



**SELF-PROTECTION
IRELAND**



TOP10 PERSONAL SAFETY TIPS

A FREE GUIDE TO VIOLENCE AVOIDANCE & NEUTRALIZATION

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INTRODUCTION

Thank you for downloading this short eBook from our website. Please feel free to share this book with as many people as you possibly can, remember just one piece of information or advice could be all it takes to save a person from suffering violence.

None of this information belongs to any one person, group, or organisation, but it is what we teach at our seminars. This is not about self-defence, a term I use loosely (The very term 'self-defence' implies that I'm already a victim that is in the process of defending myself, a reactive act) but more about self-protection (Becoming a hard target through proactive behaviours and acts).

Self-protection is an extremely serious subject that deals with aspects of life, therefore it should be treated as such and taught by serious people. When choosing an Instructor, choose wisely. Do not be afraid to ask questions, plenty of them. Question his background, experience, and teaching abilities. Look for testimonials. DO YOUR HOMEWORK. Remember self-protection training is like an Insurance policy, you hope you may never need it, but if some day you do, you will be glad you have it. Although I have used a woman as an example in the first paragraph of this short eBook, these tips are by no means only applicable to women; they are for everyone.

I hope you will enjoy this short eBook, find this information useful, and share it with your loved ones and as many people as possible. Remember, "Just one piece of information, yes, just one valuable tip could be enough to someday save your life". This statement has been validated by some of our students who were able to prevent and survive violence with minimal training.

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Remember; please share this information with as many people as possible.

Here are Self-Protection Ireland's top 10 safety tips.

1. YOU ARE IMPORTANT & WORTH FIGHTING FOR

The first and most important rule to remember is – Everybody is important to somebody; you are somebody's son/sister, mother/father, brother/sister, friend etc. YOU ARE SOMEBODY. You play an important role in somebody else's life. An attack on you is an attack on your entire family. Let us consider for a moment the ripple effect of an attack.

Let us look at violence from a woman's worst-case scenario: Battery and rape.

Statistically, 80% of rape victims know their attacker, and, because sexual predators study their targets before committing the crime, we can safely say that attackers know their victims 100% of the time. Now, as a survivor, you're trying to deal with this horrible crime, police statements, blood and pregnancy testing, praying the physical injuries will fade so you can continue with your life without people stopping you to ask what happened to you, praying that, one day, you will be able to close your eyes and not see the face of your attacker, or relive parts of that terrible moment in your life, hope that you can have a normal sexuality once again. Life is not the same anymore, and neither is your husband's. He's seething for revenge. He knows he's going to get it too, after all, this bastard will be walking the streets a free man until he is charged and proven guilty before a judge and jury. Is that not how our legal system works? Innocent until proven guilty, beyond a shadow of a doubt?



Meanwhile, the blame game is on, the big finger of blame has to point at someone, so it must have been the victim's fault. Yes you... You led him on, you must have flirted with him, you wore that short-cut dress that night, why did you allow yourself to be alone with him, why didn't you fight back???!!! Those accusations seem endless, happening day and night, the children hear them but try to muffle them from their tiny ears, they cry at night, "somebody hurt our mummy. Why? Did she do anything wrong? Why are bad people free to hurt good people?" As a result, they cannot concentrate in school, they are too tired, the fighting and arguing continued into the early hours this morning, their homework is never completed. Grades are dropping and now the

teachers are getting involved. The only way for this to stop is through separation, it's for the best, it's for the kids. Family and friends are now heavily involved, the neighbours are talking, their own sad little lives are so uneventful "This is top gossip!"

But life doesn't give you a break, you still worry about your husband or brother or male relative seeking revenge, "If my husband gets his hands on him, he will kill him! He will do time, he's told me this, he said it over and over, he will go to prison for the rest of his life before he lets this bastard get away with what he did".

The ripple effect is huge, especially if we look at worst-case scenarios such as sexual assault. Reality bites, hard. Always attack the attacker, do not succumb to common ignorant, sexist myths claiming that fighting back will only make your attacker angrier. Fighting back not only increases your chances of survival but also is clinically proven to assist in the mental healing of victims of rape and other horrible crimes.

2. YOUR INTUITION IS THE MOST IMPORTANT EARLY WARNING SYSTEM YOU HAVE

Always trust your intuition; it is very seldom wrong. It is your inner voice that lets you know something is not right. TRUST IT. Its job is to warn you of impending danger and only has your wellbeing at heart. I cannot stress this enough.

Let me give you an example, a simple one this time: Have you ever found yourself walking along a dark country road or lane at night, only to find, all of a sudden, that you have this urge to break into a jog or a run? That's because intuition, this little guardian angel on your shoulder, not comfortable with these surroundings, telling you "Let's get out of here as quickly as we can!" Don't question it or fight it, Just Trust It!

3. BODY LANGUAGE

Displaying confident body language can be the difference between being selected as a victim or being passed over for some other unfortunate soul.

Walk with purpose and keep your head up, looking around continuously, scanning your environment, and watching out for people's behaviours and hands. But do not confuse this with being over confident; the name of the game here is blending in with your surroundings, trying not to stand out and draw attention to yourself.

Remember: Prey Behaviour Induces Predator Interest.

Make quick, but not challenging, eye contact with people, letting them know that you see them, know they are there, and recognise them. Anyone who has attended our Fundamentals of Personal Protection or Women's Safe for Life seminars have been educated about attackers' wants and needs, as well as fears and dislikes. They are also explained in great detail in Senshido founder Richard Dimitri's best-selling book "In Total Defence Of The Self".

