#### Self Protection System Outline

This outline was designed to help you remember the basic concepts and avoid or defuse conflicts and if necessary physically end them. “The Art of Fighting With Out Fighting.”

**4 Personal Safety Rules**

# Create Safe Habits

1. **Be Aware, Not Afraid**
2. **Trust Your Instincts**
3. **If in Doubt Get Out** (Bolt & Run, or Stun & Run, or Stun & Control)

**ABC’s of Psychomotor Self Protection Habits**

**A= Awareness** and **Avoidance** of potentially dangerous situations. Use The Stop Light Stratification System to recognize, differentiate and organize the level of threat.

**B= Buddy Up.** Set up a **Boundary, Be Calm,** and **Breath** slowly and deeply.

**C= Communicate with Confident Body Language & Respect,** but not obedience,

**“**If they will talk they will probably walk.” Use Verbal Diffusion Skills (“S.E.T.” Support, Empathy, Truth.) Remember to talk with hands up in a non-threatening way.

**D= Don’t Put Yourself in a Worse Situation** (Do not obey aggressor or escalate confrontation with insults, etc.)

# E= Environment Can be used to your advantage etc. Choose the safest people, path or area.

# F= Yell “Fire” often instead of “Help” because it’s more effective.

**G= Get Away** run in a zigzag through obstacles, if possible run back to where you came from.

**H= Hit First, Hit Hard, Hit Fast, Scream and Yell a Lot** (only use this step if A-G fail.)

## After the last letter or “H” reverse the order of the ABC’s!!!!!!!!!!!!

**Predators don’t like disobedient, loud, and difficult to control people who fight back and attract attention. They will probably give up and look for a more obedient, shy victim who will freeze up.**