

# 25

## **SAFETY** AND **SELF DEFENSE TIPS**

Lessons from the Experts

Excerpt from:  
**101 Safety and  
Self-Defense Tips**



## Alain Burrese

# 25

# Safety and Self-Defense Tips

Lessons From The Experts

By Alain Burrese



TGW Books  
Missoula, Montana

## Introduction

Thank you for taking responsibility for your own safety and personal protection! That is the first step. Next comes studying how to stay safe and defend yourself, and this book is a great place to start. From there, you will need to implement safe habits into your daily living, and train to defend yourself if needed.

This book contains a collection of lessons from some of the top experts in the fields of safety, self-defense and survival excerpted from *101 Safety and Self-Defense Tips*. Some of these experts are friends of mine, and others I only know through their written work. And even though I don't always agree with everything they teach, all of them offer some excellent advice on the topics this book focuses on.

Originally, I planned to include a short tip, and then comment on what the original author wrote. I then decided that doing that would be a disservice to you the reader, and to all of the experts I included in the text. Their lessons stand in their own words, and it is up to you to interpret them and how the lessons relate to you and your lifestyle, just as I interpret them for myself.

Besides the excellent advice on safety and self-defense this book provides, I also wanted it to be a resource of safety, self-defense and survival books that you can then add to your personal library. So use this book in both ways. Read it and implement the lessons provided into your own living and training, but also seek out these books to learn even more.

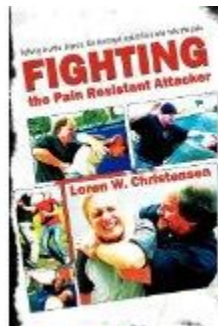
Stay safe!

## Three Things To Control

Before we examine these people who might be tolerant to pain, let's look at three objectives to keep in mind when dealing with such formidable attackers. In short, your task is to control the violent person, control the situation and control yourself. All three are interrelated because without any one of them, there is no control of the other two.

### - Loren W. Christensen

*Fighting the Pain Resistant Attacker: fighting drunks, dopers, the deranged and others who tolerate pain*



## Principles Of Power

One principle that I feel needs to be emphasized is power. No matter how fast or aggressive you are, if you do not possess power in your execution of technique, you're not going to stop your assailant. Executing simple, effective techniques will all be in vain unless there is a substantial amount of juice behind those techniques. Peter Robins, a noted close-combat instructor from England says, 'The first thing to do in a violent encounter is to take away the intention.' Hit them hard enough, and they'll completely forget why they were even there. The following are five principles of power development that I use whenever I teach a technique. Follow these and make your first strike the last.

A few years ago my instructors had the assignment to come up with an acronym for the five principles of power development. My senior instructor, John Watson, came up with SWAMP:

Stay relaxed  
Weapon first  
Acceleration

Move in the direction of the strike  
Plunge your body weight into the technique

### **Stay Relaxed**

Of all the power principles this is probably the hardest to develop. I'm not advocating staying relaxed when someone is all over you trying to end your breathing habits. It is learning to use your body at maximum proficiency. Staying relaxed is essential for your body to move swiftly and economically. Explosive movement doesn't come from stiff, tense muscles. You need to stay loose. The key word here is concentration. Concentrate on being relaxed before you explode into the technique. You'll find your movements much more dynamic.

### **Weapon First**

This is another one of those hard-to-develop techniques. We want to throw the weapon first so as to not telegraph our intentions. Let your opponent feel the technique before he sees it. This is most important when executing a pre-emptive strike, which should be 100 percent of the time if possible. Although follow-up strikes do tend to be a little more difficult when moving the weapon first, this is no reason not to try. Following this principle as often as possible will make your technique delivery much faster and more powerful.

### **Acceleration**

Acceleration is simply speed. Once you move, do so as fast as your body can and don't stop until the action is over. This is most important on that initial strike. Here we go back to the first principle of staying relaxed. Tense muscles move more slowly. Stay relaxed and throw that strike as fast as possible and the results will speak for themselves. When good friend and fellow close-combat instructor Kelly McCann cooks off on someone, the individuals are always amazed at how much power he generates for his weight. At 150 pounds, McCann doesn't seem large enough to develop that much power, but because he moves explosively, he does. When you throw a technique, throw it fast. Accelerate, and keep accelerating until it's over.

### **Move In The Direction Of The Strike**

Probably the best example of not moving in the direction of the strike is seen in karate training. Stepping backward while blocking and striking is common in

traditional form training. That's not what you want to do. Learning to move in the direction of the strike is easy. Just follow the path of the weapon and let your body move in on that same path. Your body should be turning into edge-hands as well as moving upward with chin jabs. You can't move mass into a blow when that same mass is moving in a different direction. Fast mass is power.

## **Plunge Your Body Weight Into The Technique**

To do this, you must be applying two other principles: moving the weapon first and moving in the direction of the strike. If you're not moving the weapon first, your body is going to move and set before the strike lands, which results in your weight settling before the weapon strikes. No mass, no power. If you're not moving in the direction of the strike, there is no mass there to plunge. Plunging means throwing all your body weight directly into the strike before your mass settles.

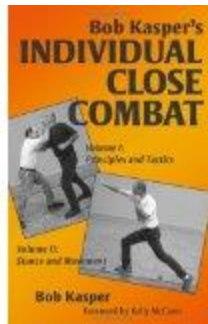
Each of these principles supports the other. Take one away and you'll have a dramatic loss in explosive power. This is especially important in nontelegraphing, preemptive strikes. New practitioners have a tendency to want to wind a technique up to get as much power as possible. That's good! But if you're telegraphing your initial strike, all the power in the world isn't going to help when you're on your ass in a daze. The key to pre-emptive is delivering explosive power when your opponent is not expecting it. And the only way to do that is to follow the SWAMP principles.

As practitioners we want to repeat these principles prior to each power development session. Let them sink in until they become second nature. We want to watch for missing principles. Is my weight landing after the strike hits, or is it landing before the strike? Am I turning my body into the strike, or am I still, or moving away? Are both of my legs moving with my body, or am I leaving my leg lagging behind? Am I loose and moving smoothly, or tense and choppy? Is my weapon moving first, or is my hip, leg, arm, torso, etc. moving first? Question, detect, analyze, and correct.

Webster's defines SWAMP as 'overwhelm.' This is exactly what we want to do. Overwhelm the enemy.

**- Bob Kasper**

*Bob Kasper's Individual Close Combat*

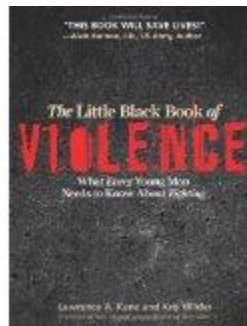


## Escape Is An Admirable Goal

Escape is an admirable goal. Self-defense really isn't about fighting like most people think. Self-defense is primarily about not being there when the other guy wants to fight. Fighting is a participatory event. It means you were part of the problem. Even if you think you were only 'defending' yourself, if your actions contributed to the creation, escalation, and execution of violence then you were fighting. And remember, fighting is illegal.

