing the fight.

When he grabs, circle your wrist clockwise around his to grab his left wrist with your right. It is very easy if you put the power into your hand and open your fingers.

Just simply lift up your arm and his, grab his arm and then pull him right into your front-kick. Plant the kick into his ribs. The damaging effect is obvious (335).



Attack XIV. Cross-Hand Grabs

Your attacker will either grab your left wrist with his left or right wrist with his right (336).

The following directions are for right-to-right grabs only, but practice each of these techniques on both sides for maximum results. Remember that repetition is the best teacher.

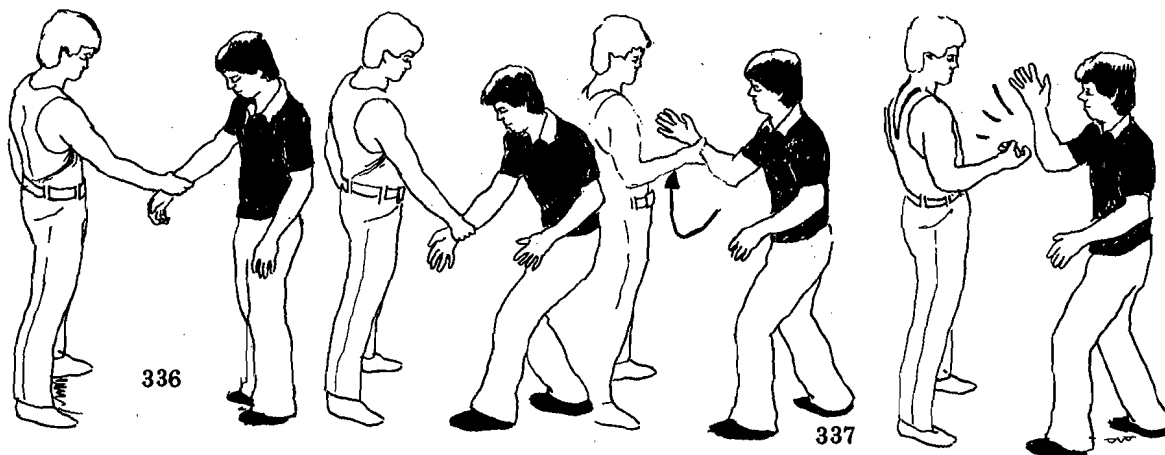
The principles behind these techniques are very much the same no matter which wrist he grabs, with which hand he grabs, or whether or not he grabs both hands. The more complete explanations of the basic circular and other bodily movements that follow are applicable to the same-side wrist grabs already described.

Have your partner grab your right wrist with his right hand.

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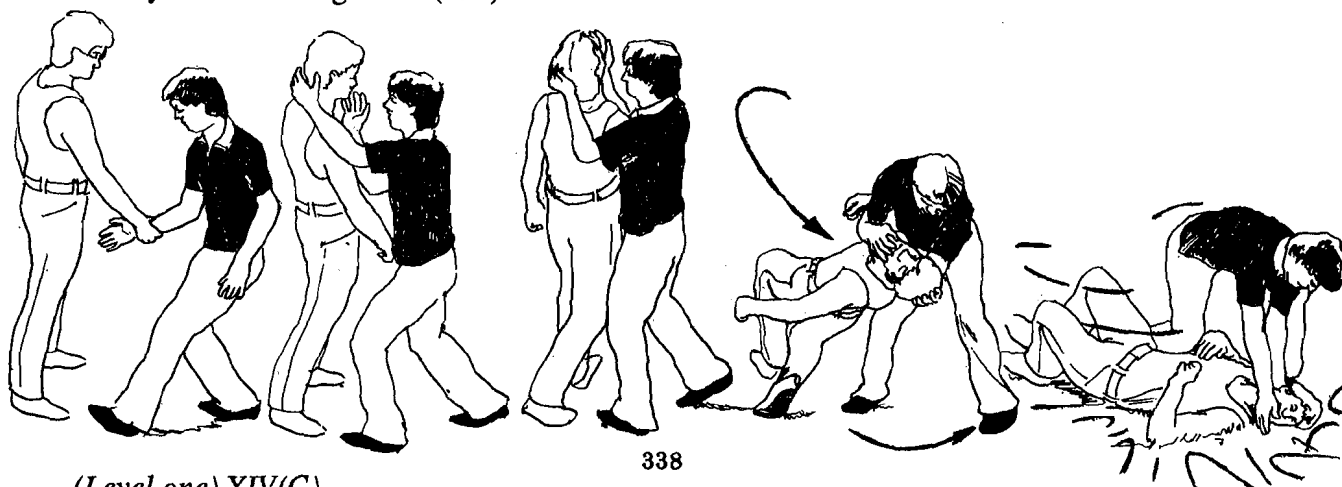
(Level one) XIV(A)

Using a drive-down-and-curve-up-and-back motion, drive your right hand straight down and in to the left side of his body and up and back towards you, slowly rotating your whole forearm clockwise until you break his grip (337). Step your left foot toward him as you move.



(Level two) XIV(B)

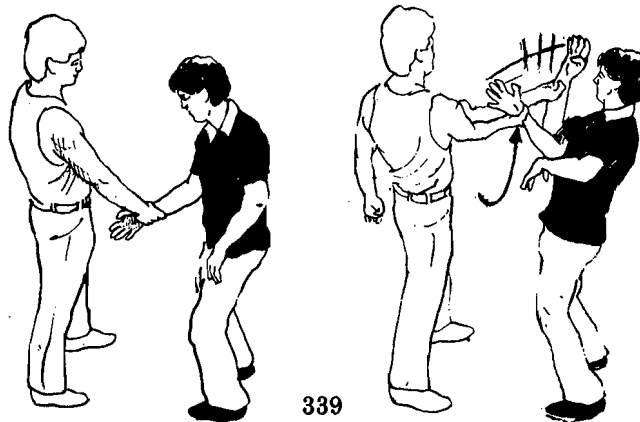
The suppression variation for this technique is to step in with your left foot as you thrust your wrist down and up. Once you come up, knock his chin back with your right hand and grab the back of his head with your left hand. Slide your right palm up to his face and apply pressure to either his nose or eyes while pulling down with your left hand (which grabs his hair). Take him all the way down to the ground (338).



(Level one) XIV(C)

As he grabs your right hand, drive your hand, fingers first, straight down and to your right and back up again in a counter-clockwise circle. Keep your right palm facing the outside of the circle. (When you are at the lower section of the circle, your palm should be facing down. When you get back to the high section of the circle, your palm should be facing out.)

Then quickly twist your right forearm clockwise so that the thumb points up and pull your wrist to you to break his grip (339).



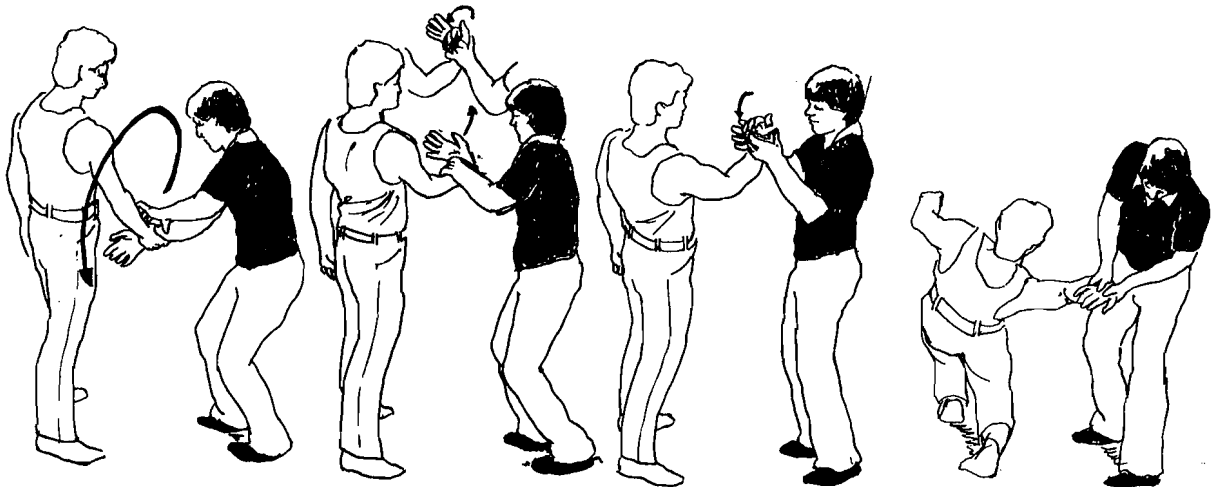
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(Level two) XIV(D)

As a suppression, begin with the same circular hand movement that you did in XIV(C). As you come back up, instead of pulling your hand out, grab his right hand with your left hand palm down, your left thumb on the back of his right hand and your fingers curving over the meaty part of his thumb and forced into his palm.

Now, pull your right hand free by twisting your right forearm clockwise so that the thumb points up. Now grip his right hand with your right, your thumb on the back of his hand, fingers in his palm. Now continue the counter-clockwise direction of your original circle with both your hands. As you complete the original circle, bend his wrist toward the outside of his right arm at a forty-five degree angle on the horizontal plane. His palm should end up facing outside of his forearm at a 45° angle.

If you snap it, it should break. Do not raise his wrist too high as you make your circular movement. Try to keep it at hip level, the pain is more intense here (340).



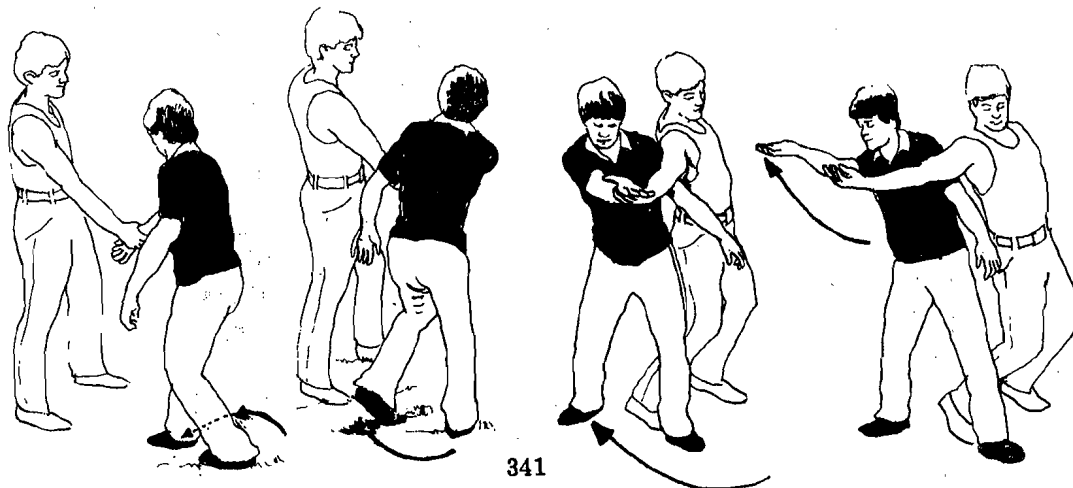
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(Level two) XIV(E)

Using a rotating motion of the body, after he grabs, spin to the right, moving your right foot first behind you and then in a full two hundred and seventy degree arc. Pivot on the ball of your left foot as you do this. Finish standing next to your opponent and facing in the same direction that he is. As you turn your body, turn your right palm straight up and swing it up to your right shoulder level at the right side of your body. It should pop out of his hand before you complete your body movement. By keeping your hand on the right side of your body as you turn and then

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placing your left side next to his right arm, he will have difficulty holding on without hyperextending his elbow around your body. He must let go or break his arm at the elbow (341).

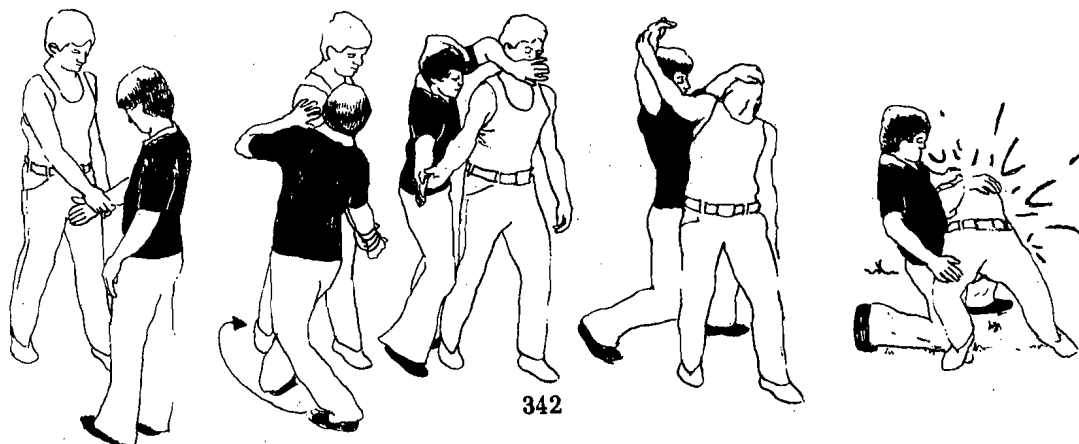


(Level three) XIV(F)

Use the same motion as in XIV(E).

In this technique you may not want to spin around quite so much with your right hand. He may even be pulling your right hand back toward himself. You are not going to be looking for a release in this case because you are going to counter-attack.

First, spin to your right, pivoting on the ball of your left foot. Then step your left foot back between you and then behind your attacker and squat down low. Simultaneously, bring your left hand over his extended right arm to his face to pull his head back. Continue to pull him off balance backward over your knee with your left arm and, should you choose, bring his back onto your knee. You are now in the position to apply pressure to his head and legs with your left and right arms respectively to break his back (342).

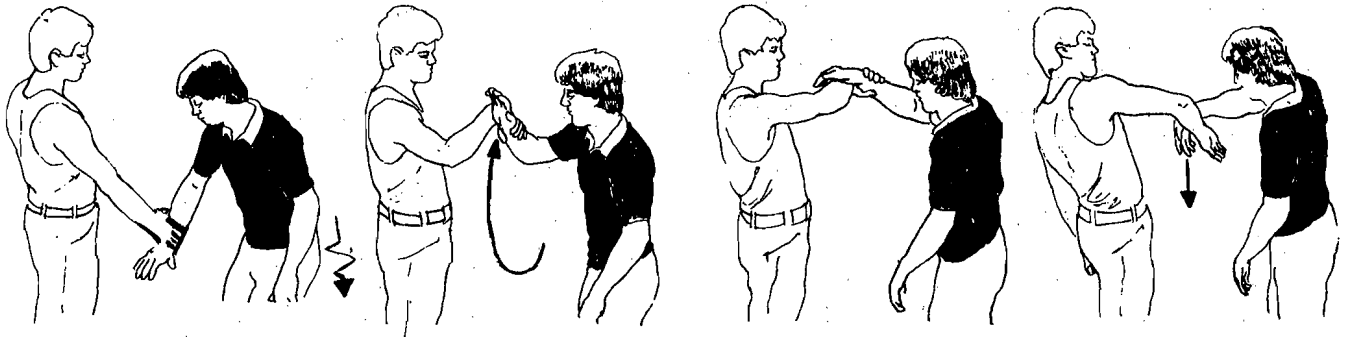


(Level one) XIV(G)

As soon as your opponent grabs (right-to-right) step your left foot a little to your left side and drive the fingers of your right hand down and to the left in a clockwise movement. Continue the movement upward keeping the palm of your hand to the outside of the circle. (Your direction of movement is to the outside of his right arm.)

As you bring your right hand up, keep your right thumb pointing directly towards you. Now continue the clockwise movement through the top of the circle and back downward, this time

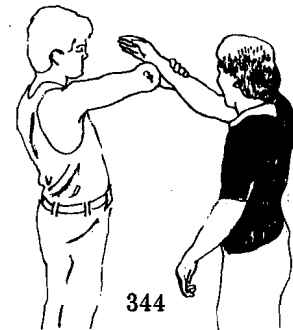
with the outside edge of your right hand above his right wrist and the fingers and thumb rest over the forearm. (Your little finger leads your hand over his wrist and downward.) This will break your hand out between his fingers and thumb (343). Should he still be persistent in his grasp then continue your clockwise circle to drive your right fingers and thumb over his right hand and then straight down to the ground. There is no way he can continue to hold on.



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(Level one) XIV(H)

This is a variation of XIV(G). The technique is executed the same way as in XIV(G); the only difference is that, instead of resting your thumb and fingers over the forearm as you break the hold, you instead point your thumb up and use the knife-edge of your hand to make the break (344).



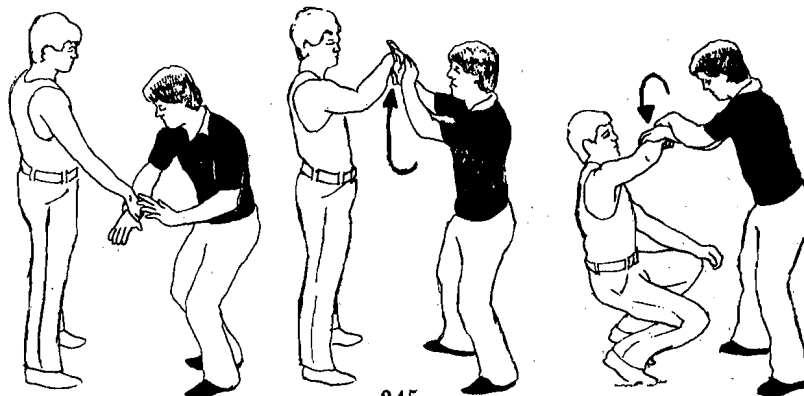
344

(Level two) XIV(I)

This is a suppressive variation of XIV(H).

In this technique, you must keep his right hand on your right wrist in the same position in which he grabbed it. All you have to do is use your left hand to cover his right hand and press it to your wrist as you make the circular movement of XIV(G and H)

Continue the clockwise circular movement in XIV(H) and drive your right fingers and thumb over his wrist. That completes the clockwise movement. Before you begin the downward motion, bring his (now bending) right wrist in toward his face. (Make sure that his elbow remains out to the side. Then slowly rotate your hands and his hand away from you, rotating his wrist inward toward him painfully, and slowly lower firmly his wrist toward the floor. (You may use the hand position of XIV(G) with the thumb and fingers resting on the forearm or that of XIV(H) where the knife edge of the hand is used.) If you jerk down sharply, his wrist will break (345).



