



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

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.

N7169 E. Plaza Dr. Beaver Dam, WI 53916 920/887-7545 www.BeaverDamKarate.com





Personal Safety Principles

Our goal is to first _____ a fight

If we cannot avoid a fight, we will _____ away.

If we cannot walk/run away, we will _____ the situation.

If we cannot de-escalate, we will _____.

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

How you _____, is how you will _____ (or worse)!

We train how to fight... So we can choose _____ to fight.

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

Action versus reaction... which is quicker? _____

At Martial Arts America we are _____ teaching you how to fight... just the opposite we are empowering you with the knowledge, skills & confidence _____ to fight!

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

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

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

By "ready" we mean; are you _____, _____ AND _____ ready to fight?

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

B-4 #1 – Deviation

N7169 E. Plaza Dr. Beaver Dam, WI 53916 920/887-7545 www.BeaverDamKarate.com





What is deviation – Get _____ 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 _____ foot first and if you want to move to the right, move your _____ foot first.

If you are not ready you will move _____.

When you deviate, you want to move your _____ and your _____

How far do you need to move your head to get “off line” from a straight punch? _____

Your head and your feet must work _____.

Do not return to your _____ when practicing.

Keep your _____ focused on your attacker.

Bring your hands _____ if they aren’t already up when attacked.

Turn to _____ your attacker after you move off line.

N7169 E. Plaza Dr. Beaver Dam, WI 53916 920/887-7545 www.BeaverDamKarate.com





B-4 #2 – “Pushing Hands”

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

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

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

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

When doing “Pushing Hands,” the _____ the _____.

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

Use your VOICE while you are _____.

Which direction should you move... the _____ & _____.

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

Which way do you want to move against a hooking or haymaker? _____ or _____.

N7169 E. Plaza Dr. Beaver Dam, WI 53916 920/887-7545 www.BeaverDamKarate.com





B-4 #3 – “Pressing Hands”

You will to use “Pressing Hands” when you are _____ ready but your hands are _____.

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

Bring your hands back _____ immediately after the downward slap.

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

Always be ready to follow-up with other “_____” if necessary.

Use your _____ while you are _____.

N7169 E. Plaza Dr. Beaver Dam, WI 53916 920/887-7545 www.BeaverDamKarate.com





B-4 #4 – “Circling Hands”

You will to use “Circling Hands” when you are _____ ready but your hands are _____.

During “Circling Hands” you will instinctively _____/_____when they attack.
As you step back you want to quickly raise your hands in a _____ motion.

Keep your hands _____ after the circular motion.

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

Always be ready to follow-up with other “_____” if necessary.

Use your _____ while you are _____.

N7169 E. Plaza Dr. Beaver Dam, WI 53916 920/887-7545 www.BeaverDamKarate.com





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

“Verbal Karate Skills”

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

1. Safety Gap – is at least _____
 - a. Distance = _____
 - b. Use your _____
2. Strong, assertive stance
 - a. Hands _____
 - b. Palms facing _____
 - c. One foot slightly steps _____
 - d. Weight on the _____ of your feet
 - e. Eyes on their _____
 - f. _____ & relax
 - g. _____ & _____ when you can
 - h. Continue to move to a _____ distance
3. Big, loud voice
 - a. Use your _____ body
 - b. Press or push _____ with your hands
 - c. Loud, Louder, _____
 - d. Repeat, repeat, _____