### - Lawrence A. Kane and Kris Wilder

*The Little Black Book of Violence: What Every Young Man Needs to Know About Fighting*



## Deny An Active Shooter

If it is unsafe to leave your current location to avoid the shooter, the next step is to take actions that will deny him access to your location. This is not hiding. It is doing what you can to prevent the shooter from getting into your location.

The simplest action – the one that has been extremely effective in the active shooter events that we have studied – is to lock the door to the room. In the attacks that have occurred in the United States, no shooter, to our knowledge, has breached

a locked door. Locks that can be secured without the use of a key will be more useful in a crisis than locks that require one (putting a key into a lock is a fine motor activity that will likely be impaired in an active shooter attack). Obviously, locks to which most of the people in a location do not have a key are of little value.

Not all locations have doors that can be locked. If the door opens inward to the room, furniture can be used to barricade the door. Doorstops or other items can be wedged between the door and floor or frame to prevent it from opening.

Unfortunately, if the door opens outward (which is commonly required under modern building codes) and does not have a lock, denying access becomes much more difficult. Wedging or piling things on your side of the door will have little effect. It might be possible to use a rope to tie the door handle to something else, but this will be difficult to do under stress. It is probably easier to have locks installed or install a piece of hardware that can be used to keep the door closed in an emergency.

After the door is secure, you want to make the shooter think that no one is there. Turn off the lights to the room. Cover any windows that the shooter might see into the room through. Be quiet so that the shooter does not hear you.

Obviously, preplanning is important here as well. You should know options that you have to deny access and practice them to form scripts. If you do not have a reasonable way to secure the areas that you normally occupy, you should talk to your facility administrator and encourage her or him to improve the situation.

Denial is also a temporary phase because a determined attacker will eventually be able to gain access to your location. After you have provided yourself some immediate safety by securing your location, you should either begin looking for ways to avoid the shooter (such as going out a window) or prepare to defend yourself if the shooter gets into the room.

**- J. Pete Blair - Terry Nichols - David Burns – John R. Curnutt**  
*Active Shooter: Events and Response*





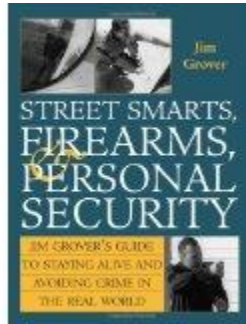
## **Spotting Trouble Before It Happens**

Those things you are most likely to see before an attack are called ‘preincident indicators.’ They are peculiar things you will recognize if you know what to look for. Any one of them alone is probably not enough to call out the cavalry, but when two or more appear, there is need for concern. If you pick up two or more of these indicators, take immediate steps to get out of the situation, place or activity in which you’re involved.

- Unnatural impediment to your movement
- Correlation of someone’s movement to your own
- Any sudden change in a person’s status as you get near or pass them
- Predatory movements (e.g., circling, two or more people moving in opposite directions, etc.)
- Any verbal exchange initiated by a stranger
- Target glancing
- Persons closing on you from an oblique angle that intersects with your path
- A hand hidden that causes unnatural movement by someone as they walk toward you
- Bumps, shoves, pushes, or grabs
- Relative absence of other people or authorities
- Automobiles stopping alongside you or slightly to the front or rear as you walk along
- Any obviously intoxicated person
- Any second pass of a vehicle
- Obvious attempts at baiting you
- Glances between strangers as they approach, impede, hail, or otherwise interact with you
- The calmest-appearing individual in a verbal altercation, not always necessarily the guy in your face

**- Jim Grover (aka Kelly McCann)**

*Street Smarts, Firearms, & Personal Security: Jim Grover's Guide to Staying Alive and Avoiding Crime in the Real World*



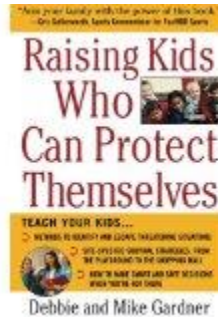
## **Tips For Talking About Safety With Kids**

So often in education, it's not that students can't learn, it's that they don't want to learn, which often speaks to the attitude, tone, and delivery style of the teacher. In other words, it's not what you say, but how you say it. Clever Courage Coaches understand that an enjoyable process of learning, more so than useful information, will inspire a child to make strong, safe choices. Here are some tips to make your child's learning process fun.

- When you discuss safety and family defense with your kids, use a tone of excitement and enthusiasm, not alarm or fright.
- Make sure you have discussions with your children, not lectures. A safety discussion is an even exchange of ideas between parent and child. A safety lecture is talk-down parental preaching with little or no verbal input from the child.
- Embrace the edgy wonderment that comes from the intrigue of good versus evil...good guy versus bad guy duels. Tirelessly verbalize the ultimate goal to your child: "In the end... 'good guys win'...in fact, we are determined members of the 'global good guy/gal team.' Doing what is right is not just our job, it's our DUTY!" By embracing this concept you are deeply instilling confidence to do what's right. Children want to be a part of things that matter, especially if the tone of membership is exciting and hopeful instead of scary and negative.
- Insert humor in the learning process so that safety advice becomes memorable. Yes, crime is a serious subject; however, you cannot scare children into safety. Too much intensity shuts them down.

**- Debbie and Mike Gardner**

*Raising Kids Who Can Protect Themselves*



## Eye Attacks

Nothing frightens humans more than being blind. Bring the subject up at a cocktail party, and most people will say that deafness would be a mere inconvenience compared to sightlessness. A good number of them will tell you that they'd sooner lose their life than lose their sight.

From the defensive standpoint, the eyes have always been a 'Number One Target.' No matter how big and strong your attacker is, and whether or not he has abdominal muscles a jeep could drive over without hurting him, his eyes are still just as soft and sensitive as the weakest person's.

If you blind your opponent, you've won the fight 98 times out of 100. The couple of times you'll lose will be when you're grappling at close range with your opponent; in such a situation he doesn't need sight to find you; he'll tear you apart in the frenzy of his agony and rage.

Novice students of the martial arts are always taught that going for an opponent's eyes will be his or her salvation. As a long-time observer of the martial arts scene, I'm concerned with teaching such a technique.

First, *the eyes are the hardest part of your opponent's body to strike.* Moving the head sideways to slip a punch, or raising the thigh to block a groin kick, is something you have to learn. Eye protection however, is instinctive and automatic.

If someone unexpectedly tries to kick you between the legs or karate-chop you across the throat, chances are that the blow will land before you can react with a

block or evasive movement. If they go for your eyes, though, your head will *automatically* snap away, and your eyelids will automatically close, before you even realize what's happening. This is also going to happen if you try to jab your criminal attacker in the eyes: He'll evade without having to think about it, and he's going to be more psychotically vicious than before.

This is not to say that the eye attack is not effective because even a feint to the opponent's eyes can disorient him and cause an involuntary backward movement of his body. If you do intend to permanently or temporarily blind him, you're going to have to do it in such a way that he doesn't see the attack coming until your fingers are already in his eyes. We'll elaborate on both those strategies shortly.