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(Level three) XIV(J)

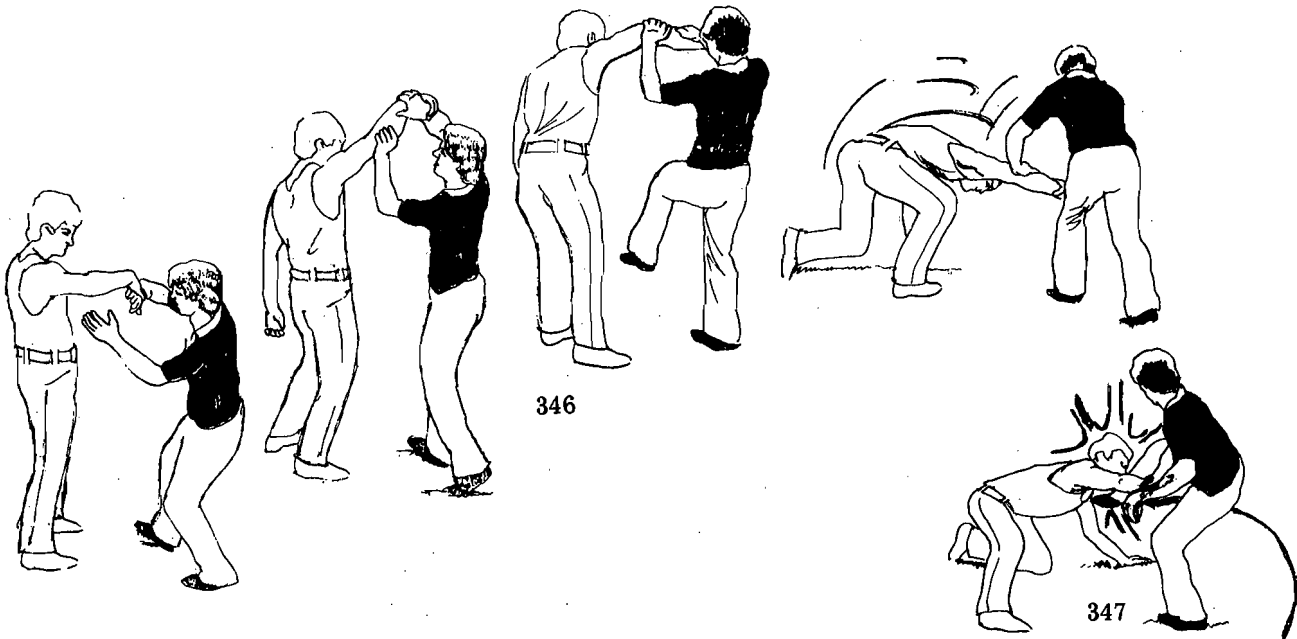
This is a take-down variation of XIV(G and H).

Begin your clockwise circular movement, but instead of completing the circle as you go upward, you keep your right arm straight and bring your right hand and his straight upward above your head. As you do this, open your right hand and grab the outside of his wrist with your right palm down and your thumb underneath, pointing to the ground.

As you execute the upward swing, place your left hand on his right elbow to give support and to make sure that his arm continues to go up. When you have reached the top, then step across his body with your left foot and crank his elbow away from you toward the floor with the palm of your left hand. As you do this, slide your right hand down his wrist and apply pressure to bend his right hand at the wrist with the fingers of your right hand (346).

If he does not go all the way to the floor, then kick with your right foot to his head or stomach (347) and jerk his arm.

Note: For maximum power in bringing your opponent to the floor, drive his elbow to the ground with the force of your whole body. Do not just use your arm strength. This is why you step across his body with your left foot. Remember to work your body as a unit instead of as separate parts. You will have many times more power and much more success.



(Level one) XIV(K)

This take-down utilizes an arm bar to bring your opponent to the floor. Your partner begins by grabbing your right hand with his.

From this beginning position it is easy to grab his right wrist with your right hand as he continues to hold on. The idea is to have both right hands gripping each other. You can do this by rotating your right thumb counter-clockwise to the inside and then over his right wrist. Your right fingers remain downward to grasp his forearm near the wrist. (348).

Next place his right hand over your left shoulder and simultaneously lift your straight left arm up to place your left hand on his right shoulder. Make an "x" with your arms bringing your right forearm to the inside of your left elbow (349). With your partner's right hand secured onto your left shoulder, release your right hand and place it on top of your left hand to strengthen the bar you now have on his right arm. Use both arms straight out and push his shoulder down lower than his hand on your own shoulder. This maximizes your control and enables you to maneuver him since he is bent over. To take him down, merely spin clockwise drawing your right foot

around behind you one hundred eighty degrees and force his shoulder and upper body to follow the same arc (350). Once his chest and stomach are flat on the floor, drop to your knees, keeping his hand up high and force his arm forward over his head (351).



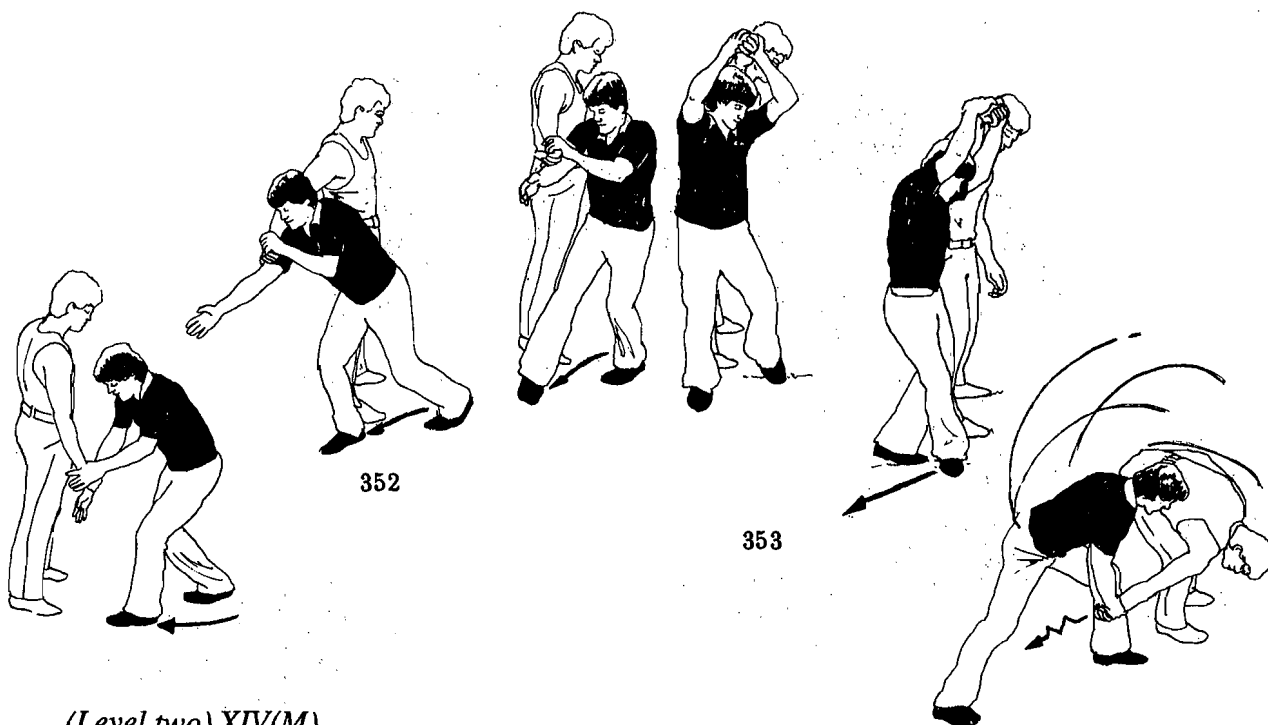
(Level one) XIV(L)

Your partner grabs with a cross-hand grab to your right hand.

Take your left hand and jam the "webbing" area between the thumb and the first finger onto your partner's right wrist — the thumb parts to your right. Keeping your hands down low and your right arm board stiff, walk to his right with your right foot first and drive your hands with

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your body momentum behind it to his right side. Take three or four steps, if necessary, and keep driving down and behind him until your hand pops out of his grip (352).



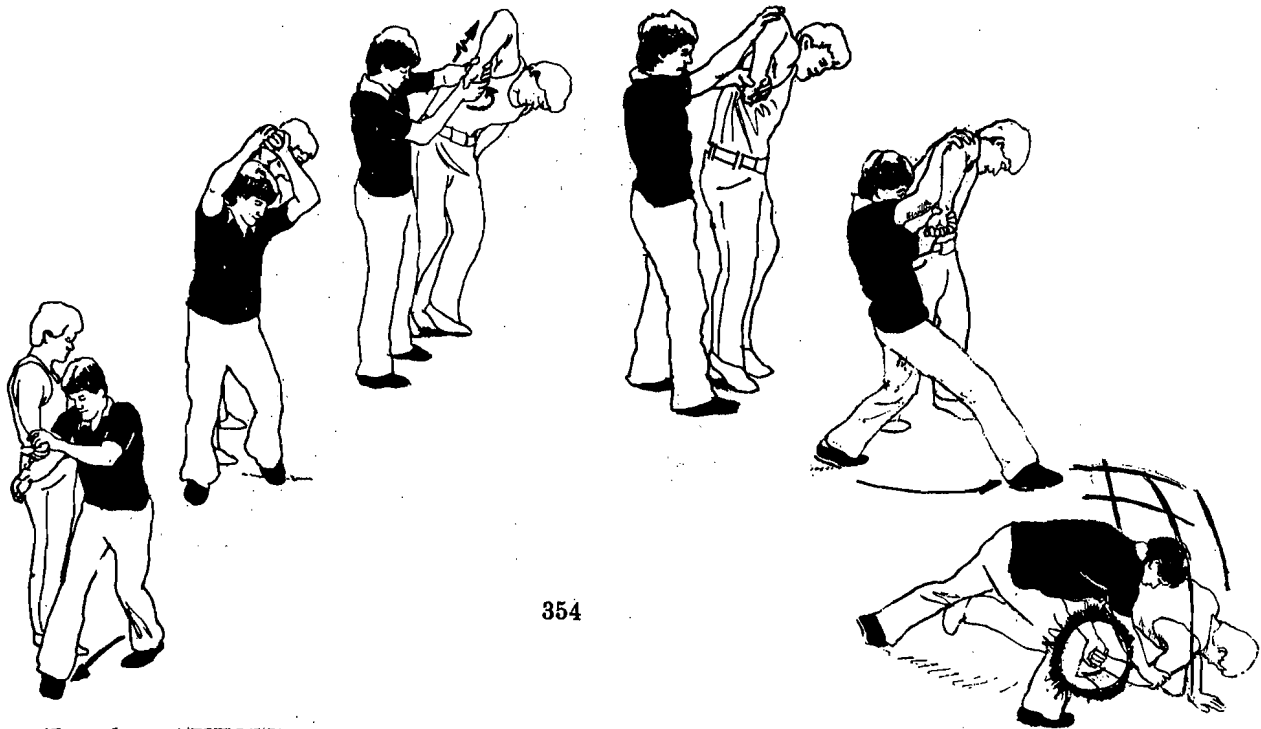
(Level two) XIV(M)

As a painful counter to the right-to-right grab, use the same driving method you used in XIV(K). As you drive behind him, go ahead and take a firm grip on his right hand with your left. (Your thumb is over the meaty part of his thumb, your fingers are over the outside of his hand and your finger tips rest in the palm of his hand. As soon as your right hand pops out of his grasp, then duck under your left hand and twist your body to the left. Twist his hand inward toward you with your left hand as you turn and grab it with your right hand as well (fingers in palm). Keep his fingers pointing straight down and twist his palm to the front, manipulating his hand by the fingers. Your body is still behind and to the side of him. Now all you have to do to dislocate his shoulder is yank on his twisted arm by pulling it out to his right side while stepping away from him (353).

Variation: If you choose, once his elbow points up you may reinforce your "hold" and apply a painful "come-along".

Release your right hand from his fingers and bring it up to push up on his elbow. Use both hands to push his elbow skyward and bring him up to his toes. From this position of control you can make him walk with you anywhere if you keep him on his toes. If you choose to take him to the ground from this position, do so by stepping forward with either foot and crank his elbow forward to the floor. Push his bent elbow down low, straightening your own right arm. Keep his

right hand near your waist and chest with your left hand bending his wrist forward so that his finger touch his forearm on the inside (354).



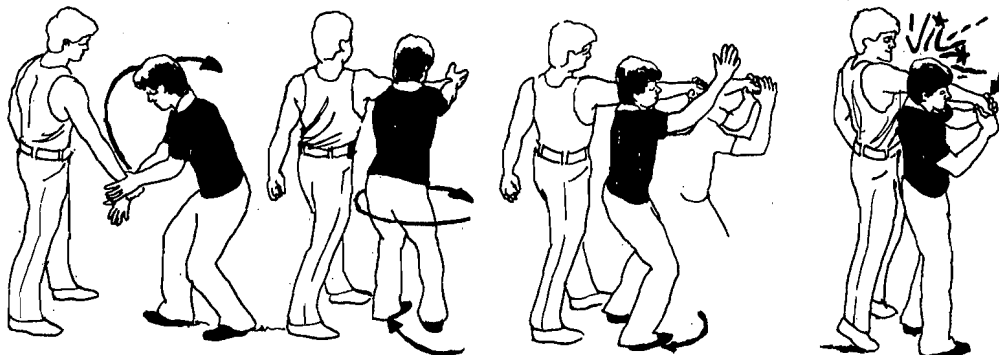
354

(Level two) XIV(N)

This is another way of countering his wrist grab.

When he grabs your right wrist with his right hand, then put a lot of energy into your right hand and twist it (pivoting counter-clockwise *at* the wrist) in such a way that you bring your thumb around the inside of his arm and over his wrist to grab it. Use your left hand to grab his right wrist with the web between your thumb and fingers resting on his forearm above your right hand. This will act as a fulcrum.

Now drive your left foot across the front of his body about half way and place it in front of and midway between his feet. Twist your body around to your right, and turn your back to him as you squat and place his right elbow on your *left* shoulder. In one motion, pull down on his arm and stand up. The force will be against his elbow. To do this fast will break his arm. (You can also keep him from resisting as you do this by bending his wrist back towards the floor with your right hand (355).



355

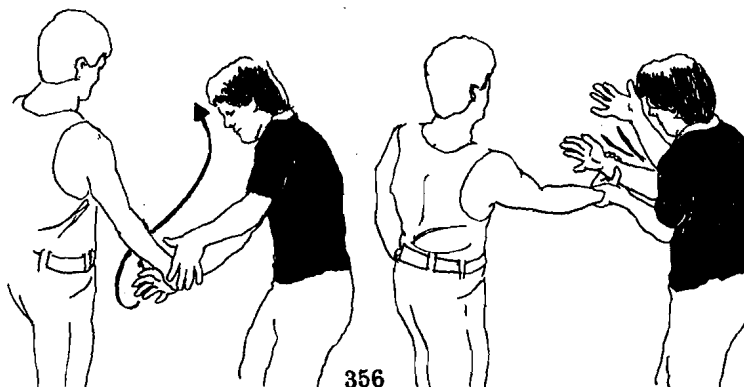
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(Level two) XIV(O)

This is a variation of XIV(C).

Make the same down-and-right-circle-up motion as in XIV(C) with your right hand. The only difference is that when you start the counter-clockwise circle, you grab his right hand with your left hand, with your palm out and left thumb wrapped over the meaty part of his right thumb and your fingers around the outside of his right hand.

All that is left is to pull your right hand out by rotating your right forearm clockwise while holding on to his hand with your left (356).

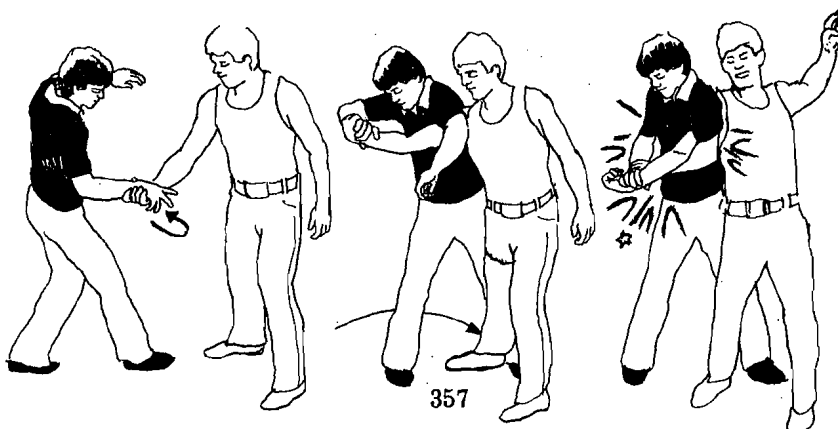


(Level two) XIV(P)

This technique could be used as a come-along suppressive maneuver. Your partner first grabs your right wrist with his right hand.

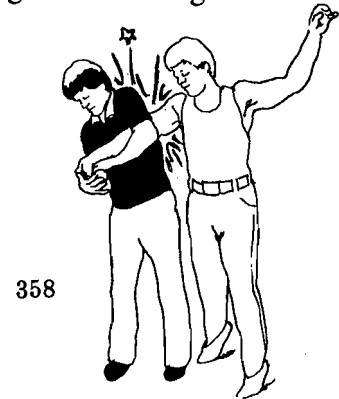
When he grabs your right wrist with his right hand, extend "ki" (energy) into your right hand and twist it (pivoting counter-clockwise at the wrist) in such a way that your thumb wraps around the inside of his arm and over his wrist to grab. Next step one small step toward him with your left foot and simultaneously pull his hand and arm toward you to straighten it. Draw a clockwise two hundred and seventy degree circle on the floor with your right foot, bringing it to join you left foot, and weave your left hand over his right upper arm and then underneath his forearm to grab your own right wrist with your left hand. When you finish you should be facing the same direction as he with your left armpit over the bicep of his right arm and your left forearm woven under his forearm (your left elbow is just under his right elbow). Your left hand is grabbing your right wrist with the left palm facing down.

All that is left to do is apply pressure by pushing down on his and your wrists with your hands and pushing out on your left arm as if to straighten it. Once the pain becomes intolerable the man will go with you anywhere. Should he start to resist, then increase the pressure with your arms (357).



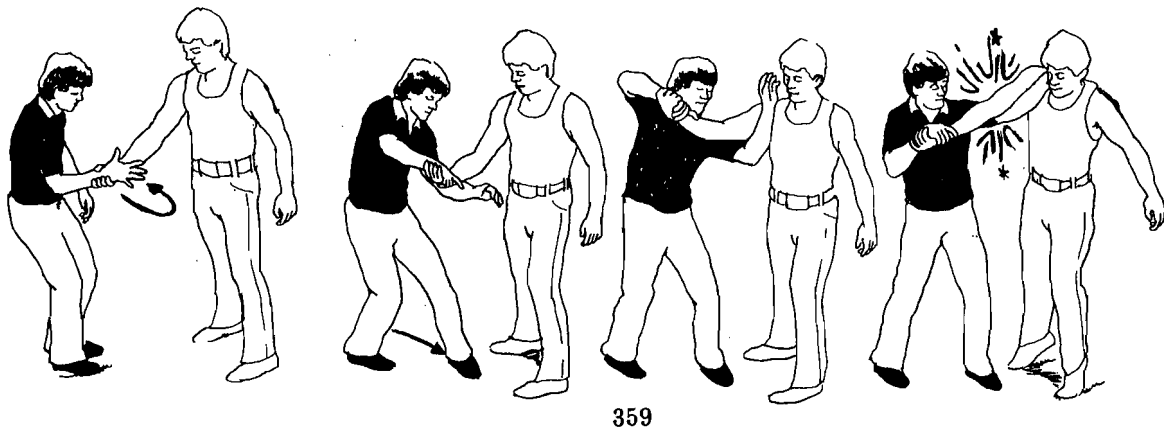
Variation: Very similar to XIV(P). This is another way of applying a come-along.

