



**Dave & Jessie Gerber
Awesome Daddy/Daughter Duo!**

Timeless Publishing



“Jessie and Dave Gerber provide an awesome self-defense book for kids at exactly the right time in our society. This should be required reading. Regardless of whether your children have taken martial arts or not, you want them to read this book so they can be safer everywhere they go!”

~ Sam Sade

Martial Arts Masters Hall of Fame
4th Dan Black Belt in Krav Maga
Owner of Alpha Krav Maga International
Father

“Kids will love this! Parents will love this! What a great book and father-daughter combination! This helps us discuss a tough subject and provides real, effective skills. These two also offer kids and adults a way to understand that fighting is a last resort and what to do if they unfortunately need to defend themselves against a possible abduction or violent attack. Every parent needs to discuss this book with their kids to help their children (and themselves) feel safer wherever they go to school, work, hang out with friends or travel. A deep, heartfelt thank you, Dave and Jessie, for your book and this great program.”

~ Dr. Megan Gallagher

Pediatrician and Family Medical Doctor
Northern Virginia/Washington, D.C. Metro Area Mother



L.I.F.E. Line Self-Defense™ For Kids, From a Kid! Jessie & Dave Gerber Timeless Publishing

L.I.F.E. Line Self-Defense™

For Kids, From a Kid!

Official
Kids'
Guide I



“I want my children to be able to help themselves!”

JESSIE & DAVE GERBER

Foreword by Sam Sade, Martial Arts Masters Hall of Fame

Chapter 4: Standing, Moving, Self-Defense Stance

Standing

“Standing” is just that—we are standing in a normal, everyday, passive position. A “Self-Defense Stance” is a position we learn. We feel comfortable and safer, ready for anything to happen, even if we don’t let the bad person know we are in the Self-Defense Stance. Look at the positions below to see how Jessie is just standing. Then looking at her Self-Defense Stance. We all have to be able to go from a regular stance to a Self-Defense Stance in an instant!

Coach Daddy Dave: What would you like people to remember as really important from your teachings about your Self-Defense Stance?

Jessie: It’s all about balance. You don’t want someone to be able to push you down from any direction.

Coach Daddy Dave: Is there anything else?

Jessie: Yes, a good stance is important because you have to have your hands up to defend yourself, and you want to have good balance if you need to block and defend. A good stance equals better movement.

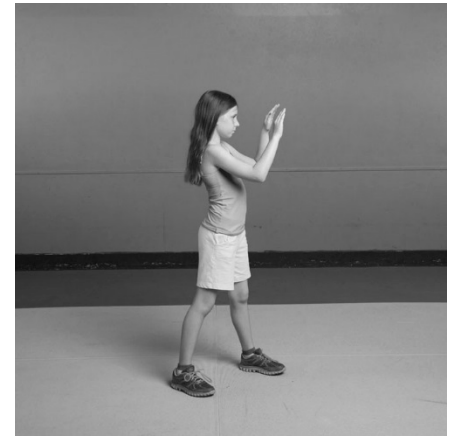


Remember, Make A Lot of Noise!

If we think someone is trying to hurt us, remember, if we can be loud, scream, use our voice to draw attention to us, the bad guy might even run away. We don’t stop yelling if we are being attacked; people all over need to hear us!

“Scream and yell all kinds of things like, ‘Stop! Get away! You’re not my dad! Help me!’” Jessie says.

Our Self-Defense Stance is important, as it gives us balance and helps us to move. Our feet are staggered, one foot forward and the other back to provide balance, just a little past shoulder width apart. We have to be prepared to be pushed from all sides. We are on the balls of our feet.



Notice how this stance allows Jessie to be more balanced and prepared. She can let the person know she doesn't want trouble. She can start yelling and attracting attention now, too! ~ Dave

We have our hands up, fingers and thumb tight, wrists stiff, our elbows bent so our hands are out in front. We keep our hands up at all times in this position, so we are prepared to block (see that chapter coming up).

Moving

Moving is very important, but it first starts with our balance, like mentioned above. As in our Self-Defense Stance, we are grounded to the floor and cannot be pushed over from any side. At the same time, we have to be able to pick up our feet and move and turn to face the bad guy or girl in any direction. We use the opposite foot to push off, so we can move without crossing our feet over (we don't want to trip).

But our front and back feet in this Self-Defense Stance are always on the "ball of the foot" or the area before our toes, solidly attached to the ground. We may lift our heel slightly. "But be stable and planted on the ground," says Jessie.

So if we want to go to the left, we push off with our right foot. If we want to go to the right, we push off with our left foot. If we want to go forward, we push off with our back foot. If we want to go backwards,

we push off our front foot. It may seem simple, but it takes a lot of practice, especially if we want to maintain our balance 100 percent of the time.

If we want to turn, we take a step with our front foot in the direction we want to go and then bring our back foot with us so that we can put it down in our same balanced Self-Defense Stance, facing the threat.

In the example below, Jessie exaggerates the motion:



In the first picture, I am in my Self-Defense Stance. In the next picture above, I pushed off my back foot and am stepping left with my front foot. In the bottom picture, I pushed off my front foot and am stepping back. ~ Jessie