The second thing you have to remember with eye attacks is that, as with groin attacks, *they're something seasoned street criminals and rapists know about better than you*. They're waiting and watching for it. This means that you must use an unconventional attack that comes out of nowhere.

Thirdly, because you're talking about such a small target, *most people can deflect an eye attack if they see it coming*. The two most common eye attacks are the V-finger jab (used by the Three Stooges) which is taught in martial arts academies worldwide, and the thumb-gouge in which the hands are slapped against the side of the opponent's head while the thumbs go into the eye sockets.

The V-finger jab can be defeated simply by nodding the head forward; nature has protected your eyes with the bony brow of your forehead; inclining the skull sharply forward causes the attacking fingers to slip off and do little more than scratch the skin on your face. You can also break *your* extended fingers against *his* forehead.

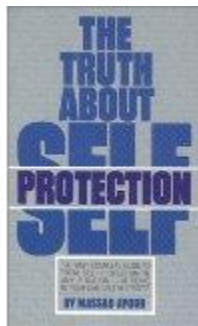
Your rapist or mugger will instinctively pull his head back if you try a thumb-gouge, and your palms on the side of his head will slip harmlessly away before your thumbs even touch his eyes.

Finally, the great majority of people, especially women, simply can't bring themselves to blind another person partly due to a natural sense of decency in not wanting to cause such an enormous handicap to a fellow human, but mainly because of the instinctive revulsion to touching icky, slimy eyeballs.

Those are my four concerns with teaching the eye attack for self-defense: Even so, the eye attack is too potent and effective a technique to leave out of your defensive repertoire. Those of you who are small and weak won't have the power to kill or stun with a random punch or kick, and for you, a successful eye attack will disable your attacker more quickly than a blow to the throat or groin, and more completely than a kick to the knee or shin.

**- Massad Ayoub**

*The Truth About Self-Protection: The Only Complete Guide To Total Self-Protection In Any Situation – At Home, In Your Car, On The Streets*

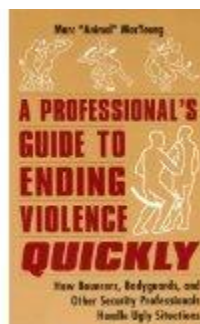


## **Are You Ready To Kill Or Die For It?**

Anytime you step into the arena of physical violence, you have to accept that it may not end until either you or your opponent, maybe both, are dead. I don't care if it's just a warning slap to someone – it can escalate! Anytime you are tempted to resort to violence, this is the bottom line: if you ain't ready to die for it or kill for it, don't do it.

**- Marc “Animal” MacYoung**

*A Professional's Guide To Ending Violence Quickly: How Bouncers, Bodyguards, and Other Security Professionals Handle Ugly Situations*



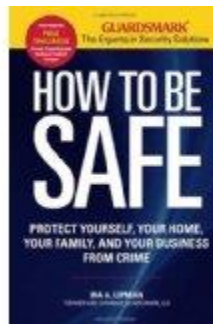
## Booby Traps

While ‘booby traps’ usually calls to mind exploding devices, there are some non-lethal booby traps that can be used to defend your home and your community against unwanted trespassers. For example, you can protect your property by setting up booby traps that transmit a strong electric shock to anyone who trespasses. You can also use noisemakers and pepper sprays – just about anything can be turned into a booby trap.

Keep in mind, however, that depending on where you live, booby traps may be illegal. This is especially true if the trap results in a fatality; you will not be able to hide behind a self-defense argument. As a result, you should probably stick to more traditional means of security such as alarm systems, Neighborhood Watches, and guard dogs.

**- Ira A. Lipman**

*How To Be Safe: Protect Yourself, Your Home, Your Family, And Your Business From Crime*



## Keeping Your Eyes Open

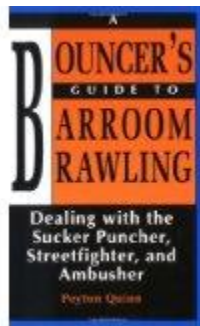
This idea of keeping your eyes open in a fight might seem obvious to you, but if I were to identify the single most common error made by people in their attempts to defend themselves, I would probably pick their failure to keep their eyes on the opponent.

In every sport there is a maxim such as, ‘Keep your eye on the ball!’ This maxim applies to real fighting twice over. The problem is, in sports the ball isn’t trying to punch you in the head; in a fight your opponent most certainly will be. Because of this, people tend to put their head down so as not to expose it. This often occurs after a few of their attacker’s blows have landed.

This is a very big mistake. When you put your head down, you cannot see your opponent's blows, let alone his preparation for the blow. This makes it more difficult to slip or otherwise avoid the power of those shots, to say the very least. If you can control distance with a good slipping-back retreat, then you should be able to keep your head erect and eyes on everything your opponent is trying to do.

**- Peyton Quinn**

*A Bouncer's Guide To Barroom Brawling: Dealing with the Sucker Puncher, Streetfighter, and Ambusher*



## Teaching Family Survival

If your one sure place of security is breached by intruders, it will be far less dangerous if you have planned and practiced your escape. Do not stay and defend it. When you plan and role-play with your children, make certain everyone understands that your family escape plan is against fire and intruders. Two life-threatening crises, one escape plan.

Whether your family has two members or ten, they should scream, yell, shatter windows. If you have a dog, all the better – he'll go crazy (always a signal to cops). It should sound like chaos. But it is planned chaos, with one family objective: *escape*. (Waiting in bed pretending to be asleep is wishful thinking – believing that crimes don't get worse and intruders will go away if we just close our eyes.)

Crash through a window if necessary. To minimize cuts, go through at full speed. I once chased a man in a darkened house and didn't know a sliding glass door was in the way. I ran through it full bore and got three minor cuts. If there is no other exit from a fire-ravaged house or an intruder stabbing you, you have a choice, stay or

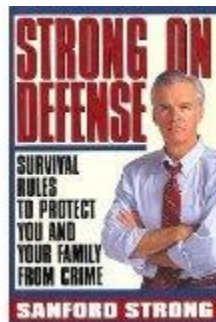
burst through a window. Even if you're on the second floor, you're better off breaking a few bones than staying where you are...

Family escape drills are not intended to permeate your daily lives with fear and paranoia. They simply give you survival decisions to fall back on when a life-or-death emergency explodes into your life. Drills are essential because the danger is multiplied by your fear for your loved ones. You must discuss in advance the need to escape and how. Husbands and wives should be prepared to separate from each other to help the children. In practice, no man can bring himself to leave his wife in the house, but wives should leave their husbands, especially when children are involved and need help escaping.

The reason: Few men are raped and tortured with family members forced to watch. But with women and teenage girls, the severity and length of time, involving rape and other sex crimes, greatly increase. The likelihood of leaving no witnesses behind also increases.