Just as in XIV(P) rotate your hand to the inside of his wrist and grab it. Next, step in the same way as before and straighten his arm. As before, when you make your two hundred and seventy degree turn and weave your left arm over his right arm you wrap your arm around his upper arm and rest your hand (or fist) tightly against your own upper chest (instead of grabbing on to your own wrist from under his forearm). Next, slide your right hand which holds his right (grabbing) hand down to grab his fingers (with his palm facing up). All that is left to apply the painful lock is to bend the fingers back and towards the floor while at the same time tightening the hold you have with your left arm on his right upper arm (358).



Variation: Twist your right hand counter-clockwise pivoting at the wrist and moving your thumb around and over his right wrist to grab it as in XIV(P). Step your left foot out towards your opponent and squat down. Drive your left hand under his right arm from behind it and then cup your left hand around the back of his neck. Cradle his upper arm in the crook of your elbow.

Now stand up. In one motion, straighten your left arm (still holding his neck) all the way out and push down on the end of his right arm with your right hand. The pressure is on his right elbow. A jerk will break it (359).



(Level three) XIV(Q)

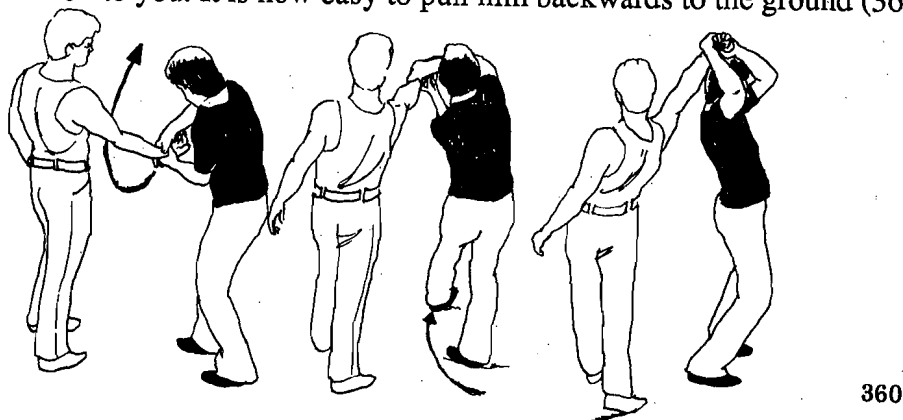
This is a cross-hand version of XIII(Q). Your partner grabs right-to-right. Grab his right hand with your left hand, with your left palm out, with your left thumb wrapped over the meaty part of his right thumb and forced into his right palm and with your left fingers around the outside of his right hand. Slip the web area of your right hand (the web between the thumb and forefinger) down flat against your left thumb and wrap your right fingers across your own left fingers, pushing the ends of your right fingers against the front (punching surfaces) of your left knuckles. You now have the power to flex his right wrist by flexing your right wrist and simultaneously rotating your left arm slightly outward.

Now, step your left foot across the front of his body to a position about two feet ahead of him and to his left. Use your left hand to help reinforce the power of your driving motion.

Next, spin one hundred eighty degrees to the right to face the direction you just moved from. (Just spin on the balls of your feet. Do not move your feet at all.) Bend your knees as you spin. Keep his hand over your head and let it twist with you. Finish with your left knee on the ground and his hand near your forehead.

Safe At Last

If you have kept your body low enough to prevent him from rotating to his left and ducking his head under his own right elbow, you will have pinned his wrist to the right shoulder with his back to you. It is now easy to pull him backwards to the ground (360).



(Level one) XIV(R)

This technique is an easy-to-do elbow-smash. With the cross-hand grab, begin by quickly twisting your right hip into your opponent and allowing your body to follow. Like a whip cracking, you begin the snap with the hip, and finish it with the elbow. This hip action adds more body movement into your strike, giving you full-powered momentum. This puts maximum weight behind the impact. As you swing your right elbow across his face, be sure to keep your right hand in close to your chest.



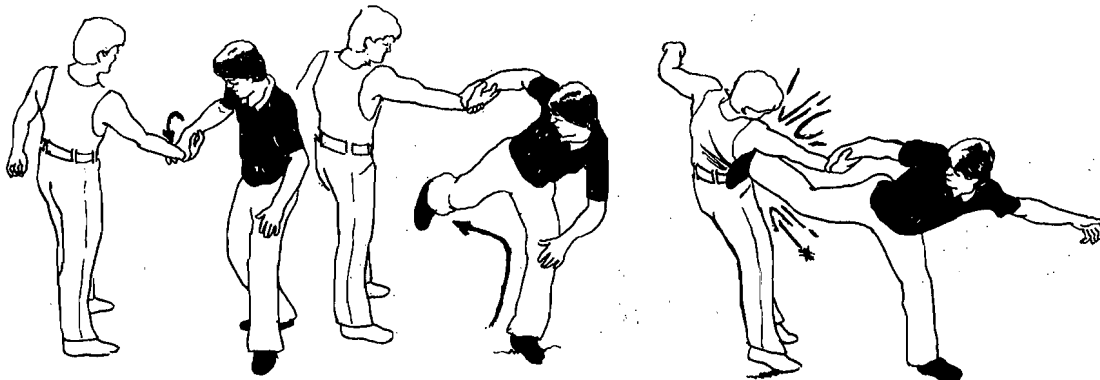
Variation: Spin quickly on your right foot after your first elbow strike, so you wind up with your back to him. With this half-turn, pull up your left elbow and strike your opponent in the face with the back of your bent left arm. Keep balanced during your spin (362). When you feel comfortable with the elbow strikes introduced in this book, be creative in their use. Find how the elbow and spinning elbow can be incorporated into the other circular defenses for optimum

effectiveness. The best defenses, though requiring compassion for the opponent, are the ones which allow the defender to enforce his position, if necessary, with pain.

(Level one) XIV(S)

The last defense against the cross-hand grab is a simple tae kwon do kick.

Pull your arm up that he holds on to. (You could rotate your wrist around his to grab first if you wish, but it is not necessary.) This will pull his arm up to expose the rib cage. As hard as you can, plant a side-kick directly into his ribs. (Put the power in the heel and outside edge of your foot.) He will melt to the ground if you pull him into you as you kick. Now run for help ... not for yourself, but for him (363).



363

Attack XV. Two Hands Grab One Hand

What if he grabs your wrist with both of his hands? (364)

You can still escape, but it is now twice as important for you to know how to put power in your hand without locking the power up in your arm and to know how to use your body behind each movement for maximum power.

(Level one) XV(A)

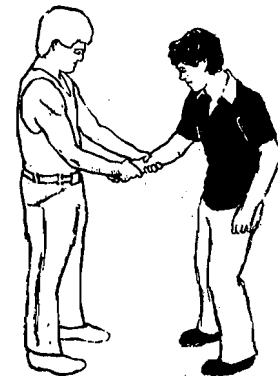
One move of defense not mentioned but applicable to the single-hand grabs can here be applied to the two-hand grab. You have one other hand free to attack him with. If you do so, attack his face. Use any hand technique you wish to strike his face.

Attack such targets as the eyes and nose particularly, but if you hit him anywhere in the face it will at least take his mind away from his grab and shift it to his own pain.

The same is true for both your feet. At any time you can use them to draw his attention away from his hand grip to his shin, knee or groin.

(Level one) XV(B)

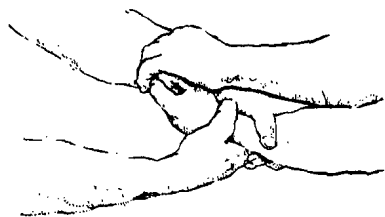
You may need the assistance of your free hand to pull your other hand out. Since he is grabbing from both directions, he has no weak point between his thumb and fingers, so attack the next best thing — his thumbs. There are only two of them holding your wrist on top and all eight fingers are holding it on bottom.



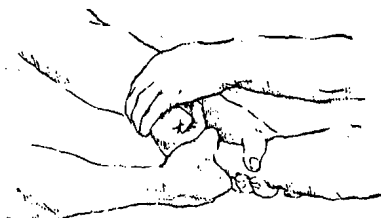
364

Safe At Last

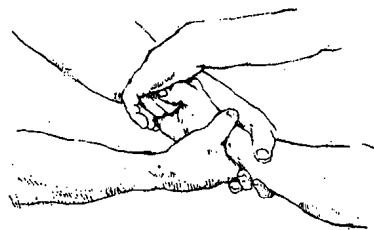
Reach in with your free hand and grab the first of your seized wrist with your seized thumb on top. Do not pull straight out toward you. Instead, lower your body a little and push your seized arm inward to his stomach as you at the same time pull the same fist away from him. Your arm acts as a bar which pries itself out of his grip using his hands as the center of rotation (365).



WRONG



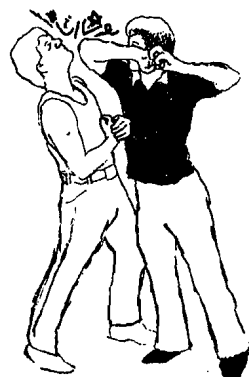
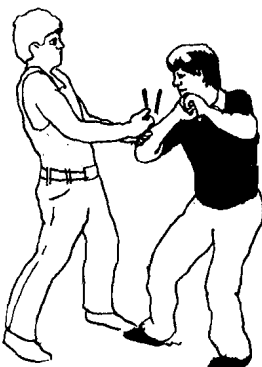
WRONG



RIGHT



365



366

(Level one) XV(C)

This technique should be done exactly as in XV(B) above, except that you put most of your energy into your elbow and into the inward and upward movement of it. You still pull on your wrist to get the lever action, but the elbow continues on in and right up to strike his jaw. This defense is also an offense (366).

(Level one) XV(D)

Now, the remainder of your escapes for the two-hand grab to one of your hands are variations of the escapes from the same-hand grab and the cross-hand grab.

If the power is there in your movement, and the "ki" energy is in your hand, then his other "holding" hand will not affect you as you execute various same-hand and cross-hand defenses.

Use the chart below for your practice in getting out of two-hand grabs. Note the similarity of defense techniques between the two kinds of attacks.

Defenses that Work Against the Two-Hand Grab onto One Wrist

Same-Hand		Cross-Hand
A.....	Down-up release	A
B.....	Down-up-take-down	B
C.....	Scoop-turn-release	C
D.....	45° wrist break.....	D
E.....	Spinaround-release.....	E
F.....	Spinaround-backbreaker	F
G.....	Over-the-wrist-release.....	G
H.....	Knife-hand-release.....	H
I.....	Up-and-over-wrist-break.....	I
J.....	Elbow-crank-take-down.....	J
K.....	Cast-out-shoulder-dislocate.....	K
L.....	Walk-past-wrist-release.....	L
M.....	Turn-under-shoulder-dislocate	M
N.....	Spinaround-elbow-break.....	N
O.....	Grab-and-twist-release.....	O
P.....	P
Q.....	Step-under-turn-take-down	Q
R.....	Elbow-smash.....	R
S.....	Pull-kick.....	S

You will have begun to realize by now that we are no longer working with isolated techniques. We are taking a few techniques, a few basic body and wrist motions, and applying them to each type of wrist grab.

Though we will not cover the ways to do it in this particular book, these same basic techniques and body motions can also be applied against a punch or a strike with any kind of weapon.

The motions we have described are basic, soft, circular motions which form part of the foundation of aikido. As you can see, you can choose either to simply escape or suppress (disable) your attacker with a more advanced maneuver. Neither of these defenses takes much energy because, through relaxation, you can learn to feel the direction of your partner's energy and flow with it. You actually take his energy and turn it against him with circular movements.

Aikido works through the mind. You must understand that it is the conscious mind which tells the body to move this way or that. (We will exclude those reflex actions which are automatic and spontaneous and planted there through conditioning.)

If we learn the proper way to relax, then our mind becomes quick and clear and more responsive. Our conscious mind will thus have very little trivia going through it which would prevent us from seeing an opening and using it for escape or for turning the tables on the aggressor.

When you use your conscious mind for getting out of attack situations, you can take into account the fact that the attacker will have *some* flinch reactions and other reactions which will come reflexively. Because you *are* aware of this point and he is not, you can use it in your escape movement. Here is an example: Your partner grabs both of your hands. You already know that if you try to draw your hands toward each other his automatic response in order to keep them apart is to pull in the opposite direction and vice versa. So if you have a technique in mind which requires you to bring both your hands to the outside of his, you first make a movement to the inside; you have then put all of his resisting energy to work in your favor and can expend very little of your own. Then, by using a circular movement, you can change the direction of your first movement from the inside to the outside and be halfway where you want to go before he even realizes that he is going the wrong way.

When he does realize he is going the wrong way he will pull back again. But you are still using circular movement. You were on your way back in that direction anyway; so, again, you are one step ahead of him.

Safe At Last

If you are using a pendular motion or straight-line motion there is an end point to the movement which allows your opponent to know when and where you will change directions. The circular movement is a constant change of direction — a never-ending connection between the left and the right — a never-ending link between up and down — and between the beginning of your technique and the end of it. (If you start out in control, using circular movement, you will also end up having the most control.)

What you will do through the practice of these techniques will be to give yourself an advantage over your opponent by integrating circular movement into your subconscious mind. You will be getting rid of your own subconscious flinch reaction of opposite motion and replacing it with a reaction which makes use of circular motion.

What is so fine about aikido is that it demands total relaxation on your part so that you may more easily feel the direction in which your opponent's energy is flowing, thus the way in which his mind is tending. You learn, through relaxation, to feel not only his muscular reactions in a struggle, but his mind as well.

Who is going to reject anything which shows him how to relax more, especially if his life could depend on it?

There is one more point to be stressed about the term "opponent" in the practice of aikido. As was stated just a few lines ago, you are learning to feel the direction of the mind of your "opponent". Well, this act of feeling is a link between the two of you. You would not be able to feel without that which is to be felt. If he is not there, then no aikido can take place.

Be aware that you need each other and each other's energy (no matter direction or form it may take) to practice this aspect of the martial arts. The other person is not truly an opponent, he is the other half of yourself. You compliment one another.

If you also apply this philosophy to your daily life you may learn to treat otherwise stressful situations in a more compassionate manner. You will realize that we cannot live without people and their energy around us. If we were alone, what would be the meaning of the words "to interact" and "to share"?

Some people do live in the world alone, even though others are everywhere spewing their energy all over the place. When some of this energy comes their direction they reject it instead of relaxing and flowing with it. They end up losing out. It does not even matter whether the energy coming their way is good or bad.

If it is good, their resistance keeps them from flowing into a possibly harmonious and loving moment. If it is bad, their resistance brings suffering to both participants in the situation. And where does resistance and disharmony with a situation lie? In one's own mind. Let me explain.

Because reactions to situations are called for in the here and now, if your reaction is based primarily upon your past experience or learning (such as judging someone you have never met solely by his looks) or upon your expectations of the immediate future (such as that of anxiously anticipating that the two of you will end up fighting), then your mind will fill with thoughts which are not real and with responses which are not called for. You will react inappropriately to the given moment because your own thoughts distort your perceived reality.

Aikido practice and all true martial arts act as a vehicle for the direction of your thought. In time you become able to use discretion in the here and now. You begin to know more (by intuition) about that which is real and which properly calls forth your reaction, and can distinguish between it and that which is unreal and only in your mind.

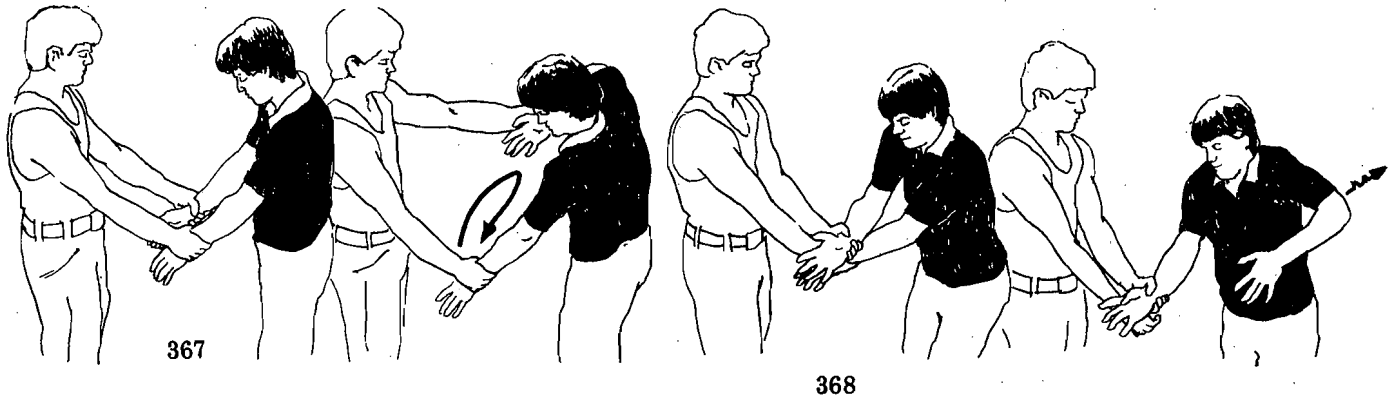
Attack XVI. Two Hands Grab Two Hands

Your partner grabs your two hands with both of his (367).

