Texas A&M University Corpus Christi
Department of Kinesiology
Self-Defense

Kine 1112.001      Instructor: Paul Bystedt
MWF 9:00 AM in Rm. 141
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Self-defense

I. Course Description:
Self-defense.  Kine 1112.001
A comprehensive course in personal self-defense. Instruction and practice in self-defense
techniques that require little strength and practice but have a great effect. Solo and partner

II. Rationale:
There is always the possibility of an attack. A thorough knowledge of self-defense could
help a person protect themselves or others from injury or death. Many woman also face the
possible threat of sexual assault. Children can be especially at risk. Many of the ideas in the
course can protect individuals from situations where they would have to use force to defend
themselves.

This self-defense course will teach the students techniques they can use to defend
themselves against a larger and stronger opponent. These techniques can be learned by almost
anyone regardless of age, gender or physical ability. Preemptive skills to protect the students in
their home, car, work and outside.

Students will get a deeper understanding of the psychology of attackers and victims.
Strategies to prevent attack, avoid confrontation or redirect a threat, what to do when attacked
and what to do after a person is attacked. Strategies to use when attacked by weapons and how to
use weapons and common household items for self-defense.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
N/A

IV. TExES Competencies
N/A

V. Course objectives/Student learning outcomes:
The students will learn:
X Skills to defend themselves and others from attack
X Strategies and safety tips to avoid conflict when possible.
X Basic blocks, strikes and kicks.
X Basic wrestling skills from Western wrestling and Jujitsu.
Basic skills of knife and stick fighting.
Basic concepts from Karate, Wushu, Jujitsu and other fighting arts and techniques.

VI. Course topics:
The major topics to be considered are:
- Stretching and strengthening exercises.
- Stance, footwork and posture.
- Strikes using hands, feet, elbows, knees and head.
- Edged, percussion and flexible weapons.
- Psychology of self-defense.
- Defensive strategies.
- Nutrition for health.

VII. Instructional methods and activities
A. Traditional experiences - lecture/discussion, demonstration, drill and video.
B. Clinical experiences - Practice exercises and drills with partners.
C. Field experiences - Optional seminar participation possible with different instructors.

VIII. Evaluation and Grade Assignment
A. Methods and percentage of final course grade each assessment constitutes.
   Attendance and participation: 50%
   Tests:
   - Midterm: 10%
   - Final: 30%
   - Magazine article or book report - typed 10%
   The report should be on a related area. The article can come from a book, a magazine or the internet. If from the internet, print out the first page of the article and hand it in. The report should be one page, double spaced and in 12 point Times New Roman font. One inch margins.

B. Grading Scale
   A: 90-100
   B: 80-89
   C: 70-79
   D: 60-69
   F: 0-59

IX. Course schedule and policies
Tentative Course schedule:
1-18 to 2-15 Stance, footwork, strikes, targets, hindiaindi, kotekitai, combinations.
2-17 to 3-24 Falls, throws, ground work, joint locks, chokes.
   3-11 to 3-19 Spring Break
3-24 Midterm
3-27 to 4-26 Weapons (percussion, edged, flexible & firearms).
4-28 Review for final
Attendance/tardiness
Students are allowed two unexcused absences. Each non-excused absence is worth 3% of your final grade. Being late to class three times will count as one absence. Nonparticipation will count as an absence (exceptions are possible for injury or illness). Ten or more absences that are not made up may result in failure with the exception of approved University absences.

Late work and make-up exams
There are options for making up approved University business and pre-approved absences. Students have two weeks to make up an absence, after that the absence may count against their grade. Students have one week to make up missed exams.

Cell phone/electronic device usage
No using cell phones or any other electronic devices during class. Students must put away all electronic devices and any notes before accepting tests. Failure to do so could result in a zero for that test.
No food or gum during class.

Academic Integrity/Plagiarism.
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.).