#### **- Sanford Strong**

*Strong On Defense: Survival Rules To Protect You And Your Family From Crime*



## **The Will To Survive**

As a woman, you have a fair chance of being attacked at some point in your life. You can hide from this fact or face it head-on. If you decide to face it head-on, the first thing to do is realize that most threats can be outright avoided by staying aware and trusting your built-in survival instincts. There are two types of threats: antisocial aggression, which can be either avoided or deflated using communication skills, and asocial violence, which is unavoidable and requires decisive action if you expect to survive. In those rare instances when a violent attack is imminent (asocial violence), there are two factors involved in your survival: *knowing* what to do (understanding where the vulnerable points on your



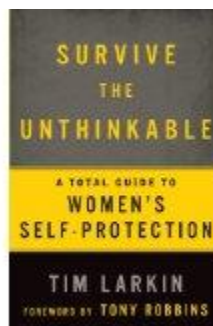
attacker's body are and the techniques you'll need to injure these targets) and being *willing* to do it.

Simple enough, right? The surprising thing about what I teach is that it's very easy to understand and, believe it or not, very straightforward to accomplish. What's *not* so simple, however, is having the willingness to do it.

This is why it's critically important that you be *willing* to use the mechanics of violence as a survival tool when the situation calls for it. As a woman, you might be concerned that you won't have sufficient strength to fight back, but this wouldn't be your primary problem, as I'll explain very shortly. Instead, you're much more likely to be held back by your reluctance to harm someone else.

**- Tim Larkin**

*Survive The Unthinkable: A Total Guide To Women's Self-Protection*

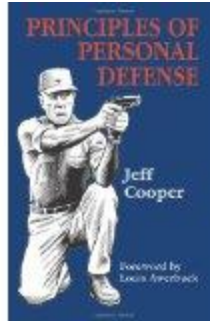


## **Aggressiveness**

In defense we do not initiate violence. We must grant our attacker the vast advantage of striking the first blow, or at least attempting to do so. But thereafter we may return the attention with what should be overwhelming violence. 'The best defense is a good offense.' This is true, and while we cannot apply it strictly to personal defensive conduct, we can propose a corollary: 'The best personal defense is an explosive counter-attack.'

**- Jeff Cooper**

*Principles Of Personal Defense*



## Two Types Of Predators

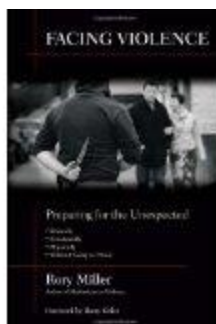
There are two basic types of predator. A Resource Predator wants something and has decided to get it from his victim. He is willing to use violence, but will often only threaten violence if he believes intimidation will work safely. The Resource Predator will use violence to get your money or car. For the Process Predator the act of violence is the reason itself. The crime is the goal. The rapist, the serial killer, ritualistic torture murderers are process predators. Muggings, car jacking and robberies are acts of a resource predator.

It is important to separate the types because the process and goals of the assault are different. Different assault dynamics require different ways to evade them. The Process Predator requires time and privacy for what he intends to do. One of the reasons that home invasion crimes are so brutal is because our homes are set up to be secure and offer privacy. If the process predator does not come to the victim, he will try to move the victim to another place with more privacy and security. This is called a secondary crime scene. It is very, very bad. There is no good outcome from a violent criminal wanting to spend private time with you.

The fact that he is attempting to move you to a secondary crime scene or has invaded your home is a solid indicator that you are probably dealing with a process predator. If you do not end the situation it can and likely will escalate to rape, torture and murder. Any risk to escape is worth the price. Get out of there. With a Resource Predator, you can usually give up the resource – your money, your car, whatever – and the situation is resolved. With the process predator, what you would have to give up is yourself. No deal.

**- Rory Miller**

*Facing Violence: Preparing for the Unexpected*



## Disabling Targets For The Knife

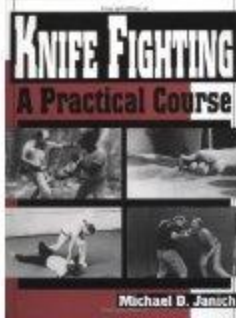
Disabling targets are targets that consist of key portions of the physical structure of the body. When these targets are cut or punctured, the function of that portion of the body is seriously impaired or rendered completely nonfunctional. Typical disabling targets include tendons, muscles, and nerve bundles located in the arms and legs. Tendons are the tissues that connect muscle to bones, transmitting the force of the contracting muscles to the bone and causing that limb to move. If these are cut, the muscle is disconnected from the bone, and that limb is effectively paralyzed.

Attacking the muscles that move the limbs directly is another way of impairing or disabling their action. The thickness of muscles makes them more difficult to cut completely than tendons, but a good solid cut can still paralyze your opponent's arm or leg.

Nerves carry messages from the brain to the muscles, controlling their actions. They also relay sensory input back to the brain. Nerves run through the body like electrical wires, entering the limbs in bundles and spreading out in a network. By attacking nerve bundles, you can not only induce tremendous pain, you can 'short circuit' the nerve network for that limb, sending it into violent spasms and making coordinated movement impossible. The spinal cord is the main nerve bundle that runs from the brain down the spine, branching off to all parts of the body. If it is attacked directly near its source, the brain can be literally disconnected from the rest of the body, resulting in instantaneous death.

**- Michael D. Janice**

*Knife Fighting: A Practical Course*



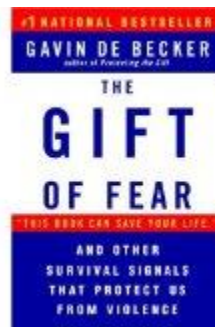
## Prediction About Safety

A prediction about safety is not, of course, merely statistical or demographic. If it were, a woman crossing a park alone one late afternoon could calculate risk like this: There are 200 people in the park; 100 are children, so they cause no concern. Of the remaining 100, all but 20 are part of couples; 5 of those 20 are women, meaning concern would appropriately attach to about 15 people she might encounter (men alone). But rather than acting just on these demographics, the woman's intuition will focus on the behavior of the 15 (and on the context of that behavior). Any man alone may get her attention for an instant, but among those, only the ones doing certain things will be moved closer to the center of the predictive circle. Men who look at her, show special interest in her, follow her, appear furtive, or approach her will be far closer to the center than those who walk by without apparent interest, or those playing with a dog, or those on a bicycle, or those asleep on the grass.

Speaking of crossing a park alone, I often see women violating some of nature's basic safety rules. The woman who jogs along enjoying music through Walkman headphones has disabled the survival sense most likely to warn her about dangerous approaches: her hearing. To make matters worse, those wires leading up to her ears display her vulnerability for everyone to see. Another example is that while women wouldn't walk around blindfolded, of course, many do not use the full resources of their vision; they are reluctant to look squarely at strangers who concern them. Believing she is being followed, a woman might take just a tentative look, hoping to see if someone is visible in her peripheral vision. It is better to turn completely, take in everything, and look squarely at someone who concerns you. This not only gives you information, but it communicates to him that you are not a tentative, frightened victim-in-waiting. You are an animal of nature, fully endowed with hearing, sight, intellect, and dangerous defenses. You are not easy prey, so don't act like you are.

