



“Personal Safety Seminar #1” B-4’s Quiz ANSWER KEY

Always ask permission of your parents or guardians before practicing any of these techniques. You **MUST** always use control and keep yourself and your partner’s safe!

Watch the “B-4” video before reading this quiz.

Once you have watched the video (you can watch it as many times as you want before taking the quiz), take this quiz without looking at the video again. Once you have completed the quiz, ask someone to check it against the “Answer Key.” Do not look at the answers your self. Have them tell you which ones you got wrong. Then watch the video again and watch/listen closely for the questions you missed.

Now take the quiz again and have someone check your answers. Continue this process until you get every answer correct. Then take a picture of yourself with the completed quiz and send it to maabd1982@gmail.com. You will be awarded a gold star for your uniform for successfully completing each of the “Personal Safety” videos and quizzes.

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Personal Safety Principles

Our goal is to first AVOID a fight

If we cannot avoid a fight, we will RUN/WALK away.

If we cannot walk/run away, we will DE-ESCALATE the situation.

If we cannot de-escalate, we will FIGHT.

If we have to fight, we fight to get away quickly & safely... There is no WINNER in a fight.

How you TRAIN, is how you will PERFORM(or worse)!

We train how to fight... So we can choose NOT to fight.

B-4's are what you do BEFORE someone pushes, hits or grabs you.

Action versus reaction... which is quicker? ACTION

At Martial Arts America we are NOT teaching you how to fight... just the opposite we are empowering you with the knowledge, skills & confidence NOT to fight!

Give yourself/your children permission to do whatever is necessary to be and stay SAFE. You ARE worth protecting and keeping safe.

The purpose of the "B-4's" is to get to a SAFE distance away from an attacker.

The primary question you need to ask when practicing personal safety skills is "Are you READY?"

By "ready" we mean; are you MENTALLY, EMOTIONALLY AND PHYSICALLY ready to fight?

If you are not ready to fight you will instinctively FREEZE and/or move AWAY from the attack.

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B-4 #1 – Deviation

What is deviation – Get OFF line.

Deviation is a simple skill for not getting hit or grabbed. Remember when you practice, if you want to move to the left, move your LEFT foot first and if you want to move to the right, move your RIGHT foot first.

If you are not ready you will move BACK.

When you deviate, you want to move your HEAD and your FEET

How far do you need to move your head to get “off line” from a straight punch? 3 – 4 INCHES

Your head and your feet must work TOGETHER.

Do not return to your STARTING POSITION when practicing.

Keep your EYES focused on your attacker.

Bring your hands UP if they aren't already up when attacked.

Turn to FACE your attacker after you move off line.

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B-4 #2 – “Pushing Hands”

You will be able to use “Pushing Hands” when you are **READY** and your hands are **UP**.

During “Pushing Hands” you will step/move in 1 direction and push with your hands in the **OPPOSITE** direction.

Once you have completed pushing hands, you want to move back to a **SAFE** distance in an “**ASSRETIVE** or **CONFIDENT**” stance.

How far do you need to move the attackers arms? Just **ENOUGH** not to get hit or grabbed.

When doing “Pushing Hands,” the **LESS** the **BETTER**.

Always be ready to **FOLLOW-UP** with other “**B-4’S**” if necessary.

Use your **VOICE** while you are **MOVING**.

Whish direction should you move... the **SAFEST** & **Quickest**.

Which direction do you want to move versus a straight punch, push or grab? To the **OUTSIDE**.

Which way do you want to move against a hooking or haymaker? **BACK** or **AWAY**.

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B-4 #3 – “Pressing Hands”

You will use “Pressing Hands” when you are NOT ready but your hands are UP.

During “Pressing Hands” you will instinctively RETREAT/STEP BACK when they attack. As you step back you want quickly “PRESS DOWN” with your hands in a slapping motion.

Bring your hands back UP immediately after the downward slap.

Once you have completed “Pressing Hands,” you want to MOVE/DEVIATE to a safe distance in an “assertive or confident” stance.

Always be ready to follow-up with other “B-4’S” if necessary.

Use your VOICE while you are MOVING.

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B-4 #4 – “Circling Hands”

You will use “Circling Hands” when you are NOT ready but your hands are DOWN.

During “Circling Hands” you will instinctively RETREAT/STEP BACK when they attack. As you step back you want to quickly raise your hands in a CIRCULAR motion.

Keep your hands UP after the circular motion.

Once you have completed “Circling Hands,” you want to move/deviate to a SAFE distance in an “assertive or confident” stance.

Always be ready to follow-up with other “B-4’S” if necessary.

Use your VOICE while you are MOVING.

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B-4 #5 – “Verbal Personal Safety Skills”

“Verbal Karate Skills”

We will be learning how to use our voice and BODY LANGUAGE in a strong, confident way.

1. Safety Gap – is at least 6 FEET
 - a. Distance = TIME
 - b. Use your SURROUNDINGS

2. Strong, assertive stance
 - a. Hands UP
 - b. Palms facing AWAY
 - c. One foot slightly steps BACK
 - d. Weight on the BALLS of your feet
 - e. Eyes on their EYES
 - f. BREATHE & relax
 - g. SCAN & ASSESS when you can
 - h. Continue to move to a SAFE distance

3. Big, loud voice
 - a. Use your WHOLE body
 - b. Press or push AWAY with your hands
 - c. Loud, Louder, LOUDEST
 - d. Repeat, repeat, REPEAT