(Level one) XVI(A)

Extend one forearm and pull the other toward your upper chest by twisting your upper torso in the direction of that (bent) arm as the elbow of your bending arm moves behind you and the

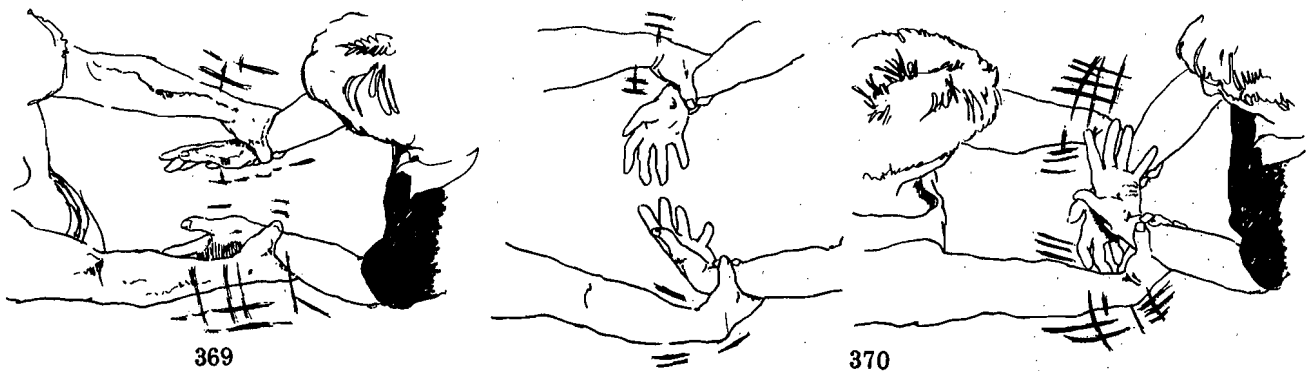
forearm of your bending arm rotates a half turn so that the wrist is facing upward. The simultaneous movement of the arms and trunk is similar to that of drawing a bow before you let the arrow fly. Now, keeping your extended arm straight, pull it toward you from the shoulder by twisting your upper torso in the opposite direction. As you do so, drive the back of his hand (which holds onto the hand you initially pulled back toward you) against the wrist of his other hand (which holds your previously extended arm). As you bang his knuckles of one hand into the wrist of his other, bend your previously extended arm at the elbow to pull that hand out. The banging hand serves a dual purpose to help you to free your other hand. It blocks any motion from his hand as you pull your hand out and also inflicts pain to that hand, which often causes an involuntary recoil and release of your hand. From this point, any defense which works for you from the various same-hand grabs may be utilized (368).



(Level one) XVI(B)

Try this: Have your partner grab both of your wrists as hard as he can. (Make sure that your fingers point directly to the floor.) Now try to put your palms together with your partner making an effort to keep you from doing it (369).

Now try this and experience the difference: Again have your partner grab both of your hands and try to keep them apart. This time as you try to bring your hands together, point all your fingers and the thumb towards each other until you can reach either your opposite hand or his (370).



Do you see the difference in how easy it is to move your hands together when your fingers point that same way? Your "ki" energy will flow right out the ends of your fingertips if you guide it correctly.

Use this "ki" energy any time you need to bring your hands together to complete any of the techniques for the two-hand grab to both of your wrists.

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This is a list of responses which would be appropriate for attack XVI (both hands grab both hands). Use the chart the same way you did for the two-hand grab to one of your wrists. Notice, though, that since he does not have any cross-hand grab you cannot use any escapes from that list of choices. All of these defenses are the same as that used for attack XIII (same-hand grab).

<u>Same-Hand Grab</u>	<u>Note:</u>
A-----	Both hands at the same time
B-----	Both hands at the same time
C-----	Both hands to the inside (toward each other)
D-----	Either hand
E-----	Closest arm to partner is bent (looking at the watch) while the furthest arm swings straight out to your side (opposite him)
F-----	Keeping both hands moving in the direction he moves as he grabs and bring both hands to his face
G-----	Bring both hands to the outside (away from each other)
H-----	Bring both hands to the outside (away from each other)
I-----	Both hands
J-----	Either hand
K-----	Either hand
L-----	Either hand
M-----	Either hand
N-----	Either hand
O-----	Either hand
P-----	Either hand
Q-----	Either hand
R-----	Either hand
S-----	Both hands grab

(Level three) XVI(C)

This technique, if done right, will either bring your attacker to the ground or break an arm or both. Begin by having your partner grab both your hands at the wrist with both his hands.

Your first concern is to switch grips and gain control over his hands. You can do this quickly in two different ways. First put "ki" power into your hands and fingers by opening your hands and straightening your fingers. Next, make a small circle with each hand around his hands. Move both your hands at the same time, and then grab his hands at the wrist. The only difference in the two grips is the rotational direction of one hand and the final position in which you grasp his wrists. To switch grips, draw a counter-clockwise circle with your left hand to the inside, then over his wrist with your fingers to grab his right wrist. Your right hand draws a clockwise circle to the inside and does the same (371). Or, if you wish, the right hand may also rotate counter-clockwise only to the outside of his hand. If this is the case, then keep your thumb pointing up and fingers down when you grab his wrist (372).

Next, step your right foot diagonally across and place it down on the right side of his right foot. Simultaneously drive his left hand in the same direction and lift his right hand over your head. Keep both your arms straight as you take this step to cross his arms and keep his left hand in front of your chest. By bending your knees, you remain centered throughout the movement. After stepping across, turn counter-clockwise, rotating on the balls of your feet, to face the same direction as your partner. Force his left arm upward and outward with your right hand as you turn and draw his right hand downward and inward toward your chest with your left hand. This locks his arms together at the elbows (373).

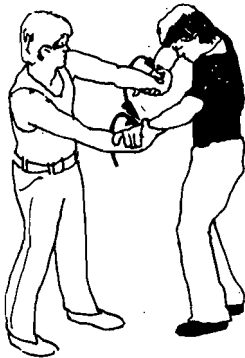
Note the circles drawn with both arms to wind up in this arm-breaking position. His left hand begins low, then high, and his right begins high, then low. Keep the circular movements in their

proper directions to break his arms and/or force him to flip over his twisting arms to the ground. Push his right hand up and over with your left hand and pull his left hand down and back toward you with your right.

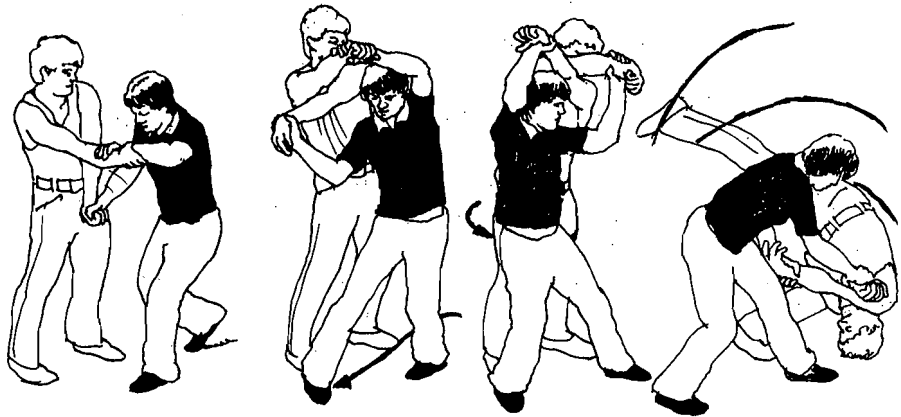
Do not change your hand grips throughout the entire movement series (373). Practice until everything becomes one fluid movement from beginning to end.



371



372



373

Attack XVII. Two-Hand Grab from Behind

In this attack, your partner grabs your two hands in his from behind (374).

(Level one) XVII(A)

Although this position may alarm you, it is really quite easy to get out of if you remember these few important points:

You cannot do anything with your hands as long as they are behind your body and in his control. You first have to step back with your body (do not pull your arms forward) to get your hands into your control at your side. From here, just remember to put energy into your fingers and point them in front of you and to the sky; your hands and forearms will follow (375). Bend at

Safe At Last

the elbow and bring both your hands up to your neck and shoulder area. Now snap one hand straight out in front of you (as if to throw a baseball) to free it and turn to face him (376).

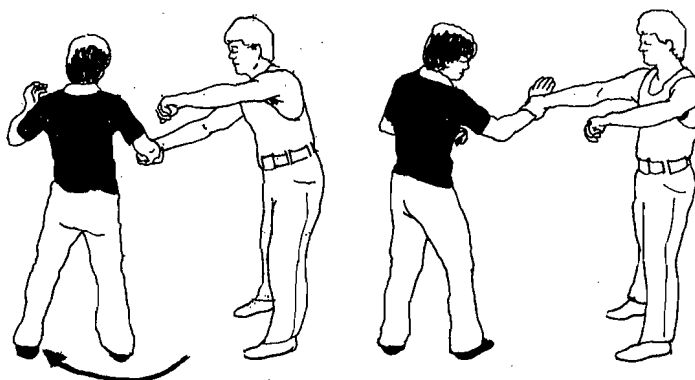


Look familiar? Now you may do any technique of escape that we covered in the cross-hand grab.

If your hands are held together behind you and keeping you from stepping back to get your hands in control at your sides, then turn your body one way and bring your hands to the side closest to him. You can now bring the hand up to the shoulder of the side closest to him, jerk it out in front of you and free between his thumb and fingers, and turn back around to deal with a cross-hand grab to your other still-being-held wrist (377).



377



(Level one) XVII(B)

Begin with your attacker grabbing both your hands from behind. If your hands are together, fine; if not, then you will bring them together. Do this as you step forward with your left foot and allow both of your hands to be pulled to your right side. Open the palm of your right hand as both your palms face each other and grab the inside of his wrist with your right thumb toward you. Now turn your left hip and shoulder forward and relax your left arm and hand and allow your shoulder to pull your left hand from his left hand grasp as you hold his left wrist and hand in place with your right hand.

Next, draw your right foot back and place it behind and to the right of your left foot and slide your right hand onto your partner's wrist, placing the right thumb behind this hand between the second and third finger and your fingers. (Move to grab the inside of his hand and wrist.) Now facing him, use your right hand to bend his wrist and turn his fingers up and toward him with his palm facing him and fold his hand toward his wrist and outside of his left arm. Reinforce this twisting up of his fingers and bending of his wrist toward him and to the outside with your now-free hand, placing your left thumb near and above your right thumb in back of his hand and resting your left fingers around the outside of his hand and into his palm (overlapping your own right fingers). Apply the pressure needed against the wrist to suppress him.

To break his wrist, just strike the back of his wrist with your left knife hand while you bend it with your right, or else grasp it with pressure from both hands and jerk your hands (378).



378

(Level one) XVII(C)

Here is another way to get out of the two-hand grab from behind.

Get your hands up to your neck and head as in XVII(A)(375) taking one step back to gain control of your arms. Only make this step further back and to the outside (e.g., left foot steps back) so that the side of your body is now next to his side and his arms are coming over your head (379). Then step your other, now inside foot (e.g., right foot) backwards so that you are

Safe At Last

pulling behind him. As you do so, bring your arms down and pull back away from his grasp. His arms are crossed at this point and his grip will be weaker because he is off balance.

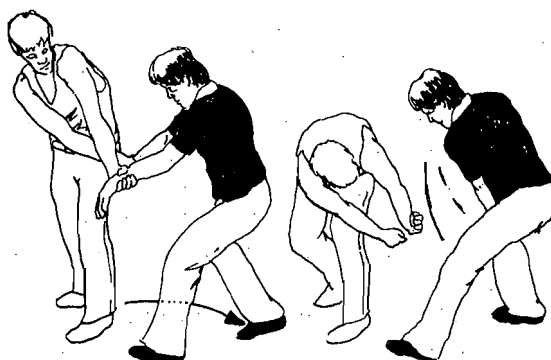
Now jerk your hands out between his thumbs and fingers (380).



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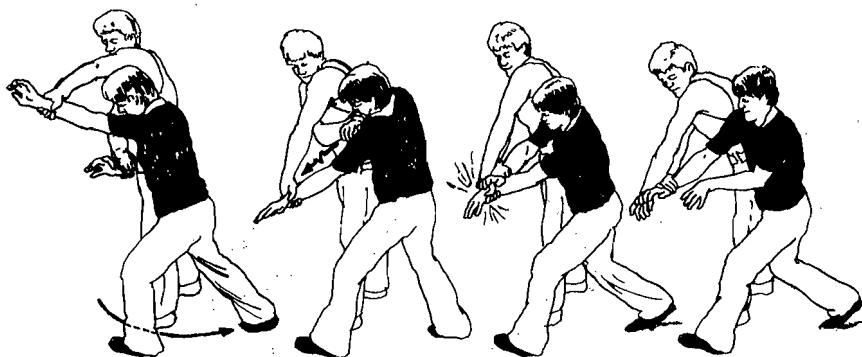


380



(Level two) XVII(D)

As a variation of XVII(C), as you are taking the second step and are behind him, then pull back on your inside hand and ram the wrist of the hand holding it into the wrist of his other grabbing hand and, at the same time, you pull your outside hand free. (If you had stepped back and to the left initially with your left foot, then pull back on your right hand and ram it into the wrist that is grabbing your left wrist and pull your left hand free.) (381). The principle of blocking while pulling and inducing pain to get him to recoil and let go involuntarily is much the same as in technique XVI(A).



381

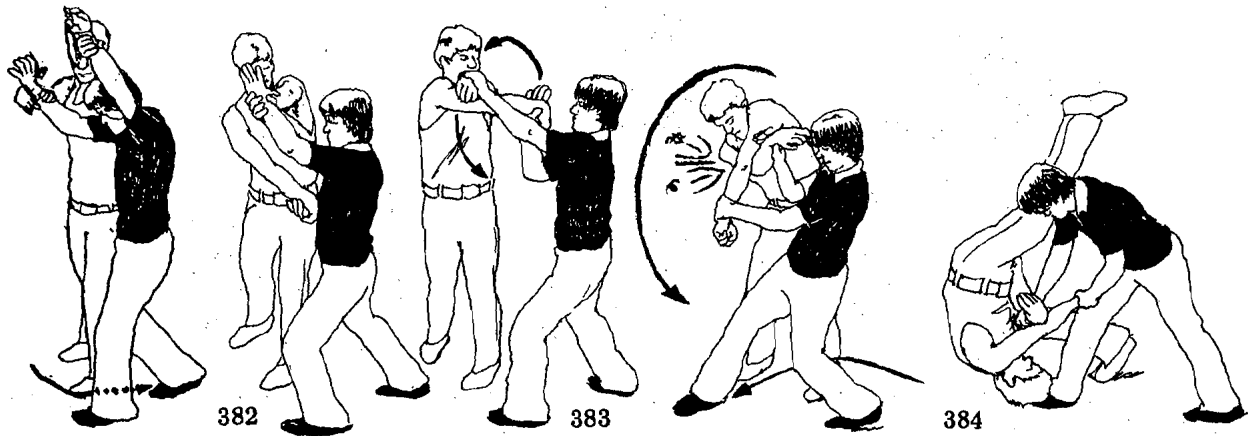
(Level three) XVII(E)

This is a cruel arm-breaking variation of XVII(C).

Once you have stepped backwards with your inside leg (second step) and have his outside arm coming over your head (382), then put the "ki" into your hands and grab both of his wrists (left to left, right to right). The little finger of your inside hand should be towards his elbow and the little finger of your outside hand should be toward his hand when you grab (383). Now, shift your weight quickly to the outside foot and then with a powerful step forward of your inside foot (third step) you wrench his arms against each other, locking them at the elbows. (If you move

Defenses for Wrist Grabs

hard his arms will break.) As you step forward with your inside leg (third step) your inside arm shoves forward and your outside arm pulls back (384).

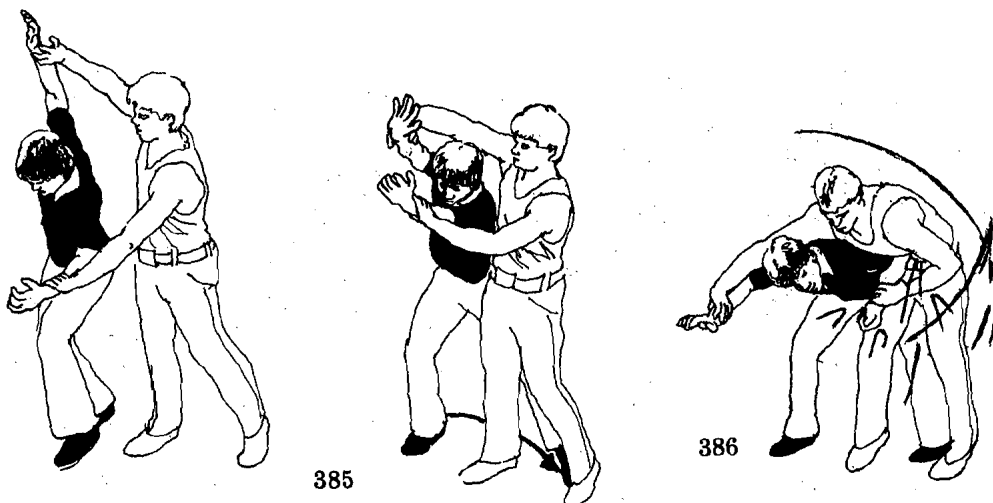


(Level three) XVII(F)

This defense for the rear two-hand grab is a back-breaking variation similar to technique VI(D).

Once you have gotten your hands up to your neck and head as in XVII(A), step to the side and squat with the knees apart. Then plant your closest leg behind your assailant. As you do this, push both your arms straight out in front of you as if to straighten your elbows. (This will cause the opponent to lose his balance forward and try to regain it by pulling backward.) (385). Now with the elbow closest to him, drive it into his sternum or stomach once or twice by thrusting the arm out and driving the elbow in (386).

Then thrust both arms out in front of you one more time and make the outward push of your inside hand and arm arc upward and circle back toward his head to place your palm over his nose, fingers facing away from you (387). Then push back on his face to tilt his head back and push him down so that his back rests over your inside knee. Your outside hand and arm drop down to apply pressure to the lower body while the inside arm applies downward pressure to the upper half (388).





387



388



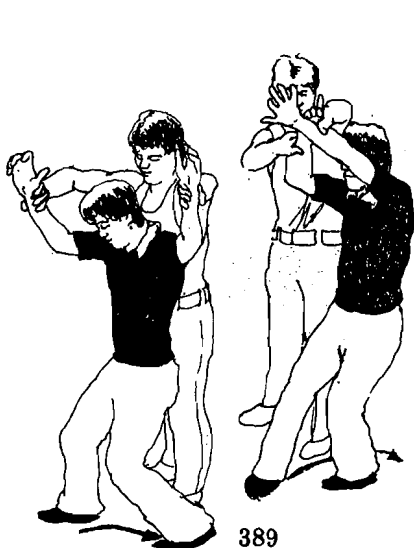
Practice this technique slowly and remember to point your fingers in the direction you will want your hands to move.

(Level two) XVII(G)

The defense for the two-hand grab is very much like XIV(M), only here the attacker grabs from behind.

Instead of stopping at the neck and head when raising your hands as in XVII(A), continue up to lock your elbows straight above your head while at the same time dropping your body weight down to a squat. Both of your palms should face skyward and your fingers point toward each other. Next choose a side to move toward so that you will end up outside of his arm grasp — to his right or left. Then, as you move that way, grab his hand which is on that side with your opposite hand (e.g., right to left) putting your fingers in his palm and the back of your hand onto the back of his — and peel it off the back of your hand (389).