**- Gavin De Becker**

*The Gift Of Fear: And Other Survival Signals That Protect Us From Violence*



## **The First Strike**

Whenever you are squared off with a dangerous adversary and there is no way to escape safely, you must strike first, strike fast, strike with authority, and keep the pressure on. This offensive strategy is known as the first-strike principle, and it's essential to the process of neutralizing a formidable adversary in a street fight. Basically, a first strike is defined as the strategic application of proactive force designed to interrupt the initial stages of an assault before it becomes a self-defense situation.

One inescapable fact about street combat is that the longer the fight lasts, the greater your chances of serious injury or even death. Common sense suggests that you must end the street fight as quickly as possible. Striking first is the best method of achieving this combat objective because it permits you to neutralize your adversary swiftly while, at the same time, precluding his ability to retaliate effectively. No time is wasted, and no unnecessary risks are taken.

The element of surprise is invaluable. Launching the first strike gives you the upper hand because it allows you to attack the adversary suddenly and unexpectedly. As a result, you demolish his defenses and ultimately take him out of the fight.

**- Sammy Franco**

*First Strike: Mastering the Preemptive Strike for Street Combat*

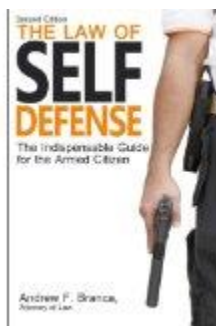


## The Justice System

Society doesn't require any pre-approval before you use force, even deadly force, to protect yourself. You may simply act when it's necessary. But all that freedom built into the front end of the system is more than balanced by a massive and unforgiving evaluation of what you did at the back end. Beginning the moment you use force, and sometimes even the instant you threaten force, the justice system kicks into gear like a massive steam-era machine, with monstrous gears and pistons, to evaluate your actions under a microscope and crush you for a misstep.

**- Andrew F. Branca, Attorney at Law**

*The Law Of Self-Defense: The Indispensable Guide for the Armed Citizen (Second Edition)*



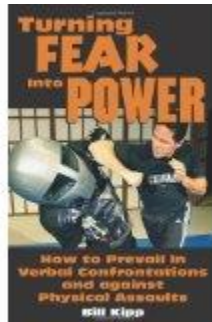
## Assertive Communication

Though martial arts and self-defense systems have long sought the very best techniques to defeat any attacker, with some claiming ownership of the 'secret' techniques of the masters common sense and a good dose of experience show that no magic techniques exist that can make someone impervious to attack. The harsh reality is that physical techniques do not necessarily top the list of self-defense skills that will actually help people in a real confrontation.

The fact is that strong communication skills, applied correctly, can back off almost all attackers. To see why this is so, let's revisit the mind-set of the typical predator. Almost invariably, the predator is looking for an easy victim. When a defender turns toward an attacker and presents a determined demeanor through eye contact, assertive body language, and strong verbal communication, conveying the message that he or she will not be 'lunch' today, cognitive dissonance occurs in the attacker's mind as things fail to go as planned. In FAST Defense, this is what we call setting a good boundary – that is, drawing a line in the sand and backing it up! The ability to set firm boundaries through the use of eye contact, body language, and a powerful voice comprises the most powerful yet underrated set of self-defense skills because it can literally stop most altercations before they become physically violent.

**- Bill Kipp**

*Turning Fear Into Power: How to Prevail in Verbal Confrontations and Against Physical Assaults*



## **Attitude**

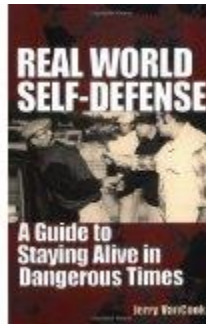
Nonviolent reactions to straight-on, hard-driving, hell-bent-for-leather attacks simply do not work. If they did, soldiers would carry whistles and cell phones instead of rifles and hand grenades. The nonviolent approach is effective only at the drunken brother-in-law and 'handsy' date level of threat we looked at earlier, and this level is actually more nuisance than true threat. The two-legged animal that is fully committed to hurting you is going to shove your whistle down your throat to keep you quiet. The cellular phone may go up another part of your anatomy and stay there until it can be surgically removed once you're in the hospital anyway. Don't worry about calling the ambulance – the police will do that for you when they respond to your 911 call – if you had time to make one – minutes, if not hours later after your assailant has left the scene. The self-confident

and affirmative ‘No!’ you practiced so diligently in class will not be heard above the animalistic grunts and groans of the murderer who is plunging a knife in and out of your chest.

No matter how much you’d like it to be otherwise, defending your life is a down-and-dirty business, and the ‘downer’ your attacker gets, the ‘dirtier’ you must get. There is simply no other way. If you do not already understand that, the sooner you do so, the sooner you will be able to put practical self-defense into practice. While 99 percent of your life should be spent being a kind and gentle person, if a killer attacks you, you will not survive unless you kick in that warrior mind-set and become a killer yourself.

**- Jerry VanCook**

*Real World Self-Defense: A Guide to Staying Alive in Dangerous Times*



## **Target Hardening**

The key concept in self-defense is target hardening. By making yourself a hard target, you lessen your chances of being chosen as a potential victim.

While interviewing a group of burglars, I asked them for their primary prerequisite when selecting a house to rob.

‘We always look for properties that are not protected. Why bother busting your balls on a dwelling with alarms, dogs, or window locks when there are rakes of houses around the corner with fuck-all, just asking to be robbed? These people fucking gripe about having their houses robbed yet don’t do anything about it (and just make it easy for us.’

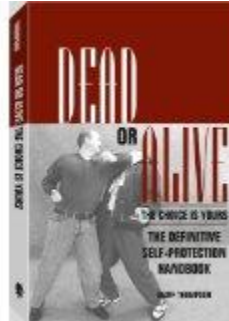
Many of the burglars rob the same house three or more times because the owners do nothing to stop them.



Self-defense is no different. If you make yourself a difficult target by following the rules of awareness, you too will be bypassed for an easier target. If you fail to take these protective measures, you will be victimized again and again.

**- Geoff Thompson**

*Dead Or Alive The Choice Is Yours: The Definitive Self-Protection Handbook*



## **Being Surrounded**

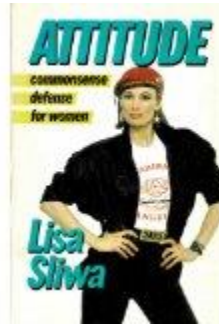
So many self-defense books include photos of a woman ringed by attackers and administering martial arts maneuvers to them. In reality, being surrounded by a group of hoodlums is one of the most difficult predicaments to escape. Once they encircle you, they often have a plan in mind. Even advanced martial arts training will bring you only limited success.

Usually, you are not instantly surrounded. One or two thugs try to stop you first. It is crucial that you do not allow yourself to be halted by strangers who ask for a match or the time. When passing a street altercation, do not stop to rubberneck.