In this class, academic misconduct or complicity in an act of academic misconduct on an assignment or test may result in one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of 'F' to work in question;
6. Assigning grade of 'F' for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.

See the University Catalog for more information.

Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class.
(Include date for semester) is the last day to drop a class with an automatic grade of “W” this term.

Classroom/professional behavior

Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

Statement of Civility (can be in place of classroom/professional behavior)

Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Statement of Academic Continuity

In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

X. Textbooks

Recommended but not required supplementary textbooks are:

XI. Bibliography

The knowledge bases that support course content and procedures include:
Thirty years of martial arts training.

XII. Grade Appeals
As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. Disabilities Accommodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in CCH 117.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825 -5816.

Please come to me if you have any questions or concerns.
“The two main tools of self-defense are awareness and avoidance.”
If attacked it best to run if possible. Escaping is a priority over property. The element of surprise can be the most important part of your defense. “If you are merciful to your enemy, you are cruel to yourself.”

Preventive behavior.
1. Stand and walk tall. Posture is an important defensive tactic.
2. Look and act confident. Walk with confidence with your head up.
3. Speak clearly and firmly.
4. Use firm eye contact, meet and hold a gaze. Look them in the eye to let them know you are aware of them and can identify them later if need be. Never turn your back on a threat, unless you are running.

If you are attacked, you must judge the situation yourself. There are no exact answers.

SKY - Scream, Kick and Yell.

Be in charge. Do not panic and try to stay in control. Say what you want or do not want. Being fearful prevents people from being fully self-determining. By accepting and understanding fear it becomes controllable. Looking like a victim encourages an attacker. Weight lifting, martial arts and other types of exercise will improve your posture and bearing to make you look less like a victim. It will increase your self-confidence and ability to defend yourself.

Avoid a conflict whenever possible. You never know how dangerous a person you might be facing. You also avoid later legal problems. You avoid being injured yourself (often even when you win) and injuring others. The most important strategy is to escape with the least amount of damage possible. Self-defense is about survival. If possible, avoid going anywhere with your attacker. Your chances of being assaulted increase if you are removed to a remote area.

Confidence, awareness and knowledge are your best defense. Awareness is “one of the most effective forms of self-defense available.” Rely on your intuitive feelings about fears, trust them and be strong enough to act on them. “I thought he was peculiar but . . .”

Assertiveness is the key to psychological self-defense. It is important to relay to your attacker that you are not a willing victim. To be assertive is to be direct and to say what you mean without making excuses, apologizing or justifying your rights. Many women are afraid being assertive appears unfeminine or aggressive. Assertiveness is a positive behavior. An assertive response may prevent as much as 80 percent of potential assaults.

Knowledge can prevail over strength. Attitude can prevail over strength. A “psycho” technique is more effective.

There are three aspects of Chinese martial arts, striking, wrestling and qinna. In self-defense striking is usually used first. To defeat a striker you use wrestling. To defeat a wrestler you use qinna (chin na). Qinna is joint locks, sealing the breath or blood (chokes) and separating the muscles and bones (a tearing action). To defeat someone using qinna you go back to using strikes.

In Chinese martial art you must be first brave, second strength and third gong-fu or skill. The first requirement is a self-defense situation is that you are brave enough to deal with
the problem. Traditional Chinese martial arts also say first **speed**, second **techniques** and third **strength**. If you are fast enough you can win. If you technique is good you can beat strength. When you are strong enough you can overwhelm your opponent.

**KISS - Keep It Short & Simple.**

Prioritize your defense:

A. Identify the danger.
B. Avoid the danger.
C. Redirect the attack.
D. Block the attack.
E. Receive attacks in non-vital areas rather than vital.
F. Stay conscious.
G. Survive.