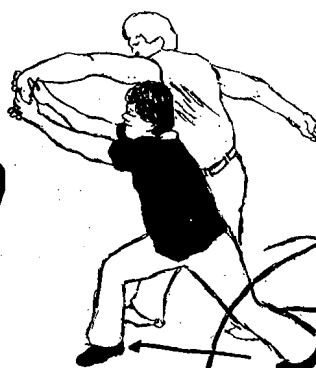
As you move out from underneath his arms, twist his captured hand with you rotating his fingers your direction (keeping his palm facing down). Rejoin your now free hand onto the wrist of the now-captured hand of your opponent and turn to face him. As you turn, force his fingers to point at his armpit and then towards you. Keep his elbow up high and pointing skyward (390). To dislocate his shoulder, step forward and away from him with your closest (i.e., right) foot (391), and at the same time throw his hand outward in an arc from up to down in the same direction. Throw his hand out the same way you would cast with a fishing pole. Keep his palm facing outward and his fingers pointing downward as you cast (392).



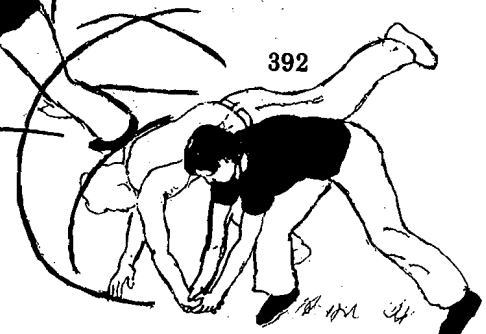
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390



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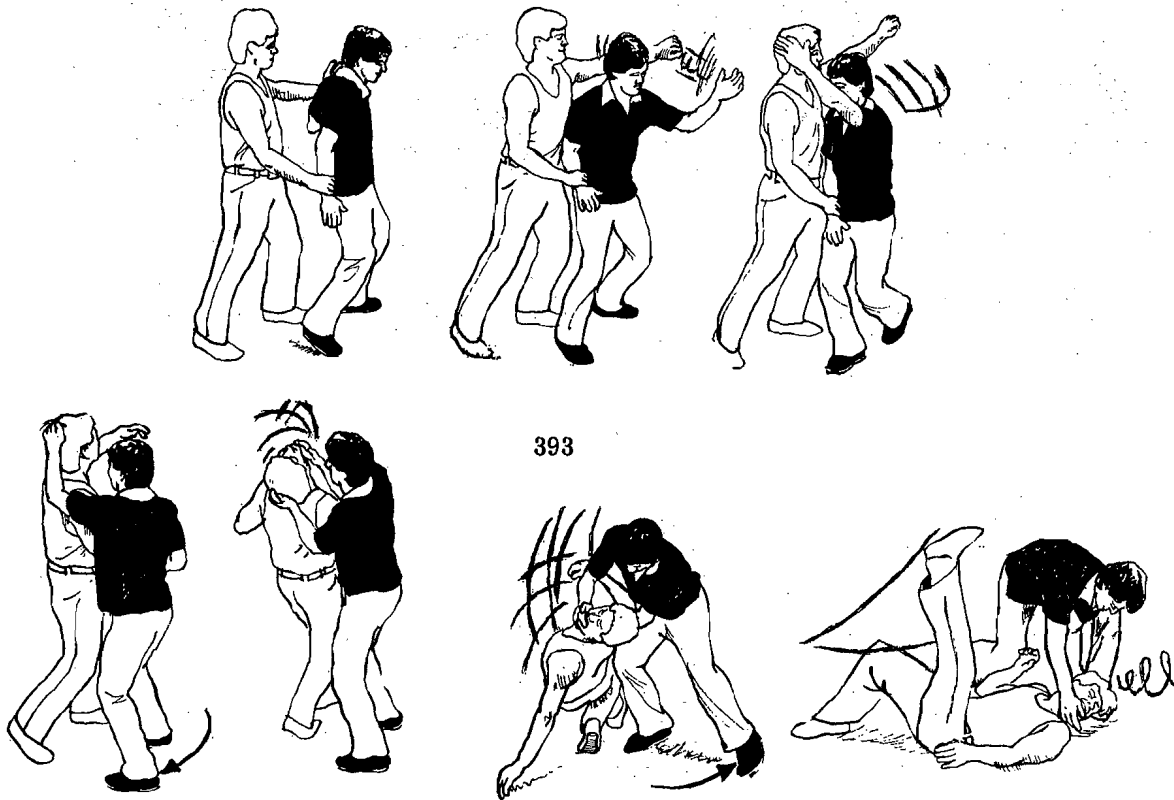


392

(Level two) XVII(H)

Bring both your hands to shoulder level and snap out your left hand forward as in XVII(A). Now, as you turn your body to the right drawing a half circle around your right foot in a clockwise direction with your left foot, bring your right fingers to the outside, up and over his right grabbing hand then down and to the inside of his wrist to break his grip. As you turn clockwise with your body, reach your left hand around behind his head to grab his hair. Next, pull his head backward to weaken his neck and use your now-free right palm to push his chin away from you (pointing your right fingers to your right). To take him down to the ground, pull back and down on his hair with your left hand and push away with your right.

Keep going until you lay his outside cheek on the ground (393).

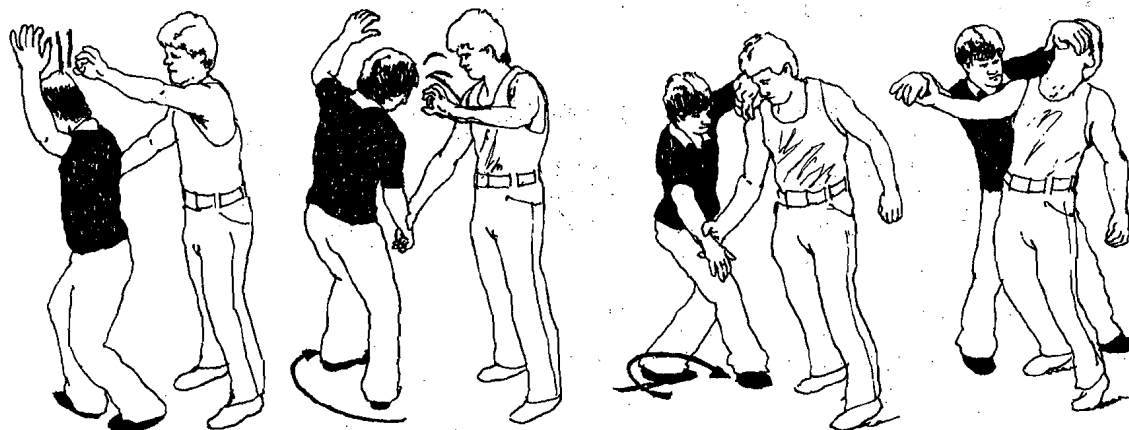


(Level three) XVII(I)

This is a back-breaking variation similar to XVII(F) used once you have freed your left hand as in XVII(A). Turn clockwise, moving your left foot in a half-circle around your right foot as in XVII(H), bringing your now-free left hand over his right shoulder and place your palm over his face (fingers pointing away from you and towards his left cheek). Now use this left hand to push his head backward to force him into a backbend and simultaneously step your left foot behind him. Squat down, equalizing your weight distribution between your legs, and bring his back arch over your knee as you force his head back and down.

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Once he rests over your knee, then use both your arms to push down on his upper and lower body halves to break his back (394).



394



Chapter Ten

Obscure Weaponry

Unless you are skilled in the art of unarmed combat whereby your hands and feet are effective instruments of destruction, you will increase your advantages in attack situations with some kind of weapon.

Weapons are everywhere. Anything can be used as a weapon, from a fingernail file, to your car, to the unsuspecting person next to you. You can use weapons for blocking, piercing, poking, smashing, cutting, throwing, tearing, or burning.

Just as it takes a calm mind to see what alternatives are available to avoid physical confrontation, you must also be relaxed and cool to have ingenuity in finding and using weapons. So, if an unwanted man begins working his way into your home at the front door against your wishes, you will use the door, a statuette, a broom, your hands and feet, teeth, fingernails, or anything else at hand to hold your ground without getting too emotionally overwhelmed by the scene which is unfolding.

Should your life be at stake, or the life of a loved one, then you need every advantage you can seize. The advantages are there, but you need to find them and know what you might do with them once you have them in your possession.

If you really care about your own safety, you will take measures in advance to ensure your protection. Such measures will prepare you and your surroundings for an attack — to be ready no matter where you are or what time of day it is.

Preparation includes strategically locating around the home articles which you are familiar with as weapons. Many of the objects could be decorating your front entry or hallway near the front door such as an umbrella, a magazine, a broom, a can of mace, or a long heavy object such as a railroad spike which could pose as a decoration or as a door stop.

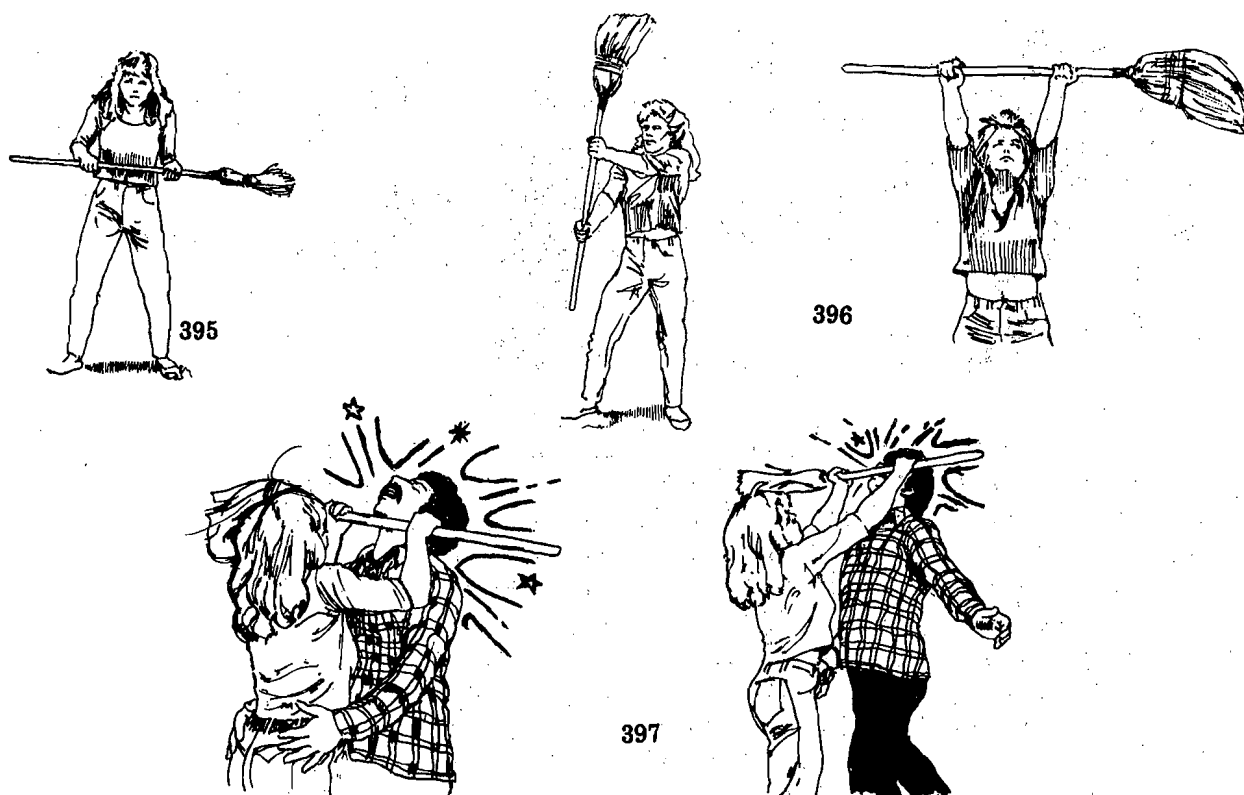
The umbrella, the broom, and the magazine (rolled up tightly) can be used similarly for defending yourself from grabs, punches, and thrusts from a knife, as well as for attacking vital areas of the body.

If you are using a broom or an umbrella, grab it with a wide grip in both of your hands. Use a reverse grip (one palm up and one palm down) for maximum control (395). If you use a magazine, clench it securely around its center.

Use the side of the stick or magazine to deflect an object with which the attacker comes at you. You may block from side to side or up and down (396). The side of the weapon may also be

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used for attacking by moving straight in. Exert equal amounts of thrust from both arms and attack the throat or the bridge of the nose (397).



There are ways of following a deflecting motion to the side, up, or down with a follow-up strike with one end as a counter-attack. To strike with the end, simply push out one hand and one end of the stick while simultaneously pulling back on the other. Strike hand as you do this push-pull motion. Take time to practice how it feels (398).



The end of the broom, umbrella, or magazine is a devastating weapon if used in a jab. All the energy of the blow is concentrated in the tip. Aim for vital or soft spots on the body such as the

face (eyes), throat or stomach. Drive in with as much power as you can, using both arms (399). With a magazine, you can cup one hand on your end of it for extra oomph (400).

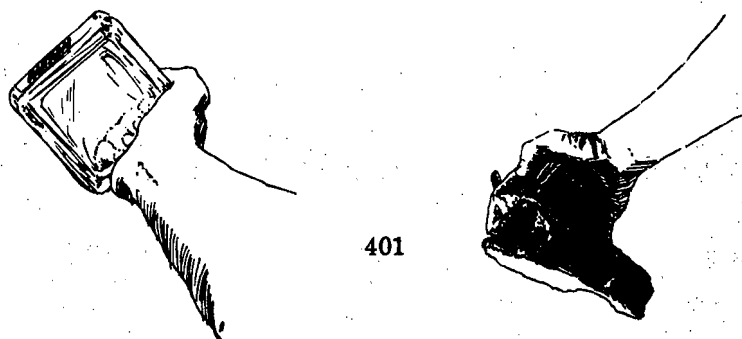


It is common to keep umbrellas and magazines near the front door of the home. If you happen to be cleaning the house, you may answer the door with a broom in your hand. The caller may not even suspect it to be a weapon even if he is looking right at it.

Remember that these objects become weapons only when you are familiar with using them as such. Do not only sit and read how to use it; put the book down, grab one of these instruments and become familiar with the feel of it.

You may want to have a can of mace or hair spray in your hand as you approach the door. The hair spray can be picked up in another part of the house or on your way to the door. You can also carry oven cleaner or any other ammonia-based chemical. The mace can be kept near the door unless you have children. If you use a spray, aim it directly at the eyes.

If you do not trust sprays as a form of defense, then put a few decorations near the front door which are solid and which fit easily into the palm of your hand as you grip them. Have something with a sharp or protruding edge on it. Know where it is and how you would use it for jabbing or smashing. Suggested are sea shells (using its razor edge and spiked points), lamps, clocks, ash trays and the base of statuettes like the armadillo figurine shown (401).



Keep in mind that these weapons must not lie only at your front door. You could turn around while you are in your living room or bedroom to see a strange man with an insane look in his eyes. Know your house. Know what objects you could use for weapons and reach for them at the first indication of a threat.

Know what articles may be used as weapons while away from home. Most men travel light as they go to and from home. If they carry anything in their hands it is keys and possibly a briefcase. Leaving aside those extremists who carry guns and knives at all times (and there are many),

Safe At Last

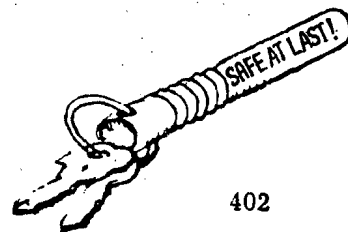
one might say that men often have no weapons on their person as they go from one place to another.

For the man, a weapon poses the problem of being bulky and difficult to carry comfortably while concealed.

I strongly recommend that men buy a key chain which can accommodate a weapon. Pick something handy to carry on it like a small screwdriver, a jagged stone mounted in a small casing, or any such thing. Know how to use it.

The good thing about having a weapon on your key chain is that you will have it with you all the time and often right in your hand when you need it.

My favorite is the "cat-tail" key chain. It is a key chain with a five-inch rod-like natural wood weapon attached. (402). This weapon is recognized by police all over the world for use in suppression and control of aggressors. (One such key-chain should accompany this book as part of the self-defense package.)



While you are in the martial arts supply store, take a few minutes to browse. You will also find other ingenious weapons which can be carried on your person inconspicuously and comfortably — weapons which are part of your attire such as belt buckles, or other jewelry such as bracelets and necklaces. You could be loaded with weapons after leaving one of these stores and nobody would know but the salesperson.

Another weapon favored by some men is the simple walking cane. It is used in the same manner as the umbrella or broom. One with a curved or weighted handle offers additional defense possibilities. Special canes may actually be swords, shotguns, or bayonets in disguise.

Canes have aversive effects on some attackers, too. Some would be completely oblivious to your holding a weapon as they approach you. Others would immediately recognize the implications of your walking confidently with a cane and no limp, and will move on to attack another target which appears to be more vulnerable.

Whatever kind of weapon you choose, keep it with you and know how to use it. Be prepared!

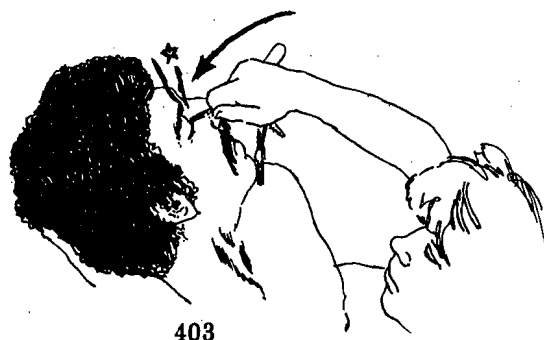
Women carry a complete arsenal of weapons with them everywhere they go. Many women do not realize the number of defense instruments they possess right in their purse.

Let's look inside one just to name a few:

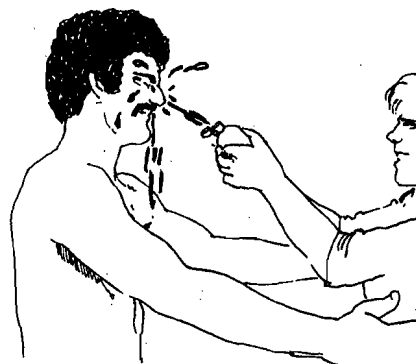
Your keys; carrying a weapon on a key chain is an excellent choice for women as well as men. Women often have decorative and sizable key chains anyway since they aren't usually a problem to carry. The advantage in carrying this kind of weapon is still that most everybody carries their keys with them wherever they go. Even if you have just one key in your hand, it is enough to poke an eye out of an attacker who tries to grab you from the front (403).

An aerosol hair spray or a plastic lemon filled with ammonia are fantastic substitutes for mace and look harmless to unsuspecting bystanders. Many women carry their hair spray with them and one would only expect a plastic lemon to be filled with lemon juice. If either of these have to be used, direct the spray squarely into your assailant's eyes. Both fluids attack the mucous membranes; he will be rendered helpless for quite some time (404). If you choose a

chemical deterrent such as mace, make sure you aim for the eyes and spray while backing up in retreat only. *Do not move toward him.* After making a "hit", move sideways when he ducks.