4. DON'T BE TOO POLITE

Never put your safety before your fear of appearing rude to a complete stranger. If a stranger for example offers help, and your intuition rings the bells of alarm, overcome your reluctance to be rude by remembering that THIS PERSON IS A COMPLETE STRANGER, YOU DON'T KNOW HIM/ HER FROM ADAM, AND THAT YOUR TRUST HAS TO BE EARNED, NOT GIVEN DUE TO SOCIAL OR PEER PRESSURE. "No thank you... I do not want your help, I do not need your help, thank you and good bye".

Don't like the look of taxi driver? Simple, don't get in the taxi. "It's fine sir, I'm waiting for a friend. I'll catch the next taxi. Thank you and God speed." No additional explanation neither needed nor given. Same goes for sitting on a public bus or getting into an elevator, got a funny feeling about the person next to you or in the elevator, don't sit there, don't get in the elevator. Simple.

Never put safety before your fear of appearing rude to a complete stranger. Remember, the word "No" is a complete sentence, if somebody ignores your "No", they have nefarious purposes and should not be trusted. This goes for absolutely anything, from the person at the bar looking to buy you a drink to the person asking to walk you home. If your "No" is being ignored, that person is trying to control you. Tread cautiously.



5. ANALYSIS OF YOUR DAILY ROUTINE

Analyse your daily routine and look for areas where you see yourself as being a potential victim. Try to put yourself in the position of an attacker and ask yourself “would I make a good target?” Remember an attacker’s wants and needs (taught at our Fundamentals of Personal Protection seminar), while you analyse your routine. Take this into consideration while conducting this short exercise.

There are also many awareness exercises and drills that we teach that can help you increase your awareness levels. Remember, if you don’t know what you’re looking out for, you will never spot it.

6. VERBAL DIFFUSION

If you find yourself in a confrontation and it has not yet got physical, remember the four rules of verbal de-escalation:

- Never Threaten
- Never Challenge
- Never Command
- Never Contradict



Everyone knows that the most fragile thing on this planet is the ego, especially the male ego. Add to it intoxicants, insecurities and bingo, you have a recipe for violence. Tread carefully when dealing with potential violent individuals. Listen to what they’re saying (The Problem) and try to offer a face-saving solution to the aggressor. Never use verbal strategies that can escalate the confrontation.

7. PASSIVE STANCE

Use a passive stance when dealing with confrontation, it has the ability to make your attacker over confident and drop their guard. Never adopt an aggressive fighting stance as it only prepares your attacker and creates legal hassles for you later on. Remember, CCTV will record the incident, but may not have the ability to record the Audio therefore third party perspective must also be in your favour, ("They both looked aggressive, he took a boxing stance and they just started fighting...") Who would you rather hit, the attacker that is ready and prepared or the one that will never see it coming? Again which strike hurts the most? Yes you got it, the one that got you totally unawares. This is your opportunity to start loading the dice in your favour and putting a system in place in the event physical violence becomes unavoidable.

8. SECONDARY LOCATIONS

Never let somebody take you to a secondary location/crime scene regardless of his or her threats. You must fight back where you are as it presents your best opportunity for survival. What is a secondary crime scene? It's where they find bodies.

So, suppose you made some bad choices by withdrawing money at an ATM in a bad neighbourhood, late at night, and now some junkie is holding a knife to your throat demanding cash. Since material possessions are replaceable and not worth dying for, you decide to hand the money over in hopes of ending the encounter with no injury or loss of life. Sadly, life dealt you a shitty hand and the nice mugger wants you to come with him or he will cut your throat.

Now is the time to fight back, your possessions were not worth fighting for but now this guy wants you in a secluded location to cause you physical harm or murder you. The game has changed, this is your best opportunity for survival, remember, you are important! It also goes without saying that if you let an attacker tie you up, your chances of being found alive and unmolested drastically decrease.

9. REMEMBER

Always remember to do what you would tell your children or loved ones to do if they were in that situation. This will help you decide the best course of action quickly and eliminate threat. You and only you can decide your course of action, there will be no "instructor" there to guide or help you and no referee to stop the fight if it turns ugly. For better or for worse, the stage is yours and yours alone. No doubt, once all is said and done, there will be an army of armchair commandoes and keyboard warriors to critique your actions and nit-pick your tactics. So, do yourself a favour and take your own advice, as it's your blood on the line.

10. THE RIPPLE EFFECT

Always remember, every action you take, every word you say has a ripple effect on you and others. Only use the amount of force necessary to achieve your immediate aim: to get home safe.

Remember self-protection begins with the self, you may need to justify your actions in a court of law. We hear repeatedly "I'd rather be tried by 12 than carried by 6"; well I would rather neither thank you very much!

This is but a taste of what we teach during our Fundamentals of Personal Protection seminars. I hope you have enjoyed the read and found the information useful. Please remember to share this information with your loved ones.

CONTACT US

Self-Protection Ireland is a mobile Reality-Based Self-Defence organisation set up by members of the Irish Defence Forces and An Garda Síochána. Our teachings allow our students to move from theory to practical application of skills in all areas and help create the proper mental blueprints needed to survive a violent confrontation. Our training is suitable for the complete beginner to the experienced martial artist, be it traditional or combative martial arts.

For more Information on Self-Protection Ireland seminars, workshops and group training, visit us at www.selfprotection.ie

or email: info@selfprotection.ie