

WOODALL'S SELF DEFENSE

Practical Self Defense
with Martial Arts Values

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WoodallsSelfDefense.com

SAFETY FOR WOMEN

*"This above all, refuse
to be a victim."*

~Margaret Atwood

5 KEY ELEMENTS OF SELF DEFENSE

- Awareness** Where are you? Is there an exit? Who is around you?
- Body Language** What message are you sending by the way you stand/walk?
- Self-Thinking** Are you worth defending? Are you willing to appear "not nice" in order to protect yourself? Can you be mean?
- Boundaries** Ask once. Then Tell. Then MAKE.
- Physical Defense** Worry less about what they'll do to you than about what *you* might have to do to *them*. Predators don't want to be caught or injured; they want easy prey. Fight back.

Did you know...

*Most attacks are by single, unarmed assailants.

*Most attacks on women are by people they know.

*Criminals have a plan; they don't have a backup plan.

*Predators want easy prey. They want to win, not to be injured.

*People don't "Freeze" in fear. They hold their breath. To start breathing again, wiggle your fingers.

*You must be assertive. If someone says/does something that is wrong, repeat what they say or call them on what they do **LOUDLY**, so that other people hear. Yes, embarrass them. No secrets = freedom!



WILL FIGHTING MAKE IT WORSE?

If you try to talk to or manipulate your attacker you have a 4% chance of avoiding a rape.

If you FIGHT BACK you have a 55 to 86% chance of avoiding a rape.

1 in 4 women and 1 in 5 men will be sexually assaulted in their lifetime.

Your first line of defense is your mind.

You can feel intent.

The best way to get out of a dangerous situation is not to get into it in the first place.

Women's core strengths are the legs, abs, and hips.

The first "No" should be the last one. The second "No" is victim language.

PC = Privacy & Control. If they can't get privacy, they can't get control.

If they want your car, give it to them. If they want YOU, run or fight. Don't get in a car where you will be isolated. Remember PC!

Read "The Gift of Fear," by Gavin de Becker.

If you have to fight, make a lot of noise.

When you defend yourself you defend your entire family.

We fear the unknown. Use your head... to imagine different scenarios and visualize your response. What you've imagined loses much of it's power to frighten you.

THE BEST PROTECTION ANY WOMAN CAN HAVE IS COURAGE.