403



404

What other weapons exist in the average woman's purse? A package of cigarettes? The package will probably not do you much good, but a lighted cigarette and an eyeball mistaken for an ashtray can surely bring some blistering results.

A pair of scissors, a nail file, and a corkscrew; aside from gouging the eyes, let's see what else pointed objects may be used for.

All of these objects are sharp, thin, pointed and strong because they are steel. This means that they can puncture as well as tear. Choice targets for this kind of puncture-rip method of defense are flat bony areas covered with skin. For example, the head, the outside of the arm, the back of the hands and the chest (405).

You may select any of these various weapons; or if you desire to, purchase a more reliable one while you are in a store. Your handbag will accommodate many different sizes and shapes.

"Stun guns" are quickly becoming very popular among both police and civilians. They are designed to subdue criminals by using an electrical shock sufficient enough to stun the attacker for a few seconds without leaving any long-lasting side effects. They come in various styles and prices but they all work under the same principle. By simply touching the electrodes to the body, the shock passes through the skin (and often through light clothing) to "jolt" the central nervous system. This renders the attacker temporarily helpless.

You may even want to purchase a small revolver to carry. Many women are doing it now. Different states have different regulations on firearm possession. Discuss laws pertaining to your state with the police or store representative you buy the gun from. When faced with the grave danger of death, the "equalizer" will always yield a distinct advantage in gaining control of the situation at hand. Brandishing a gun will certainly make somebody back off faster than you would imagine. Just keep in mind as you pull your gun that you may have to use it. Do not hesitate or you may find the tables turned. You may be the one looking down that barrel. And believe me, it is a mighty dark hole to look into.

Carrying firearms or other injurious weapons for use against criminals can be a disadvantage for a number of reasons. Besides being used against you in retaliation, weapons frequently injure and kill innocent people. Anyone carrying a firearm in public also risks legal problems and probable arrest. Money and possessions can be replaced. Your life and health cannot. Most police advocate physical restraint *only* if your life is in grave danger by a vicious criminal attack. They suggest the best defense in a confrontation is to comply with demands for money and valuables. It is best not to move suddenly or insult, provoke or threaten an assailant if at all possible. Firearms are definitely not recommended for personal protection in public environments.

Both men and women look normal carrying a comb. You can carry it in your pocket or in your hair. (Many people with thick hair styles know the destructive implications of a hair "pic".

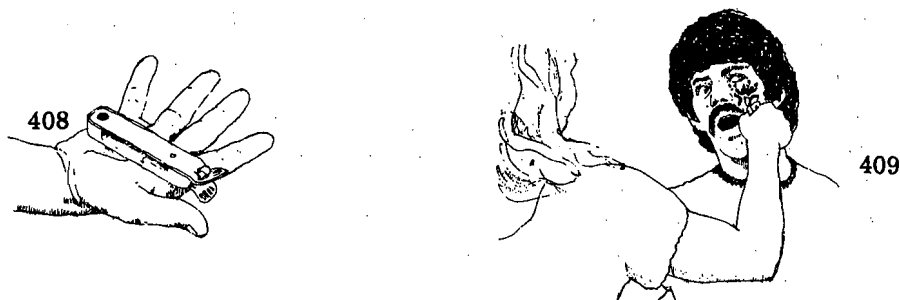
Safe At Last

Some even purposely wear their combs partially exposed as a warning to others to leave them alone.)

The long, thin handle of the rat-tailed comb is excellent for stabbing and poking sensitive and vital areas of the body. You can jam it into the leg (406) or press it into the back of an attacker's hand if you are grabbed from behind (407). It would not even matter if you have your arms free or not; you will still be able to get a little swinging room with your forearm and be able to find an opening in which to poke the end of it. If he does not let go, it will at least draw his attention to that spot so that you may break away.



Realize that there is no excuse for not having a weapon. Anything can be utilized if you use your imagination. Even if you are going outside your apartment for a moment to talk to a neighbor or to wash clothes, you can still take the time to grab a weapon before you go. Probably the most savage of the handy weapons is a can opener. It can be hidden in your hand because it is small and fits snugly in your palm (408). Just leave the hook end exposed and pointing out. Use it in a slashing manner and aim for large fleshy areas of the body such as the arms, legs, chest, stomach, back and cheeks (409). Other targets include the side of the neck, throat and eyes.



A simple pocket knife or a roll of quarters are very effective in your hand too. Both give more weight and thus more power to your punching hand when striking bony areas of the face. With a pocket knife the blade is there in an instant if you need it for slashing.

Remember that light is a deterrent to crime. If you wish to better the chances of an attacker's passing you up in favor of somebody else, then carry a light when walking at night. If you are a woman, it can be kept in your purse; if you are a man, you can get one with a belt clip attached. Either way, if you are alone at night walking, it should be nowhere else but in your hand, and shining.

Before you go down to your local hardware store to buy a flashlight, look around in sporting goods stores, gunshops, martial arts supply stores, and police equipment and uniform stores

which sell supplies to your local police. Pick a flashlight that has a high intensity lamp plus a handle strong enough to break a skull. Pick one which feels comfortable in your hand when you hold the handle *and* when you hold the end with the lamp. Wave it around a little to feel the control you have with it. Flashlights come in various lengths and weights. What feels good to someone else may feel unpleasant to you. If you have any problem locating the right one, then get sales assistance or try another store. If you have a problem locating a store which deals with weapon flashlights, then ask the next police officer you see. He will know for sure.

For information on the handling of such a weapon, thumb back a few pages to the descriptions of the proper use of the rolled-up magazine. The techniques are the same, except that the flashlight, because of its weighted ends, offers the additional advantages of a club. Either end may be used with a full-powered swing to smash anything it hits. In a case of life and death, aim for the head (410). *Note:* Flashlights can break or crush most any bone in the body when used offensively by striking, and even defensively, by blocking. Consider your liability for probable death before striking to the head of any opponent.



410

Use the light too. The reason you want a strong, bright light beaming from your hand is not just to see where you are going. If you see someone approaching, aim that light directly into his eyes. It will blind him momentarily and allow you to see who is there. If he is attacking, then use the light in his eyes as a distraction while you follow up with kicks and a strike with your "equalizer."

If you have no flashlight and no purse and no weapons, then you had better think quickly. How about a pen? Do you have a pencil in your pocket? If so, you can use it to stab the eyes or throat.

Look some more. Nothing else? There is always something else! How about your shoes? Quick, slip one off; two if possible. Grab the shoe by the toe and use the heel the same way you would a hammer. "Aim right between the eyes," as the saying goes. If you are lucky, you will break the bridge of his nose. And keep hitting too; don't think one pop is going to stop him. Give it all you've got (411).



411

What if you have tennis shoes on? Use those too, or your belt. If you have time to take the belt off, let the buckle hang loose and start wheeling it as fast as you can by the strap. Keep it high and aim for his face as you swing it around.

No belt? No shoes? No pen? No weapons? ... What are you doing here alone?

Should you find that you left any and all weapons at home or in your car and you see a situation brewing which may lead to your having to fight, then start looking around.

Look on the ground, next to the curb, in a trash can, or anywhere for a weapon, or a reasonable facsimile thereof. Look for sticks, branches, two-by-fours, metal bars, big rocks, broken bottle necks, wine bottles, or anything else you can throw or use for cutting, poking, and smashing.

If nothing else, grab up two handfuls of dirt or pebbles and be ready to throw them directly into his face as you move in with kicks and punches. If you have time, as in the case where you think you are being followed, go into a store and buy a bottle of coke or something else which will serve as a weapon.

Safe At Last

Weapons are everywhere. By using our gift of rational thought, we can recognize these objects around us. By being aware of the basic principles of movement I have outlined for weapons which are long and slender, sharp and jagged, short and pointed, easily gripped in one hand, or sprayed out of the hand, then you should be able to adapt any similar object.

My suggestion is that you become familiar with the different uses of *all* these weapons. Once you are familiar with them, then pick one or two which you consider fail-safe — which you like and trust and which fit your personality. If you do not think you could ever poke out someone's eyes, then accept that *now* and plan another defense.

Become aware of what gives you the power to defend yourself with confidence. Be truthful with yourself and reject those techniques and weapons which you feel are not right for you.

Whatever method of defense you choose to put your trust in, whether it is in weapons or in your hands and feet, practice that method. Practice hard; because when the time comes that you must use it, your life or somebody else's life will be on the line. Otherwise you should not be fighting.

Make your movement a statement of what you are in that time and place. Make it strong. If you use a weapon, make that weapon an extension of your arm. Allow it to be part of you.

Above all, as you practice, concentrate on the movement. Work on directing all of your energy into what you are doing in the here and now. Lose yourself by relaxing and directing all of your energies into the movement. Keep in mind that you, your weapon, your target, and your movement are all *one and the same*.

Ki Breathing Methods

Breathe out so that your breath travels infinitely to the ends of the universe; breathe in so that your breath reaches your one point and continues infinitely there. The Ki breathing methods are an important way of unifying the mind and body.

At night when all is quiet and calm, do this alone, and you will feel that you are the universe and that the universe is you. It will lead you to the supreme ecstasy of being one with the universe. At this moment the life power that is rightfully yours is fully activated.

by Koichi Tohei

PART FOUR:
CREATE YOUR OWN REALITY

Chapter Eleven

Develop Intuitive Confidence

"To really live — to be satisfied with and comfortable in life you must have an adequate and realistic self-image you can live with. You must find yourself acceptable to 'you'. You must have a self you can trust and believe in. You must have a self that you are not ashamed to 'be', and one that you can feel free to express creatively rather than hide or cover up. You must have a self that corresponds to reality so that you can function effectively in a real world. You must know yourself — both your strategies and your weaknesses and be honest with yourself concerning both. Your self-image must be a reasonable approximation of 'you' being neither more than you are nor less than you are." (Maxwell Maltz, M.D., F.I.C.S.)

Psychocybernetics

All of us carry around with us a mental image or picture of who we believe ourselves to be. It is a blueprint of our personality. Consistent with this self-image are all our actions, feelings, behavior and abilities. Since our behavior, feelings and responses to our environment are ninety-five percent habitual, our self-image determines and is determined by our habits. We have, unfortunately, conditioned ourselves out of the habit of using our intuition to react, however.

Excessive negative feedback and criticism has the effect of interfering with or influencing our perception of ourselves and this interferes with our ability to respond appropriately to situations. We retain the effect of negative experiences and come to see ourselves in terms of deficiency and failure. We then hold back or cover-up our emotions concerning the newly met circumstance. Instead of coming to terms with our emotions as they present themselves, we feel inhibited and react inappropriately. Often we either hold back our reaction altogether or else over-react to the stimulus. The outcome of the unfavorable reaction reinforces the negativeness of the self-image with fear and inadequacy and this even more negative image is then referred to in confronting future situations.

Often we make the error of modifying our persistent view of ourselves in accordance with our mistakes and failures. Since we all develop our present self-image from past experiences, many of us grow into insecure personalities from negative experiences of failure, rejection, abuse and sharp criticism. We develop a negative self-image and when confronted in daily life with situations which call for a positive reaction from our personalities, we react negatively. We end up in conflict with that part of the environment which acts as the stimulus for our actions. Even when we hold back our reaction to the stimulus, the conflict still exists in our own minds.

The more we sink into this negative realm the more we condition ourselves to think and react negatively — the more we see ourselves as negative. For some, inhibition began in childhood when we were conditioned to fear and avoid strangers. We were taught to suppress "bad" emotions and not to fight. Later unfortunate occurrences and decisions reinforced those feelings of being weak and inadequate. Because of these inadequate feelings we inhibited ourselves from acting and/or fighting when the situation called for it. We not only suppressed "bad" emotions but also those which were proper and appropriate (e.g., excitement, fear and anxiety which could have helped us deal with a situation positively). Without a release valve through which all emotions may be expressed, people become anxious and nervous — some even develop mental disorders.

Whether we react to the stimulus or not we still find ourselves in conflict and disharmony with ourselves and our environment. Fear and anxiety are the result. We somehow make these negative experiences a part of us, and add them to our self-image and personality. We in turn develop the automatic response of being fearful and anxious in similar situations. This conditions us to react negatively to the adrenaline our bodies produce to intuitively win over crisis situations.

Safe At Last

Bad experiences, if we let them, have the potential to help us cherish good experiences. To become more conscious of the severity of a bad situation could help us to be more aware of how wonderful good experiences are by contrast. Bad experiences, whether they happen to us or to others, can allow us to appreciate more of the good in other people — if we let them. Winning is being able to act in such a way so as to create a positive experience regardless of how the circumstances are presented.

Learn to take negative experiences and negative criticism and turn them into challenges and learning experiences. They can be made into positive experiences with the proper attitude. Often we learn as much, if not more, from our failures than we do from our successes.

Sometimes unfortunate occurrences can make us change things about ourselves for the better. These could be seemingly minor changes in our lifestyles like not wearing seductive clothing in public, not hitchhiking, or remembering to close bedroom curtains while dressing and undressing. These could be major changes like divorcing a rapist husband or seeking therapy and psychological counselling to help deal with life more practically.

You can even view negative confrontations as beneficial in that they indicate the extent to which you are in contact with yourself and your surroundings. The actions you then choose to take will tell you who you are within that moment. (In karate, taking a punch shows the practitioner where his attention needs to be directed to keep from getting hurt next time.) Negative thoughts and circumstances are necessary and when used correctly are indicators of where we are in our personal growth.

Seeing good in negative experiences also applies to other people's negative opinions of what you can or cannot do in any given situation. While a seemingly bad occurrence can be changed into a positive learning experience, so too can you change other people's negative suppositions regarding your abilities.

When handed lemons, make lemonade! Be sensitive to negativeness. Be aware of it and recognize it for what it is — then act in a *positive* manner. Believe you can do what you want to do and eliminate the word "impossible" from your vocabulary. React in such a way that you strengthen your positive self-image.

A crisis is a situation that can either make or break you. Keeping your goal in mind and going through the crisis can give you strength, power and wisdom. If the goal is lost or is negative, the experience can rob you of skills, control, and abilities which you already have. Without a positive goal, our adrenaline is wasted.

It is not the excitement (of the stimulus) which determines the outcome of a crisis but it is how this excitement is used. If you lose sight of your positive goal you will adopt a negative goal in its place. When this happens the energy which could otherwise be used to confront the situation remains inside you resulting in anxiety and fear and causing you to run away from or evade (but not escape) the crisis.

The crisis can act as a stimulus to release untapped powers if you maintain an aggressive attitude and react positively to it instead of negatively. If you stay and fight a crisis instead of running, it makes you stronger because you use the extra energy to give you power for achieving your goal (which is preprogrammed into the positive self-image through repetition and practice). You fight back with *spirit*. With a positive attitude, the excitement of the situation releases in you additional power and will give you more courage and strength to go forward — it becomes food for your fire.

Adrenaline can be valuable for producing great bursts of productive output yet can also tear apart our abilities to concentrate. This point is illustrated by the example of the mother who in an emergency situation had the energy to pick a car up off of her child who was pinned beneath it. The energy was present spontaneously and reinforced in her a positive self-image. Had it been dissipated in panic and she lost emotional control it could have resulted in a negative self-image characterized by guilt and failure. This may have shut down the abilities of the mother to function altogether.

Create your own reality of peace and clarity in the here and now.

Now that you have begun to use some of the physical maneuvers involved in self-defense, let us now learn the underlying way in which these can become a part of you.

Psychologists have proven that the human nervous system can react strongly to an experience vividly imagined in detail (e.g., in hypnosis, dreaming). Moreover, in waking life we do not act and feel according to what things are really like, but instead to what we perceive things to be like. A human being normally acts and feels and performs in accordance with what he believes to be true about himself (self-image) and his environment. If our ideas and perceptions of ourselves and/or our environment are unrealistic, then our reaction to the environment (stimulus) will be inappropriate. It does not matter whether you are disturbed or tranquil, or fearful or composed when dealing with reality — it is not the external stimulus (no matter how it presents itself) that makes the ultimate difference in the outcome. What matters is how we respond to it.

Because the nervous system responds similarly to an actual experience and to one that is vividly imagined, we can obtain new and positive traits or habits through mental practice. Winning is a state of mind. Doctors often give their patients placebos to which they react and feel better. We react as strongly when we believe we have what it takes to protect ourselves from crime. By knowing that we can — we do. Realize that memories of past successes *and* failures are in our minds ready for recall. Both are real when we believe in them. It's up to us to decide which of them is recalled.

From setting a goal of learning to improve our self-image we take the necessary action required to achieve that goal. When we practice the various ways in which we can defend ourselves, our perception of who we are changes. We find ourselves growing into positive identities geared to interact with each new situation positively and safely. Situations are better taken care of because we know we can handle them. Physical threats are not intimidating because our practice not only gives us specific defenses but also an overall feeling of better health and physical well-being — of being someone who is respected. (How you act determines how others react to you. We can expect others to respect us only after we believe we are deserving of that respect.)

The more we experience successful responses to situations through practice, the more our emotional responses in general change in a positive direction. The more our successful reactions are retained in our memory, the more potency they achieve, and the more habit-like and spontaneous they become.

The goal must be seen so clearly that it becomes real to your brain and nervous system. So real, in fact, that the same feelings are evoked as would be present if that goal were already achieved. For a karate expert, to break boards or bricks with his hands, he must mentally visualize his hand to be already through the obstacle — then he simply follows through with that mental reality. He sets the goal and lets the rest take care of itself. The marathon runner is the same way — he sees only the finish line. The runner wastes no energy on whatever suffering that takes place while achieving the goal. He only fixes his eyes ahead and the race takes care of itself.

This holds as true of mental practice as of physical. When we imagine with our full emotions the outcome of a goal (e.g., feeling safe), we gear our internal machinery to react in a way that coincides with the imagined outcome. We create our own realities (we behave differently as we think and believe differently). Hypnotists utilize this capacity.

Hypnotism is the power of believing something to be the truth. When a shy, timid person is told under hypnosis that he is bold and self-confident, and the subject thinks and believes this to be true, his reaction patterns change *instantly*, with no thought or consideration whatsoever given to past failures. This power of positive thinking is demonstrated also in cases where hypnotism (professionally or self-induced) is used in childbirth to control pain, to control body temperature, respiration and blood pressure, and to stop bleeding. All this is done through willpower — through positive belief.