If you are encircled, try to use the element of surprise to aid in your escape; throw your grocery bags into the air and move past the thugs who jump to catch them. Never concede defeat; no matter how far outnumbered you are, look for an opening and vow to survive. That is what I did when the three men I told you about in chapter one attacked me, and I think that is why I am alive today.

No one can know every trick in the criminal trade. But by being dedicated to finding a way to stay calm and outlast an encounter, you are that much better off than the millions of people who would allow themselves to be victimized.

**- Lisa Sliwa**



## **Offensive Unarmed Combat**

Neither war nor individual combat is won solely by defensive, Maginot Line psychology or tactics. In personal combat, it is often difficult to determine where defense ends and offense begins. Often the only defense is a good offense. However, in all cases, a knowledge of possible methods of attack enables a defense to be better planned.

The methods advocated in this chapter are simple and are based on a style of fighting that knows no rules, that depends on speed and ruthlessness for results. Boxing and wrestling are sports. They can be used only to a limited extent in vital combat. The fighting tactics discussed here, however, are designed to knock out, maim, or kill, as the situation may demand.

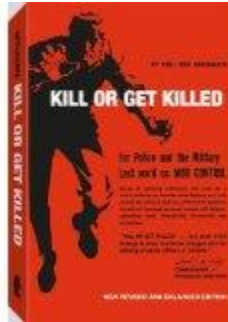
Types of hand-to-hand combat that demand set positions and complicated maneuvers – for the attacker and his opponent – are practically useless when the ordinary man finds himself projected into physical combat at an unexpected time. To be able to rely upon and use instinctively a specific hold or throw for each set or different position of an opponent is a difficult task. To be able to do so swiftly and instinctively demands months and sometimes years of practice. It takes time to train the mind and body to react to each set of conditions instinctively and in the prescribed method. This is one of the weaknesses of the jiu jitsu technique. By certain maneuvers and movements, a jiu jitsu expert can place an antagonist in the proper position for a specific throw; but for the layman it is much too complicated and, according to American standards, takes too long to learn.

The combat tactics advocated here do not depend on any set stance or position to achieve results. They are based on what the smallest man can do to the largest, using the element of surprise when possible, with ruthless disregard for the

opponent. In the homespun philosophy of David Harum, ‘Do unto others as they would do unto you, *but do it first.*’

### **- Col. Rex Applegate**

*Kill Or Get Killed (New Revised and Enlarged Edition)*



## **How To Escape Restraints**

### **Rope, Tape**

- Cutting method: Search for any object with an edge, such as a piece of broken glass or a vase shard that smashed during the initial assault. Secretly attempt to get this into your bound hands.
- Friction method: If left out of view of your attackers, you might have time to escape bondage using friction. For example, you can make a friction saw with shoelaces by looping each end, running the length over your restraints, and placing a foot in each loop. Bicycle your feet, causing the laces to cut through the rope or tape from the friction they create.
- Burning method: Use matches or a lighter to actually melt through the restraint.
- Wiggle method: With the exception of metal handcuffs, many restraints have a certain degree of elasticity. It will greatly improve your ability to use this technique if you take a deep breath and expand your chest and upper body while you are being bound. Once you exhale, you will already have a little slack, making it easier to get free. Attempt to use constant movement to establish enough slack to get out.

### **Flex Cuffs**

- The shim method: Find an object to wedge into the latch. Flex cuffs have small plastic teeth that can be worn or broken. If you can get a shim into the

tie slot, it could be possible to prevent the one-way catch from activating and allow you to pull one end free.

- **Break:** Flex cuffs can also snap if jammed against something hard enough. If there is nothing to strike against, escape flex cuffs by using your own chest as a ramming board. This will hurt but is often effective: Try to stretch your arms out directly in front of you, then, in a powerful motion, drive your arms back toward your chest. Keep doing this until the band lock latch is breached.

## **Handcuffs**

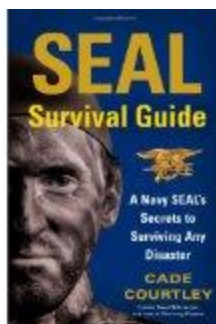
Handcuffs work using a very basic one-way locking mechanism. The arm of the cuffs has a series of teeth on it known as a ratchet. As the ratchet travels through the pawl, or the locking pin, it allows the arm to tighten, but the pawl will not allow the arm to loosen due to the one-way nature of the teeth.

The best way to defeat handcuffs is by using a handcuff key you have stashed on your body. I always carry a plastic one taped to the underside of my watch. If, however, you don't have a spare key, there are two other methods for removing handcuffs.

- **The bobby-pin method:** Remove the plastic from the tip of a standard bobby pin, place the pin an eighth of an inch deep into the handcuff keyhole, and make a 90-degree bend at the end of the bobby pin. Then take the bobby pin and place it directly into the keyhole about an eighth of an inch deep. Rotate the bobby pin so the bent end pushes the spring-loaded pawl down far enough so that the teeth on the ratchet clear the pawl, allowing the arm to swing open.
- **The shim method:** Take a bobby pin with plastic tip removed or another, thinner piece of metal, and place this in the slot just below the ratchet arm. Shim the space between the teeth of the ratchet and the catch of the pawl so the one-way lock is defeated, allowing the arm to swing open.

### **- Cade Courtley**

*SEAL Survival Guide: A Navy SEAL's Secrets to Surviving Any Disaster*



## Breaking Out Of The Stupor

On March 27, 1977, a Pan Am 747 awaiting takeoff at the Tenerife airport in the Canary Islands was sliced open without warning by a Dutch KLM jet that had come hurtling out of the fog at 160 mph. The collision left twisted metal, along with comic books and toothbrushes, strewn along a half-mile stretch of tarmac. Everyone on the KLM jet was killed instantly. But many of the Pan Am passengers had survived. They could live if they got up and walked off the fiery plane.

Floy Heck, then seventy, was sitting on the Pan Am jet between her husband and her friends, en route from their California retirement residence to a Mediterranean cruise. When the KLM jet sheared off the top of their plane, the impact did not feel too severe. The Hecks were thrown forward and to the right, but their safety belts held them down. Still, Floy Heck found that she could not speak or move. 'My mind was almost blank. I didn't even hear what was going on,' she told an *Orange County Register* reporter years later. But her husband, Paul Heck, sixty-five, reacted immediately. He unbuckled his seat belt and started toward the exit. 'Follow me!' he told his wife. Hearing him, Floy snapped out of her daze and followed him through the smoke 'like a zombie,' she said.

Just before they jumped out of a hole in the left side of the craft, Floy looked back at her friend Lorraine Larson, who was just sitting there, looking straight ahead, her mouth slightly open, hands folded in her lap. Like dozens of others, she would die not from the collision but from the fire that came afterward.

