

## **Have a PLAN/One Hand FREE/ACT!**

What will I do if attacked? Always have one hand free to block, grab, or defend yourself. Act immediately or it may be too late! Is your money worth your life? If robbed, comply immediately (OK, NO problem!) and throw them your wallet/purse/keys or Decoy Wallet.

## **Targets.**

The eyes and the throat are the only vulnerable and weak targets for you to attack. Use a Tactical pen for penetration.

## **Tools.**

**Lights.** Darkness is not your friend! Carry and use a keychain light and a larger light in your hand, purse or pocket. Larger flashlights can be used as an impact tool as well as lighting your path. **Nitecore USA** for keychain lights, **Coast, Nebo and Streamlight** (Wedge XT Model) are some of the best brands.

## **Tactical Pens.**

Tactical pens can write, open packages on the plane, press elevator buttons and provide an impact tool as well as being used against the attacker's pressure points. **Atomic Bear** and the **Zebra X-701** model are brands with models for use as a defense tool as well as writing and opening boxes/packages.

**Pepper Gel Spray.** This is cheap, effective and easy to carry (where legal). To be effective, it must be in your hand when walking, **READY** to use. Black is better than pink, black does not stand out. **Sabre Pepper Gel** is sold at Walmart, Target, and Lowe's hardware. The Runners Model has a wrist strap so it cannot be dropped. The **Sabre** website has home/travel security items.

**Elevator Safety.** Stand just inside the elevator, next to the panel with floor buttons. Stand with your back to the wall, with eyes on all passengers. You should have a tactical pen in hand, to push elevator buttons or for defense.

**Hotel Safety.** Cover the peep hole with tape or wet paper. Remove only when viewing after a knock on the door. At night, push a chair against the door as another obstacle. Keep your flashlight handy in case of fire, power outage or evacuation.

**SPEAR DEFENSE.** Lunge forward with **BOTH** arms extended face high, palms out. At the same time, yell, **NO or STOP!** This startles the attacker as well as closing the distance and placing your arms in a blocking position.

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**X Block High.** Step forward and push both crossed arms upward against the attacker's arm. (used to block a high punch, a knife attack, or club.)

**The Elbow Strike.** The elbow strike is strong, powerful, and designed for close-in techniques, to the temple, the jaw, teeth or throat.

**Front Choke Defense.** Step close to the attacker while extending your left arm/hand behind the neck of the attacker and grab. Use the fingers of your right hand to (poke the hole in the bottom center of their throat) or (poking their eyes with your fingers) or grabbing their throat) while yelling **NO** or **STOP!** Continue until the attacker releases you.

**Rear Choke Release.** Instantly grab the choker's arm with BOTH of your hands, pulling down. You can drop your weight or push your butt back while bending forward. Then, turning your head to the left, slide your head down and out, stepping to the side and read of attacker, with your left hand around their jaw or throat.

**Be Aware.** Have a PLAN, then practice weekly. Visualize what you would do in each situation (elevator attack, hotel hallway, parking lots, empty hangers.). Think safety and caution. Dining out, shopping and travel is safer with a friend. Haste is not your friend. Stay composed and alert, always look around. Does it feel safe before exiting your hotel room, your car, the hotel? Listen to your gut feelings, change plans, leave a possibly bad situation. Safety, first, last and always! Fatigue, time zones, eating a heavy meal, along with alcohol dulls our perceptions.

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