The how-to-do-it comes naturally when you believe you can do it. Another example of this is found when you say, "I'm going to be a happy person." This does not mean that from the

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moment you make the statement you will be happy. It could be that until this point you may have been leading yourself in a self-destructive direction. However, with happiness in mind as your goal, each day becomes less stressful (somehow) as you begin to *seek out* happiness in everyday situations. You then use these happy experiences as a reference when dealing with future situations. Since happiness is the desired result, you act happy whether you are or not. In time (often when you least expect it), because you have shared happiness and smiles with others, they give it back to you. All this helps to make you happy more often — it is called “good karma” or “grace”. One day you will discover you are truly happy.

As we know, most of us are already programmed to take inappropriate action when dealing with crisis situations. This is because the experiences that gave us the information were themselves inappropriate, ineffective and inefficient. From past incorrect responses and negative experiences we have formulated opinions of ourselves. We retain our unsuccessful reactions to situations and refer to them in making new responses. When emergencies come up which require positive action our responses are weak and insecure. The result is further unsuccessful experiences which are added to our memory and self-image. This is what we then refer to in the next predicament. Sooner or later we come to fear such circumstances.

Be aware that while fear is acquired, so too is confidence. Nobody is born with confidence — it is developed. (Remember this next time you envy or feel intimidated by someone else’s confidence.) Since our present self-image is based on experiences we have had in the past, our future self-image can be based on positive experiences we create for ourselves in the present.

Instead of seeing where you are at present, see where you want to be. If you say that one day you will be safe and really believe it, then you will automatically take steps to be safe (because that is what a safe person does). You observe precautions and safety tips by locking your doors and you become wary of strangers. Your desire linked with action makes you increasingly more safety-conscious. You naturally and habitually take on a lifestyle better protected from crime. In this way you put positive, safe thoughts and mannerisms into your memory to recall. [When learning to integrate positive experience (safety) into our self-image it is important to start off with events which reinforce our feeling of success (safety). Start with situations which can be won and gradually make them harder. In this way, confidence can be gained progressively and steadily.]

Attaining any objective requires a step-by-step method. We must bear in mind that giving up old negative habits and beliefs and developing new positive ones is a day-by-day process. Self-defense cannot be achieved in a matter of hours or days. It takes time to integrate behaviour patterns into our daily life, physical movements into our reflex actions, and attitudes and confidence into our personalities. To become proficient in anything we must put ourselves into the desired realm repeatedly.

Self-defense is learned by creating certain hypothetical situations in which we can consciously think out the desired defensive response that corresponds to our goal (escape) and to a new more positive self-image. In time actual situations will call forth our desired response. Instead of reacting consciously and deliberately our reaction manifests itself automatically as a habit.

By using reason and imagery you constantly repeat visual and mental images in your mind of the positive behavior patterns you wish to have. As you continue learning from your practice situations your goal or end result begins to appear more real to you. After time the appropriate emotions which go along with these behavior patterns are generated and become automatically part of your reflex action. For example if you smile enough you become happy.

Under any circumstances in which self-defense is called upon, if we have pre-programmed ourselves with a positive goal (i.e., survival — to live), then our positive emotion will result in a spontaneous successful reaction to the stimulus (danger). How we react depends on how much and what kind of practice we have done in previous hypothetical situations. Nevertheless, our reaction to this incident must itself be spontaneous and without conscious thought if it is to be effective and harmonious. If it is not, it becomes jammed with anxiety, fear, etc. When this

happens, our response is governed by these negative characteristics. They define who we are and we approach the here and now hindered by them. From this standpoint we feel overly aware of ourselves and think, "I am defending myself; 'I' am doing this and 'I' am doing that." We fear that the present circumstances will expose us as failures. We give ourselves something to lose. We could lose face.

Instead, we must allow our minds to react spontaneously. The correct solution must emerge from nothing more than the present data of the situation and our will to survive. We must not jam it by becoming too concerned or too anxious about the outcome or by forcing an answer to the predicament (i.e., wanting to gouge the opponent's eyes too much and failing to notice that his groin is more accessible.) You must allow your mind to work for you instead of trying to *make* it work. Reacting to the present requires a letting go of conscious effort of the sort with which you originally programmed it. It involves allowing it to operate spontaneously and automatically to perceived present needs. This does not guarantee success, but it affords you your best chance for success. The only guarantee is that our mind operates *as* we act and as we react. We leave ourselves open to the situation and take our chances on losing face.

Most of us try to override that part of ourselves which reacts spontaneously and attempt to solve problems by conscious thought. We do not understand that to react with our entire being means to leave ourselves vulnerable and open to failure as well as to success. We end up restricting our otherwise natural reaction with superimposed boundaries and limitations.

Basketball coaches and players use to their advantage this tendency of humans to worry. When a foul is made and the opposing team gets a free shot from the foul line, a time-out is called. This time-out extends the moment and gives the player making the free shot the opportunity to get caught up in it. During the time-out he has time to ponder the significance of making the shot. He thinks about how close the score is and how important the shot is, how many times he has tried the shot and failed, whether or not he will succeed in making the shot, and what his team members and members of the other team might think of him if he bobbles it. Other thoughts may come to mind during the time-out about impressing a girlfriend, parent, or coach. The strategy works!

We have no guarantee that our reaction to the present will be the most appropriate. We can only react to each situation intuitively with our hearts as reality presents itself and hope that our reaction will meet the needs of the present.

Our conscious process of rational thought selects the goal, gathers information, performs analytical thought processes, and initiates the more intuitive processes. But it is that intuitive process, beyond the direct process of conscious thought and analysis, which actually works out the results in a way that almost makes them appear to have been taken care of by themselves.

Reacting to a crisis requires a commitment on your part not to be apprehensive about the outcome of the situation. You must simply react in the best way you can at the moment and accept the fate (outcome) it affords. This aggressive attitude is goal-oriented. You must keep your own positive goal in mind and commit yourself to go through whatever circumstances you face. This requires that you practice *prior* to a crisis the responses which will later come spontaneously and appropriately.

Practice creating situations like the ones outlined. Work them the same way an actor practices in front of a mirror before a performance and the way a boxer shadowboxes before a bout. This is the way to practice without pressure. Remember that practice makes perfect, even if done only in your mind.

Even though reality will differ from those situations conjured up on practice, the rehearsal will help you to react more positively and spontaneously to whatever situation you will find yourself in. This is because you will have become more able to react spontaneously and without conscious effort.

Silence your mind and develop positive attitudes and habits

Skill, no matter what area it is in consists of simply allowing yourself to be the instrument through which the action expresses itself. Creative performance is spontaneous — not contrived.

Life and power is not so much what we have control over, but are what flows through us. Rather than consciously bring about a spontaneous occurrence and possibly destroy the spontaneity of the action, it is easier to instead pinpoint a specific goal or end result and experience the feeling you would have if that goal were already achieved. Then act and let the result be up to fate and allow the subconscious to make any adjustments in the how-to of physical behavior or muscular motions. Pick the goal, convince yourself that the goal is possible, imagine the desired outcome, let the appropriate feelings manifest as if it is already happened and then act them out.

In the critical situation, be here now. Surrender unto the moment and do not anticipate the future nor cling to the past. Once the spontaneous reaction emerges, the outcome of the action is up to fate. Dismiss all responsibility for the later outcome. In that way you will not “chicken out” when physically defending yourself.

Safety in your surroundings depends upon your ability to silence your mind so that you may see clearly yourself and that which you confront. You must lose all old preconceptions of who you are and of what the world is. You must unlearn habitual behavior and relearn positive habits so that you may become more aware of the constructive choices that lie in each circumstance. Feelings that you will fail are not facts and do not necessarily signify truths about failure outcomes. They are simply conditioned mental attitudes concerning past and future events.

When you hold back and think about the past or future then you cheat yourself by not allowing yourself to fully realize the splendor with which the moment presents itself. You get hung-up in being elsewhere and miss the opportunity to respond with your entire being to the artistic design of life as it occurs.

Through the silenced mind, you can allow yourself simply to be in the here and now with your total self. You can lift the imaginary restrictions and limitations that you ordinarily set on yourself by yourself. You can completely open up — physically, mentally, emotionally and spiritually. You can reflect the true beauty of life in your actions the same way a still pond mirrors its surroundings.

To have a still mind does not mean that you never think or move or feel sorrow or happiness. It means that as you do mathematics, build a house, cry for your own suffering or for that of a friend, or express love to someone, you do it with your entire self. Your complete awareness and concentration are focused on what you are doing in the moment.

Each single moment of your life mirrors the creation and destruction of the universe. It comes and goes in a flash. If you are not there to experience it, then you have lost it.

If your mind wanders while with a friend or while you work, you miss out on experiencing all the love energy of that moment. If your mind is restless, you cannot respond to another's suffering with love as he antagonizes you — and you cannot surrender unto love.

This surrendering unto the moment is a simple act, really. It is we who make it difficult. We have allowed ourselves to be conditioned by society to separately categorize the world and ourselves. We live in a dualistic realm of us and them, I and it, me and you, instead of realizing that each of us is but a part of the whole creation. Each of us affects the rest. For each action, there is a reaction. If I hurt you, I hurt me — maybe not directly but somewhere down the line of events.

Opening oneself to the moment is simple. It requires only that we abandon our preconceptions about pleasure and pain, good and bad, and right and wrong.

The difficult part is in the letting go of these notions. Chocolate cake really does taste good even though you are on a diet; smoking really does help to relieve the tension you feel; if you start fighting and get a bruised or sprained wrist, that hurts — it really does hurt.

These are true if you let them be so. However, by viewing your needs objectively you can accept chocolate cake to be good *and* also accept your desire to diet. From the third person's

viewpoint you can choose whether the taste of the cake or the benefit of the diet is more important to you. From this new objective viewpoint you can realize that smoking cigarettes harms your body. Some effects are short term and some are long term. You may then *choose* whether you will favor temporarily calming down with the help of a crutch (smoking) or controlling body tension with your own mind. By seeing objectively the pain of a broken finger you can *decide* that your situation calls for continued resistance as you fight for your life rather than attending to the whims of your body.

As you make every moment of each day the most important one of your life and respond to it with everything you have, you will learn to recognize *things* for what they are. You will begin to set aside temporary things which are unimportant in living life to the fullest.

We do poorly in a crisis situation because we learned to react that way, not because we lack an inherent quality that others have. Indecision and postponement feed fear. Action cures it. We can cure fear and anxiety with correct and positive experience.

The way we change our habitual behavior is through experience. Experience becomes a direct and controlled method of changing our self-image. Unlike acquiring information from a book, which is passive learning, direct experience is active. (Actually, reading books such as this is your first active step toward learning self-defense.)

By following the suggestions in these chapters you will change your past way of living dangerously to that of living more safety-consciously. Just remember, though, that to change behavior and beliefs about yourself, rational thought (planning new strategies) must be accompanied by deep feeling and desire.

If you are not satisfied with your behavior, if you lack confidence and believe you could not defend yourself, *you must do something about it!* Change your self-image. When you change your self-image you change your personality *and* your behavior. You can change this self-image because *you are in control* of the direction your self-image takes.

If you are afraid of death or pain, come to terms with that fact as soon as it is recognized; realize that your feelings do not depend upon externals but come from within (they depend upon our own attitudes, reactions and responses), then decide what you should do based on what is most important to you. You may choose to hold on to your possession (virginity, chastity, money, life, etc.) or let it go. Either decision will affect your situation and outcome.

To learn self-defense you must first truly believe you can learn to defend yourself. You can accept this only when you realize that negative behavior *belongs* to you — *it is not you*. You can learn to defend yourself regardless of past experiences. This includes your age, too — you're never too old nor too young to learn self-defense.

Second, it requires a deep desire to learn how to defend yourself. You must see yourself in a new positive role in relationship with your present environment. Your present way of thinking will always have an influence over your past conditioned way of thinking. Think doubt and fail; think victory and succeed. The choice is up to you — it's never too late to start all over again.

Excuses can be found for anything. Do not let yourself find excuses for not acting to make a more positive self-image and safe environment for yourself. I have a friend who has one of the best excuses not to have earned third degree black belt. He had an injury in high school which left him with no spleen and only one kidney. Fortunately, this excuse was not used, and it did not keep him from self-improvement.

We can change these habits, just like additions, by simply making a conscious decision to do so, and then by practicing or "acting out" the new behavior until it becomes a habitual part of our lifestyle.

Taking on new action patterns is no more difficult than deciding then following through with new and different ways of doing whatever it is you want instead of continuing in the old habitual way of acting without thought or decision.

In order to learn new responses as habits, one has to have an idea in mind of just exactly what that response is to be, or an idea of how that idea is supposed to change his or her environment.

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In other words, before new learning can occur, the learner must understand the change in thinking or behavior that is to occur as a result of the learning, and must have a desire to attain it.

All skill learning is accomplished by trial and error. We make an attempt and consciously remember the degree to which we were in error, then make corrections on the next trial. We mentally correct ourselves after each error until we have a successful motion, movement or performance. Once we have responded successfully or correctly we record it in our memory. This is remembered and referred to when making new trials.

When confronted with a problem our mind acts like a computer scanning its memory until it locates the solution that best meets the conditions of the problem. Automatically we try to duplicate the same response in future trials. Further learning and continued success is accomplished by forgetting errors and imitating or reproducing our successful responses.

This is how we learn to respond correctly to our environment. In repeating a response we recall our successes and forget our failures. We become consistent and develop habits of correct action without conscious thought. By practicing and learning (trial and error) we consciously integrate certain actions which in time become habit-like.

Customarily you get dressed in the same fashion every morning when you get up. Because you have been consistent in the order in which you put on your clothes (right shoe before left or shirt before pants for example), getting dressed each morning becomes habitual and without conscious thought. Try to consciously change the way you get dressed for a couple of weeks and notice that by the third week you will be following a new dress routine without even thinking about it. Simply decide what your desired manner for dressing will be and *practice* acting out that manner.

An example of using past experience to become proficient is found in the beginning student's learning of karate. When starting out all the movements are slow, deliberate and precise. Correction after correction is made as speed is increased and harder movements are introduced. Correct actions are classified and grouped in the memory and emerge spontaneously when called for in free-fighting (sparring). In time more difficult movements are consciously added while previous movements become spontaneous. This is *practice* and the outcome of it is expertise.

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In short, each of us has inside that part which interacts harmoniously and spontaneously with our environment. Our goal must be to allow, through learning, practice, and experience, new habits of thinking, imagining, remembering and acting to develop an adequate and realistic self-image, and to bring ourselves success and happiness as we creatively react from moment to moment with this image.

If you supply the goal (a positive self-image — who you see yourself to be or wish to be), in each situation, you will automatically respond to the stimulus in a way which corresponds to that goal. When you see yourself as an unsuccessful person, even though you may be physically prepared to fight, you will lose. If you see yourself as a winner, even though you are not physically prepared, you will be able to tap all of your resources to win. You will improvise in such a way as to avoid defeat.

Unlearning can be slow or fast, depending on the individual. If unlearning is slow it may never be completely accomplished. Sometimes (as in crisis situations) unlearning is very fast — one might even experience the feeling of being suddenly *enlightened*. Usually what occurs is somewhere between the two extremes.

The decision to begin unlearning and relearning is yours. You can be in control of the direction your self-image takes. Present positive thinking can influence conditioned negative thoughts about yourself. Each new moment affords the chance for a new beginning, and self-improvement is always possible when there is a desire for it. Decide to change your insecure self-image by not letting negative situations have a bearing on your desired positive attitude toward yourself.

Begin by looking at past and present bad circumstances objectively. If something has happened to you it is a fact that it happened, but it is your opinion alone which allows the circumstance to alter your self-image. Accept the results of crisis situations for what they are, and only as what they are — results. Recognize your personal catastrophies and see beyond them instead of getting caught up in them too much. Look for the positive side of all bad circumstances and appreciate that they were not worse. (There *are* others who have it worse than we do.)

We could dwell on how terrible a situation is instead of realizing what good there is in the rest of life. The former is a step in the wrong direction. It steps into the direction of space and time, which is finite, instead of the here and now which is perpetual. Instead of holding onto a bad experience and allowing it to take us over, we can use negative incidents as lessons in self-improvement. Use errors and mistakes as learning experiences — then dismiss them from your mind. Learn that to live life you must accept yourself and others for what you and they are.

While you work on changing yourself, keep in mind that this change will never be complete. Self-improvement need never cease.

To become stronger we have to accept our persistent weakness — that because we are human we can never be perfect and our self-image can never be ultimate. Although we strive throughout life for perfection and the realization of our ideal goals we are necessarily never arriving. We are forever in a state of growth and discovering the fuller potential of who we are.

This means that even when you have learned to defend yourself you are not indomitable. If you believe you are, then you have no higher goal to achieve and you must defend your position. The only way to go once you have reached the top is down. Even someone with a black belt needs to keep improving.

The ranking system of various martial arts styles serves to remind practitioners that no matter how good they become, they will never be perfect. Most styles have a tenth degree in their black-belt ranking system, yet nobody in that style will receive a promotion past ninth degree, because nobody is perfect.

Chapter Twelve

Find Peace Within

You have now seen that you, using the practice situations (both the various environmental danger scenarios and the specific physical chokes and grabs) can, through enthusiastic and frequent repetition in your imagination and with a partner, reprogram your mind to respond in a positive and survival-oriented way. You have further seen (in the previous chapters) that when faced with the actual danger you must release your now well-rehearsed mind to react spontaneously by freeing it of *all* preconceptions from past and future, including your practiced responses, and allow it to problem-solve creatively using only the present date of the situation and your will to survive. What remains to be brought out in this final chapter is that the necessary ability to clear your mind of all preconceptions and extraneous thoughts so that you may fully participate in the present moment is achieved through practice — the practice of daily meditation.

To cultivate the resistance of your mind to distractions from the inside and outside takes discipline. It requires that you recondition the way you perceive life and reconsider your own importance and relevance. Conscious awareness of the environment can be developed and strengthened like a muscle. However, its efficiency will diminish like a muscle if it is not properly used.

It takes discipline of mind and body. As the cowboy lassoes the steer, you must gain control over your senses and mental wanderings. You *must* learn to concentrate your thoughts in one direction. It does not matter whether you increase this concentration through martial arts training, meditation, worship, gymnastics, cooking, carpentry, music, art work, reading books, healing people, taking care of your children, being the breadwinner of a family, or any combination of these.

To make anything blossom, you first must have the seed. The seed in this case is your desire. You must first want to improve yourself so much that you are willing to sacrifice time to it. Then you must discipline yourself to practice the various techniques of breathing, relaxing and meditation. This is the nurture required to make the seed grow — the protection it needs as it begins life in this unsympathetic world.

One day the plant becomes strong. It endures periods without water. It survives droughts, floods, and other adversities which suppress life. In the end, the vitality of the plant remains and survives because of the attention it received in its early years.

Gain self-control and self-confidence

In order to perform well in a crisis and to creatively react to a stimulus we must learn to (a) do our worrying in advance, not when a crisis demands that we react; (b) not blow our perception of ourselves and the crisis situation out of proportion; (c) become accustomed to reacting spontaneously to present situations with positive goals in mind; and (d) relax — not try too hard to consciously react appropriately.