Unlike tall buildings, planes are meant to be emptied fast. All passengers are supposed to be able to get out within ninety seconds, even if only half the exits are available and bags are strewn in the aisles. As it turns out, the people on Pan Am 747 had at least sixty seconds to flee before fire engulfed the plane. But 326 of the 396 people onboard were killed. Including the KLM victims, 583 people ultimately perished. Tenerife remains the deadliest accidental plane crash in history.

At the time of the Tenerife crash, psychologist Daniel Johnson was working on safety research for McDonnell Douglas. He became fascinated by this paralysis behavior, which had been observed in other plane crashes as well. Floy and Paul Heck are both deceased now. But a few months after the accident, Johnson interviewed them both. He made an important discovery. Before the crash, Paul had done something highly unusual. During the long delay before takeoff, Heck had studied the 747's safety diagram. He even walked around the aircraft with his wife, pointing out the nearest exits. He had been in a theater fire as an eight-year-old boy, and ever since, he had always checked for the exits in an unfamiliar environment. Maybe this is a coincidence. But it is also possible that when the planes collided, Heck's brain had the data it needed to take action.

The National Transportation Safety Board has found that passengers who read the safety information card are less likely to get hurt in an emergency. In a plane crash at Pago Pago three years before the Tenerife accident, all but 5 of the 101 passengers died. All the survivors reported that they had read the safety information cards and listened to the briefing. They exited over the wing, while other passengers went toward other, more dangerous but traditional exits and died.

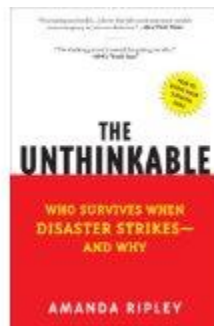
After preparation, the next best hope is leadership. That's one reason that well-trained flight attendants now shriek at passengers in evacuations – to break into their stupor, just as Paul Heck did for his wife. Otherwise, the amygdala works like a positive feedback loop: fear leads to more fear. Cortisol and other stress hormones go back to the amygdala and make the fear stronger. The more intense the fear, the less likely the hippocampus and other parts of the brain can intervene and readjust the response. 'The amygdala will keep firing away,' says brain expert LeDoux. 'Unless you have some way to overcome that, you're going to be sort of locked in.'

The easiest way to get a paralyzed animal to snap out of its daze is to make a loud noise, Gallup found. The sound of a door slamming shut will do the trick. An animal will start suddenly and try to flee. Sometimes this would happen in the lab by accident: if a researcher sneezed or a car backfired. 'Any sudden change will terminate the response,' he says. Otherwise, animals can stay in their trance for hours. They can even die that way. (Gallup has found that about 30 to 40 percent of mice actually die while paralyzed, presumably of cardiac arrest.) The paralysis response is so powerful that 'playing dead' can turn into being dead.

Paralysis seems to happen on the steepest slope of the survival arc – when almost all hope is lost, when escape seems impossible, and when the situation is unfamiliar to the extreme. Sometimes it works. But paralysis remains mostly a mystery. Aside from Gallup, very few people have researched it seriously, which is a shame. In a way, the paralysis response is so good that it has had us all fooled. Victims appear motionless, overwhelmed, and useless, so researchers move on to the next subject. But there, trapped in still life, might be one of the most interesting and problematic defense mechanisms in the animal kingdom.

**- Amanda Ripley**

*The Unthinkable: Who Survives When Disaster Strikes – And Why*



## Bibliography

These are the 25 books these 25 Safety and Self-Defense Tips came from. I recommend checking them all out and adding them to your safety, self-defense and survival library.

**Applegate, Rex.** *Kill Or Get Killed (New Revised and Enlarged Edition)*. Paladin Press, 1976.

**Ayoob, Massad.** *The Truth About Self-Protection: The Only Complete Guide To Total Self-Protection In Any Situation – At Home, In Your Car, On The Streets*. Police Bookshelf, 1983.

**Blair, Pete J. Nichols, Terry. Burns, David. Curnutt, John R.** *Active Shooter: Events and Response*. CRC Press, 2013.

**Branca, Andrew F.** *The Law Of Self-Defense: The Indispensable Guide for the Armed Citizen (Second Edition)*. The Law Of Self-Defense, LLC, 2013.

**Christensen, Loren W.** *Fighting the Pain Resistant Attacker: Fighting Drunks, Dopers, the Deranged and Others Who Tolerate Pain*. Turtle Press, 2010.

**Cooper, Jeff.** *Principles Of Personal Defense*. Paladin Press, 1972, 1989, 2006.

**Courtley, Cade.** *SEAL Survival Guide: A Navy SEAL's Secrets to Surviving Any Disaster*. Gallery Books, 2012.

**De Becker, Gavin.** *The Gift Of Fear: And Other Survival Signals That Protect Us From Violence*. Dell Publishing, 1997.

**Franco, Sammy.** *First Strike: Mastering the Preemptive Strike for Street Combat*. Paladin Press, 1999.

**Gardner, Debbie and Mike.** *Raising Kids Who Can Protect Themselves*. McGraw-Hill, 2004.



**Grover, Jim (aka McCann, Kelly).** *Street Smarts, Firearms, & Personal Security: Jim Grover's Guide to Staying Alive and Avoiding Crime in the Real World.* Paladin Press, 2000.

**Janich, Michael D.** *Knife Fighting A Practical Course.* Paladin Press, 1993.

**Kane, Lawrence A. and Wilder, Kris.** *The Little Black Book of Violence: What Every Young Man Needs to Know About Fighting.* YMAA Publication Center, 2009.

**Kasper, Bob.** *Bob Kasper's Individual Close Combat.* Paladin Press, 2008.

**Kipp, Bill.** *Turning Fear Into Power: How to Prevail in Verbal Confrontations and Against Physical Assaults.* Paladin Press, 2005.

**Larkin, Tim.** *Survive The Unthinkable: A Total Guide To Women's Self-Protection.* Rodale, 2013.

**Lipman, Ira A.** *How To Be Safe: Protect Yourself, Your Home, Your Family, And Your Business From Crime.* Reader's Digest, 2012.

**MacYoung, Marc "Animal".** *A Professional's Guide To Ending Violence Quickly: How Bouncers, Bodyguards, and Other Security Professionals Handle Ugly Situations.* Paladin Press, 1996.

