

Prevention in Self-Defense is what we do to avoid being targeted as a victim in the first place. It may include:

- Don't go out alone at night
- Check the back seat of your car before getting in
- Keep your house locked
- Don't talk to strangers

Physical Self-Defense is where a physical confrontation exists between attacker and victim. In the act of Physical Self-Defense, a victim may employ "tools". These tools could be pepper spray, a handgun, an impact device, fighting and grappling techniques, sonic alarms, dogs and etc.

Having a tool or tools can be an aid and increase your chances of success. However, no matter how much expertise you have, there are no guaranteed methods/moves that will work 100% of the time. In addition, physically fighting off an attack carries a great risk of getting hurt.

Middle Ground is what exists between Prevention and Physical Self-Defense (Responses).

Self-Defense situations rarely begin with someone jumping from behind bushes to attack. Instead, there are usually preliminary indications of trouble.

More often these situations lie between a more casual encounter and an attack. There can be points in time, between Prevention and Physical Self-Defense that are decision points for the attacker. These are moments where he must decide to break off the attack, or continue on with the attack.

The "middle ground" area is what we are addressing here. What can we do when we find ourselves in this middle ground where we feel an attack is possible, or likely,?
(Trust Your Feelings – Interrupt His Scenario)

Trust your Feelings – Be aware of your feelings. We may not be very conscious of

exactly what is being communicated through body language and other physical nuances (variations of behavior). However, we may have a subtle feeling about what is going on.

If you feel funny about a situation or a person, then it is safe to assume that something is wrong.

It may or may not have anything to do with you.

You don't need to justify your feelings or your actions.

Interrupt His Scenario

Scenario – An outline or model of an expected or supposed sequence of events.

Attackers use scenarios as they make their moves towards a victim. In these scenarios, the perpetrator takes his cues from the victim and environment.

We use scenarios to help us imagine and plan our responses to an attack.

If we can interrupt the attacker's scenario, we may increase our chances of changing the outcome of the intended attack. What can we do to interrupt his scenarios?

Interrupt His Scenario – Four Methods

Set a boundary early with distance.

- Look and Feel strong
- Take a few deep breaths
- Have a large base (or stance)
- Hold yourself relaxed (vs. tense)

Use Eye Contact:

Center your vision between the eyes and the shoulders.

"Direct eye to eye contact can be an Invitation"

Set a boundary early with Assertive Verbal Language.

Speak using your diaphragm.

Use simple direct commands or statements.

Be willing to get attention by YELLING

"Someone call the police! This man is bothering me!"

Have a variety of "getting attention" options.

Visualize

Picture scenarios in your mind (of situations you've experienced or heard of). Mentally picture ways that you can use the skills you've learned.

Physical Defense / No Simple Answers

Defending oneself is a complex activity. The reason for this is that there are many unknowns.

1. You don't know when it's going to happen.
2. You don't know where it's going to happen.
3. You don't know your attacker, therefore:
 - a. You don't know his real
 - b. motivation.
 - c. You don't know his potential for violence.
 - d. You don't know what he's going to do next.
4. Some of us don't know our own:
 - a. Motivations
 - b. Potential for violence.
 - c. What we're going to do next.

So you can see it can get very complicated very quickly. You need to know that it can be complicated and that you may have to rely on your instincts. You may have to fall back on what you do know.

You may have to take some chances. And you may fail. You will probably have to decide on your own if and when to make your move. Many learned people advise to make that move early on in the confrontation. But sometimes that may not be possible or in your best interests.

You know yourself and you have your own ideas of what you can and cannot do. In a confrontation you will be the one facing your attacker, so you will have to make judgments about him. You will have to make judgments about your options.

It truly can be complicated.

Once the attack has begun, it is often fast and furious, and over in a few seconds. How you respond will depend on your planning and training.

Within each of these items, there are many possibilities. Where it happens could be at home, or in your car, or in your parking lot at work, or out shopping, or in the country. This list can go on and on.

There are many types of attackers. Everything from loving bumbling idiots to cold cunning predators. Who attacks us, and their personality is beyond our control.

How we react is within the realm of our control. Most believe that by increasing our knowledge of Self-Protection techniques and by developing skills through training and by forming an attitude of awareness and self-protection, we can influence some of the outcome that follows a criminal confrontation.

Self-Defense Parameters

Stance – Feet about shoulder-width apart. Balanced, comfortable, relaxed, and flexible. Hands up in front of your face, chin down flexible and ready to move.

Balance – As you move, keep your weight centered over you feet. When you strike or block and attacker, remain balanced.

Strategy – Attack until the threat is neutralized or until you can escape the threat. Hit and keep hitting. Yell and keep yelling. The more you train the better you are able to define your

strategy and the more fluid your strategy will become.

Targets:

- **Hair – grab, pull and yank**
- **Eyes – gouge, it causes pain and impairs their ability to see you.**
- **Nose – hit hard to cause startling pain.**
- **Chin – if hit from directly in front of and from below can cause unconsciousness or pain.**
- **Throat – windpipe – trachea – if hit with sufficient force, it may collapse and make it difficult or impossible to breathe.**

The Three Realms of Self-Protection

Prevention – Do things that make you less likely to be victimized.

Confrontation – What happens when you are approached or selected as a victim.

Follow-through – Is what you do in the aftermath of the event.

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Scenarios for Self-Defense



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