Do the worrying in advance

Direct your mind to decide what goals you want to reach and concentrate solely on them instead of what you don't want. Do not ponder what will happen in crisis situations if your technique of handling them fails. Find out why "something always goes wrong" when success is close. (No one who is struggling for or striving towards an important goal will offer excuses for failure.)

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Instead of wasting energy on anticipation or excuses direct it towards your goals. Form the habit of remaining goal-oriented at all times regardless of what happens. You have to set your goals and create your own actions. Life is not responsible for your success (in dangerous situations), you are.

The most successful people are those who gently persist and avoid impatience and frustration. Many people quit because they find that results come slowly, or they become distracted and find difficulty in fitting daily practice sessions into busy work schedules. Others may be worried about critical attitudes of others. Do not worry about people laughing at you for taking the kinds of precautions prescribed. It is they who could become the victims of crime.

Do not blow things out of proportion

Do not make mountains out of molehills. Evaluate the crisis in its true perspective. Look at your irrational thoughts and habits closely and decide whether these will dominate you or whether you will respect your goals. Shun all fears arising from new and uncontrolled circumstances. Don't be afraid of making mistakes (nobody is perfect). When you say, "I can't," look at yourself closely and decide whether this is a fact or a false assumption about yourself. To erase the pressure of emotional scars which affect your self-image forgive yourself and others and go on without dwelling on those past experiences.

Gain experience in achieving goals

Practice finding happiness in the present by setting positive goals and reacting spontaneously, aggressively, and positively in the face of problems and threats. Start off with situations which help reinforce success feelings. Have the opinion that, "no matter what happens, I can handle it." Create (imaginary) problems and practice working them through. See yourself as acting boldly and confidently in solving them one at a time. Imagine yourself to be too big to feel threatened. (Positive thinking makes one less vulnerable to failures.)

When the goal of succeeding (in becoming safety-oriented) is desired strongly enough, our thoughts and actions will coincide with that goal instead of being determined by the dangers of a situation. *Let* the mind fill up with positive thoughts (solutions) and they will push out negative thoughts. (Positive thoughts and actions cancel out negative ones.) By doing this you will free yourself from being dominated by negative outside conditions as the ocean floor is undisturbed and remains calm and serene even though the surface is sometimes rough and rampagous.

Set a goal of becoming more aware of your present environment. Learn to take note of your surroundings and be alert to public places and precarious situations. Constantly remind yourself of what your senses are telling you about your environment right *now*. Practice looking and listening. Ask yourself periodically during the day, "Am I leaving myself open to attack?" (Keep in mind that the job of your creative and spontaneous being is to respond appropriately to the present — to the here and now.)

Learn to relax and stay calm

You have a place of spiritual calmness inside you that is unaffected by external stimuli (experiences). Discover this place and use it regularly to increase your own emotional well-being. Make it a habit to go into the serene room in your mind before confronting new situations. When you do so, you will find that your calmness carries over and affects the way you react to your environment. From this state of calmness you can learn to cope with circumstances without committing yourself to any particular response.

In this calm state of mind, awareness of yourself and your environment is increased. Improving and reacting spontaneously to the present are easier when done in a calm state of being. When you are clearly aware of the environment during an attack, you will have a better chance of seeing and taking advantage of any opening your opponent may leave you in a fight. (While experience in fighting also helps one to see openings, one does not have to be a karate expert or professional fighter to take advantage of them.) With a clear mind it is easier to tell the weak and

strong areas of your opponent's defense by listening to, and being aware of, what he says and the manner in which he makes his threat.

Calmness carries over with repetition just as does any other practiced reaction. Over-response is a bad habit which can be cured by observing it from your place of calmness. From a calm mind, your tendency to over-react can become nothing more than a ringing phone, calling for someone to pick up the receiver. The choice is yours whether or not to react to the ringing phone and to fall back into a negative pattern. Even if you cannot ignore totally the need to respond, you can at least delay it by observing the habit objectively. However, over-responsiveness can be cured by developing the habit of doing nothing — of *letting the phone ring*.

Each day as you work or do your daily exercise routines, practice remembering how good it feels to be relaxed. Know that you can retreat to the serene room inside your mind any time you want. It is your escape from the constant bombardment of external stimuli. It offers protection any time you need it. Remember that the emotional carry-over of stress which we often bring home with us from work can be cleared. We can escape into relaxation for a while or can momentarily recall the serenity we have previously experienced while alone. Do this whenever you feel pressure building up to the point of expressing it at the wrong moment. Use calmness as a mental tranquilizer.

There are a few techniques which will aid you in recognizing this "stuff" in your mind which impedes your total awareness of the here and now. Some are as easy and as practical as merely taking a break from the grind of stressful events with a twenty minute nap every day.

Breath control for relaxation

Since most people have difficulty in keeping still, we will first use a movement as discipline toward relaxation. The movement is a simple breathing exercise.

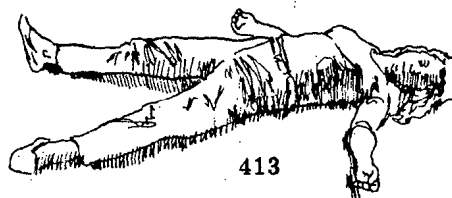
Breathe with your diaphragm. Relax your stomach muscles as you breathe. When you inhale, let your stomach expand first, then your middle chest, then your upper chest. When you exhale, use the same order; stomach first, middle chest next, then upper chest to squeeze the last bit of air out.

The most important thing in this exercise is to control your breath during the entire exercise. When you breathe in, breathe all the way in — until you cannot take in any more air. When you breathe out, do the same, but do not stiffen your body.

At all times you must keep your body, especially your shoulders, relaxed. Make sure that you keep your rib cage up and out of your hips. You can accomplish this by sitting cross-legged on a cushion or pillow (412), by sitting comfortably in a chair, or lying back flat on the floor (413).



412



413

Count one beat per second in your head as you breathe to ensure a steady, controlled, and consistent rhythm of breathing. Make the length of the inhalation equal the length of the exhalation. For example, you may want to start with a count of in six and out six, in six and out six, and keep it going.

Safe At Last

In the beginning, spend about ten minutes at the same time each day when you are most likely to be alone and in a clean and quiet place. (Early morning or late night is usually best.) Go to the same place every day at the same time to spend these few minutes by yourself. This will be *your* time spent only on *your* self-improvement.

Be consistent and discipline yourself not to give up.

When you feel you can easily do 6:6, then add a longer count and go for 8:8 (in eight, out eight). Spend a month or two on 8:8 or until it feels comfortable, then go for 10:10. Keep increasing your count until you can go to 20:20 without putting a strain on yourself. Build yourself up slowly and continue to count one beat per second. It takes time, but you will find yourself experiencing a much calmer state of mind within your first couple of months of practice (maybe sooner) — *if you practice!*

When you feel yourself tiring and you start forcing your breath, then stop. Lie flat on your back and close your eyes. Relax your breath and enjoy the tranquil feeling.

Meditation for relaxation

While breathing is a form of meditation in itself, I recommend that the in-out exercise be practiced immediately before any of the following other meditation exercises. Relaxing the body through the breath affords not only deeper relaxation but helps you to get there faster.

Manipulative massage is also effective for achieving deep relaxation in a short amount of time. Not only does massage relieve the ordinary aches and pains of the body but theoretically the muscle stimulation creates an awareness of muscle tightness resulting from stress. With this awareness we recognize stress immediately at its onset by feeling our muscles tense during the course of our daily activities. In essence, by familiarizing ourselves with muscle relaxation we become sensitive to the causes of tension. Therefore, anything that causes stress can be dealt with immediately instead of being allowed to build up to impede our mental, emotional and physical well-being. The most popular forms of massage practiced today are shiatsu, reflexology and rolfing. All are effective in bringing us to a desired level of relaxation in meditating.

There is another technique of relaxation that produces the same results as massage. This can be done alone when no one else is available to help with muscle tightness. This technique works with the voluntary profession of tightening and relaxing the major muscle groups. It works like this:

Lie flat on your back. Close your eyes and let your hands fall apart naturally at your sides.

Start at your feet and, one at a time, tense each as tight as you can and then quickly release and let your awareness of them drift away and disappear. Allow them to become as heavy as iron weights and sink into the floor until they exist no more. Work your way up your legs, knees and thighs, around to your hands, arms, and shoulders, then to your neck, head, and facial muscles. Spend about ten minutes doing this. Let everything be completely relaxed and fall away from your sensitivity.

Feel your insides turn into water and seep away. Let your chest and stomach collapse and disappear; finally, relax your head and facial muscles.

Spend an additional fifteen minutes in what is called the *corpse* position. Keep your mind concentrated on relaxing each of your limbs and organs. Actually feel them disappear into nothingness — where you cannot feel them anymore, even if you want to.

From here you may move into another form of meditation.

Creative visualization meditation

Meditation is anything which directs the mind into one point. Awareness can be brought to the breath control, to focusing visually on one point (candle gazing), to focusing on body movement (dance, karate, etc.), to out-of-body experiences, to mentally practicing the techniques in this book, to being more aware of that "something else" which exists in the realm of calmness

and peace. Meditation is seeing a goal or a purpose and then becoming one with it — it is the direction of conscious thought.

In this meditation, you will visualize a goal and visualize achieving that goal. Start in a comfortable position.

Use either the breathing or relaxation exercise to become relaxed. Allow yourself about ten minutes to achieve this state. Then pick a goal. Pick any part of your life you wish to improve and see yourself doing what it takes to achieve success in that area. Visualize yourself acting with confidence, winning a tournament, passing a test, getting a date, or anything. Spend about twenty minutes experiencing the emotions which go along with the successes. Take your time and make it seem real to yourself.

Meditations such as this one not only supply a means of concentration during actual meditating but also serve as a refreshing reference during the course of the day when pressures seem to get the better part of your self-control and doubt sets in.

One-point meditation

One other method of meditating which is effective in making the mind one-pointed is a Zen meditation. It is the meditation based on the idea of following the breath.

Get comfortable and spend ten to fifteen minutes getting completely relaxed.

As your relaxed breath moves air in and out of your nose, it vibrates those hairs in each nostril. The sensation is a subtle one and requires considerable relaxation in order to feel it. Yet, this feeling will be the focal point of your entire thought.

You will attempt to do nothing but to experience the feeling of your breath as it goes in and out of your nose; in and out — in and out — in and out and —

That is all! You will not move and you will not allow your mind to drift away. Sounds easy, doesn't it? Try it for fifteen minutes. Can you go that long without moving? Do not scratch that itch. Do not move your leg if it feels it is going to sleep. Do not jump up and answer the phone if it rings. Concentrate only on the feeling of your breath going in and out.

You will be as a guard at the gate of a fortress. You will watch your thoughts come into your mind and go out again as you focus on the sensations in your nose. Observe these thoughts as the guard observes cars driving in and out. The guard never leaves his post to follow one of these cars (thoughts) — just as your job is only to observe.

Do the same thing with your thoughts. You will realize, in time, that things you once believed to be very pressing can be only lightly and transiently perceived. Like the cars that come and go, the itch you think has to be scratched before it drives you crazy is like a ringing phone. If you turn your attention back to your focal point (breath) instead of jumping up to answer it as you have been conditioned to do, it will eventually stop ringing. Your itch will go away if left unattended and unresponded to. Become aware of the impermanence of everything your mind attends to.

Do not worry when you find yourself off on a tangent in your thoughts. This is normal in the beginning. As soon as you realize it, bring yourself back again to your breath — in, out, in, out, in, out.

You may have thought you had abilities to do many things at the same time. You can talk on the phone, cook dinner, and clean the oven all at one time. If so, why do you have such a hard time concentrating on only one thing — your breath?

If it is this difficult to direct all of your energy into one activity without other thoughts disturbing your concentration, imagine the difficulties which would attend truly concentrating on more than one thing.

Without awareness of the way thoughts come and go, you never will be able to separate that which must evoke a reaction from that which your mind merely busies itself with.

Safe At Last

With practice, which takes time, patience, and perseverance, these distinctions eventually become clearer and thoughts become more widely separated instead of constantly rolling in as they do when you start with this exercise.

"The meditation practice will be simple and direct; the examination of the mind/body process through calm and focused awareness. One will observe experiences from a place of stillness which enables one to relate to life without fear or clinging. One learns to accept pleasure/pain, loss/gain, fear/joy with equanimity and balance. In seeing life as a constantly changing process, the techniques used will deepen the experience of the process itself which leads to wisdom and compassion. The mind's conditioned tendencies toward craving and aversion will be recognized as the causes of suffering; when these tendencies are uprooted, the mind becomes tranquil and clear." Lex Gillan — taken from a circular concerning his school, The Yoga Institute.

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Many westerners find themselves uncomfortable when facing exotic meditation systems. However, many are coming to terms with the benefits derived from meditation and accepting it as more than a mere form of meditation.

Medical science is proving that so-called "involuntary" bodily functions (i.e., blood pressure, heart rate, the work of glands, the digestive tract and the local circulation of blood) can all be brought under conscious control through concentration. Biofeedback theorizes that any bodily process that can be monitored can perhaps be controlled at will.

Meditation has proven to relieve the symptoms of stress. Regular practice can elevate blood pressure, relieve the pounding heart and tense muscles, and stop constipation, loose bowels and sweaty palms. Studies on subjects with a history of long-term practice of meditation have shown that their biological age averaged nearly twelve years younger than their chronological age.

By using breathing, relaxation and meditation you will learn to quiet your body and mind. When all is quiet, you will start to feel something else — an isolated solitude and serenity. Through practice and repetition, you will again and again bring back the feeling of comfort, deepening your ties with the peace of your mind and body.

After some time, you will notice that this peace of mind will remain with you as you carry out daily routines. Because you have no thoughts distracting your mind, people and objects will take on a new appearance. Things will stand out more. Your relationships with people will become more dynamic and life will take on the form of a dance — full of excitement rather than boredom.

Later, you will find that your meditation practice increases your body's energy flow and improves your mental capabilities and spiritual well-being. You will become more responsive to everything you hear, see, touch, smell, taste, and feel intuitively. Your reflexes will sharpen and your energy level will rise.

You will begin to affect others with your tranquility because you mirror thoughts and actions of theirs which keep them from being tuned in to the here and now. You will find that place in your heart which is love and bring it into everything you do. You will share it in the moment with everyone you meet. You will begin to create good karma all around you.

The opening of yourself to life with love will enable you not only to take proper measures for the extension of your life (surviving) in an attack, but also to greet your attacker as everyone else you meet — with an open hand and an open mind. You will begin to see an infinite number of ways to share love with those who mean you bodily harm. By giving to another that love which is so plentiful within you, you will help instead of hurt him.

This is the ultimate self-defense!

Peace on Earth Starts with Us

by Lucretia Unger

Often hostility, aggression, hate, fear, neglect, abuse and indifference overwhelm us with a feeling of helplessness. Haven't we all looked at the world's problems and felt too small and insignificant to be able to make a difference?

Not true! Everyone can — and does — make a difference. So peace on Earth does begin with you and me. Changes are made by individuals being willing to commit to peace within ourselves.

We are all linked in consciousness by our thoughts and feelings. When one affirms peace, it's felt on some level by all. We're a great network of consciousness, connected by an invisible thread of energy.

A strong desire to serve humanity exists within most of us. Service to others can't truly be given until we've learned to serve ourselves.

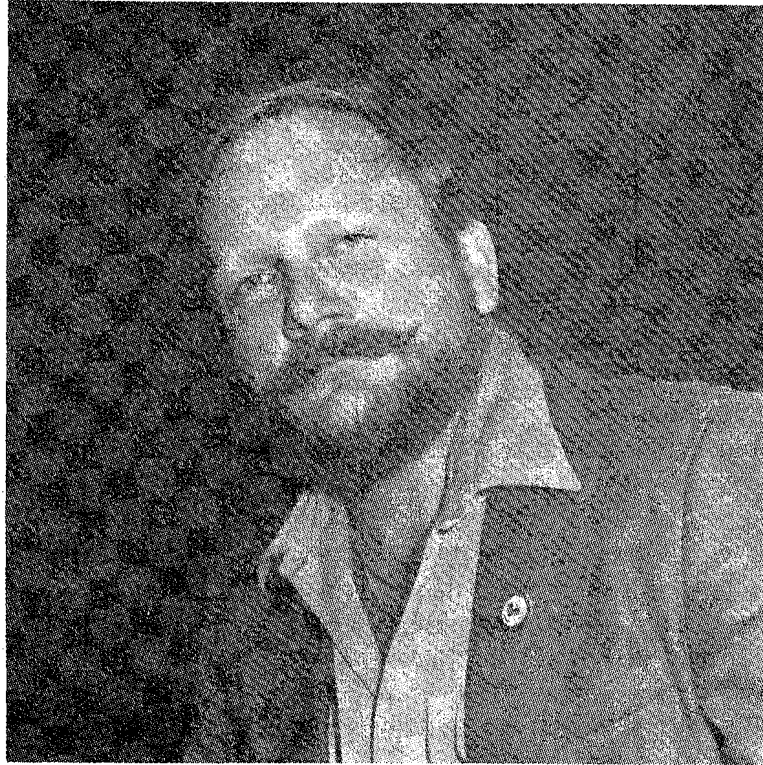
Albert Schweitzer once said, "I don't know what your destiny will be. But I *do* know the only ones among you who will be really happy are those who have sought and found how to serve."

The greatest service anyone can give is to find peace within and extend it to others. Each person can make a commitment now, and align him or herself with millions of other individuals contributing to a peaceful earth. The services of each one of us diverse and unique individuals is both needed and required.

Loving, nurturing, and supporting ourselves *will* increase peace.

GERALD BARTOSCH

(International Sports Artist)



Mr. Bartosch was selected as the official artist of both the 1985 World Games in Montreal, Canada and the 1986 Olympic Festival in Houston.

Gerald L. Bartosch, Artist and Gymnast. After 24 years in gymnastics and sports, Gerald Bartosch has returned to his first love, fine art.

Mr. Bartosch began his study of art at the age of nine, when he was enrolled in the Museum of Fine Arts' scholarship in Houston, Texas.

Throughout his youth, Mr. Bartosch continued his study of art, and pursued his developing interest in gymnastics. He entered the program at The University of Texas and, upon graduation with a Fine Arts degree, he moved abroad to study.

After college, Mr. Bartosch's love of gymnastics — from the early days when he was a youth competitor — continued, and led him into a career in sports. Mr. Bartosch's accomplishments include tenure as a YMCA director, World Trampoline Judge, and president of his own multi-faceted sports corporation.

Mr. Bartosch's work is found in public and private collections in the United States and Europe, including the Smithsonian. Mr. Bartosch's work offers both the talent of a consummate artist and the discerning eye of a sports professional.

If you would like to have a commissioned work by Gerald Bartosch, please write to:

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