**Miller, Rory.** *Facing Violence: Preparing for the Unexpected.* YMAA Publication Center, 2011.

**Quinn, Peyton.** *A Bouncer's Guide To Barroom Brawling.* Paladin Press, 1990.

**Ripley, Amanda.** *The Unthinkable: Who Survives When Disaster Strikes – And Why.* Crown Publishers, 2008.

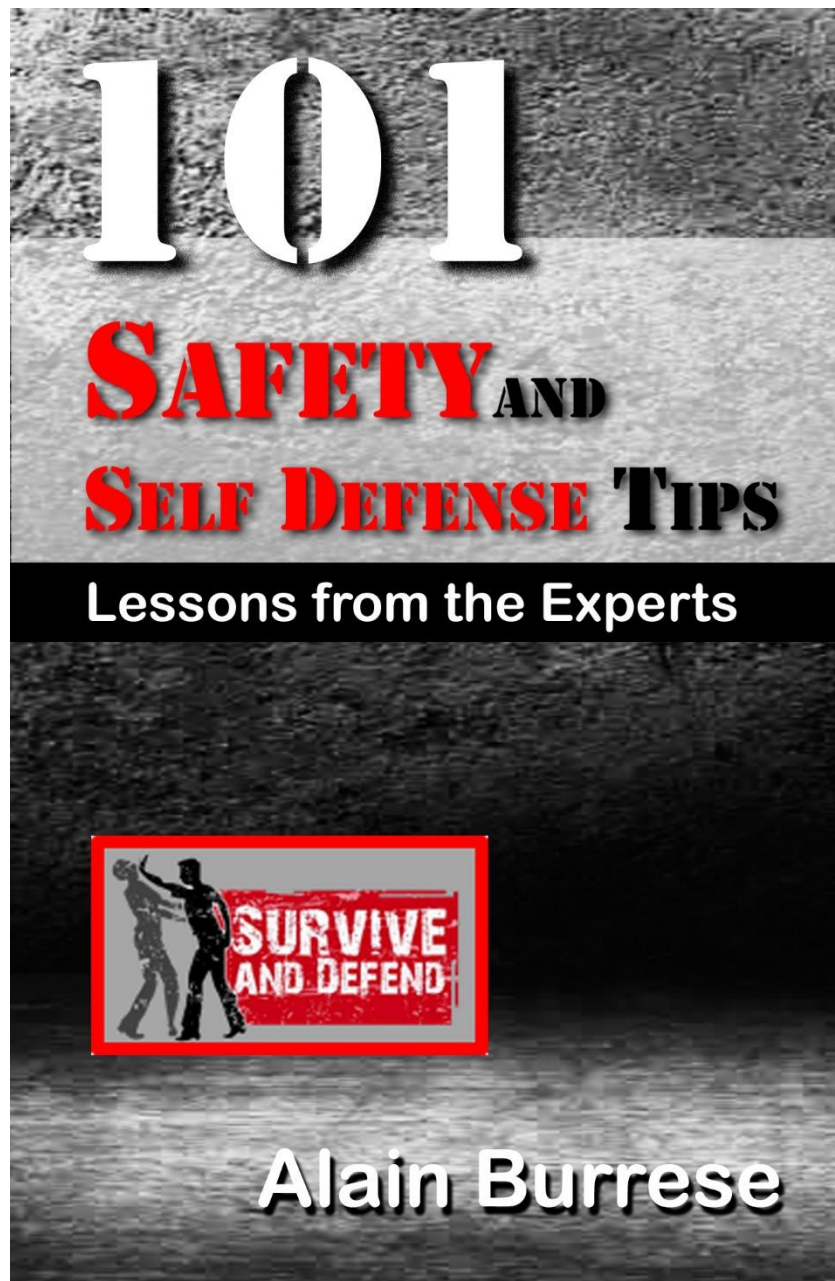
**Sliwa, Lisa.** *Attitude: Commonsense Defense For Women.* Crown Publishers, Inc. 1986.

**Strong, Sanford.** *Strong On Defense: Survival Rules To Protect You And Your Family From Crime.* Pocket Books, 1996.

**Thompson, Geoff.** *Dead Or Alive: The Choice Is Yours: The Definitive Self-Protection Handbook.* Paladin Press, 1997.

**VanCook, Jerry.** *Real World Self-Defense: A Guide to Staying Alive in Dangerous Times.* Paladin Press, 1999.

**Want more great tips?**  
**[Kindle Edition of “101 Tips” Available at Amazon](#)**



# **Do you want to feel confident that you know how to keep yourself and your loved ones safe?**

Do you know what to do when the unthinkable happens? You've surely read about, or seen on the news, stories of people just like you that have been victims of active shooters, rapists, robbers, thieves, kidnappers, intruders, carjackers, and many other violent criminals. Ignoring violent criminals for a moment, what about all the other conmen and scammers out there ready to pick your pocket both literally and figuratively. Do you know what it takes to keep yourself and your loved ones safe in today's world?

You can stick your head in the sand and ignore everything bad that happens in the world. But how will you feel if something happens to you or a loved one while your head is buried, knowing that you could have done something?

Or you can become paranoid and lock yourself away from the rest of society. But who wants to live like that? There are too many wonderful things to enjoy in this world to miss out because of fear and paranoia due to scumbags that prey on others.

## **My Mission!**

"I help good, honest people take responsibility for their own personal security and safety, and teach them to defend themselves if needed. I help them learn the critical skills that can mean the difference between life and death for themselves and their loved ones." - Alain Burrese

I can only speak to so many groups each year, and books and DVDs hold limited amounts of information. I needed a way to reach more people with affordable information to help keep them safe. I'll continue to speak to audiences live, but I also want to help those who won't get a chance to attend one of my live seminars. One of my mentors then suggested an affordable membership site devoted to Safety, Self-defense, and Survival, the topics I speak about in live seminars. That was it! That is what I was searching for to help the most people.

## **Introducing:**

# **Survive and Defend Membership Site!**

**Here's Everything You'll Get Instantly, As Soon As You Join the "Survive and Defend" Membership Site...**

<b>Online Training: Many Categories</b>	
<b>Safety:</b> Situational Awareness, Safe in the Streets, Home Safety, Travel Safety, Campus Safety, How to Spot and Avoid Scams, and More!	<b>Included</b>
<b>Self-Defense:</b> Learn how to defend yourself when you have to!	<b>Included</b>
<b>Keep you kids safe:</b> Learn how to keep your kids safe and to raise them to protect themselves.	<b>Included</b>
<b>Survive the Unthinkable:</b> Special sections dealing with how to respond to active shooter threats and terrorists.	<b>Included</b>
<b>Time Limited Bonuses</b>	
<b>Huge discounts on DVDs:</b> Every month there will be huge discounts on specially selected self-defense DVDs. These discounts are guaranteed to be greater than the subscription price.	<b>Included</b>
<b>Give-a-ways:</b> Members will be able to take part in periodic contests and give-a-way offers.	<b>Included</b>

<b>Live calls:</b> Live Q & A sessions!	<b>Included</b>
<b>Included Today</b>	
<b>Articles:</b> Available 24 hours a day!	<b>Included</b>
<b>Video &amp; Audio Training:</b> Available 24 hours a day!	<b>Included</b>
<b>Updates:</b> New articles, videos, and audio trainings added every month.	<b>Included</b>
<b>Interviews:</b> Interviews with respected self-defense authors and instructors.	<b>Included</b>
<b>Convenient Access:</b> Your subscription allows you to come back 24 hours a day for the duration of your subscription.	<b>Included</b>
<b>Total Real World Value Today: Your and your loved ones' safety!</b>	

**Visit [www.surviveanddefend.com](http://www.surviveanddefend.com) for more information and to subscribe today!**

**Don't Wait Until It's Too Late – Stay Safe Now!**