**Physical clues of an appending attack from the CCPD**

1. Suspect will “blade foot position” - strong foot towards the officer. Obvious shoulder shift - strong side. "Might be a subtle movement."
2. Hand set - hands will be raised up and set to strike.
3. Target glance - subject will look at your gun, baton, hands, etc.
4. Directional look - suspect will look which way will be his exit route after striking the officer.
5. Bobbing - up or down or a rocking back and forth.
6. 1000 yard stare.
7. Growling sound or voice.
8. Head dips down.
9. Facial wipe - suspect will usually wipe his face before the attack.

About 90% of self-defense situations happen at night.

**Safety tips**

1. Buy an air-horn, kuboton, whistle, mace or pepper spray for key chain, **noise** is a great deterrent.
2. Be alert. Be aware of your surroundings.
3. Use caution with alcohol and drugs. Never leave a drink unwatched.
4. When outside, walk quickly and assertively. You are less likely to be attacked if you seem self-assured and confident. Attackers look for **easy targets**.
5. Wear clothing that is easy to move in.
6. Join a self-defense class or study martial arts. Show or practice techniques with friends and/or your children. Study martial arts even if you carry a weapon. **If you decide to use a weapon such as a gun or a knife, it is important that you realize that they may be taken away from you and used against you or your loved ones.** A surprise attack may prevent you from using you weapon immediately, you may have to fight for the opportunity to use it.

Martial arts:

A. Teach you how and where to strike back.
B. Increase your self-confidence.
C. Improve health - aerobic, strength and flexibility.
D. Unlike other weapons, martial arts cannot be used against you.

7. Exercise regularly to be able to run from or fight off an attacker. Regular exercise will improve your posture and confidence.

Domestic violence is the least reported crime. Every fifteen seconds in the U.S. a woman is beaten by her partner, ten of these women die every day (1993). A NIMH study found that men were more likely to be the victim of domestic violence. In cases of severe domestic violence 63% of the men faced a weapon and only 15% of the women did. Most abusers have a family history of abuse. Sons of domestic violence were ten times more likely to be abusive and the daughters were six times more likely. There is a correlation between alcohol abuse and domestic violence.

Two-thirds of the attacks on women are committed by someone they know. Four out of 10 sexual assaults take place in their own home. A rapist attacks an average of seven different victims before being captured. Fifty-two percent of convicted rapists will be rearrested within three years of probation. “Nearly one third of women in the U.S. report being physically or sexually abused at some point in their lives. Domestic violence is the leading cause of injury to women.” It is estimated that one in six men will be sexually assaulted in their life.

There are three types of rape.
1. Date rape. On a date a man wants more than their dates wants to give.
2. Acquaintance rape. The most common. Someone they know, friend, co-worker, neighbor etc.
3. Stranger rape. The most dangerous.

Types of rapist.
1. Acquaintance. This type of rapist will often use threats of physical harm to their intended target or another person, intimidation or imply that something worse will happen. They will not listen when the victim says no or get the person drunk or high.
2. Non-sadistic. Feels the women would turn him down. Has false beliefs that she has feelings toward him. Often believes everything will be alright afterwards.
3. Opportunistic. No plans, just sees an opportunity.
4. Power/Sadistic. For control, the more she resists the more he enjoys it. Feels no remorse for killing his victims.

The average assailant is 5'6" to 5'8" and weighs around 160 lbs.
- One forcible rape occurs every 5 minutes.
- One out of every 4 college women is assaulted.
- 35% of rapes will be committed by dates, boyfriends or fiancés.
- 85% of women who immediately resist their attacker are able to ESCAPE!
- There were over 200 reported rapes in Corpus Christi in 2006.

People who have been abused by family or people they know and trust run a high risk of being attacked again. Woman who were assaulted before age 18 were twice as likely to report being attacked again as an adult.
What to do if you are sexually assaulted
1. Get to a safe place.
2. Get medical attention.
3. Preserve as much evidence as possible.
4. Report assault to authorities.
5. Remember that the assault was not your fault.

Up to 49% of Americans live from paycheck to paycheck. One in three of Americans have no savings.

The five stages of an attack
1. Target. The attacker looks for a person they feel is vulnerable, physically or psychologically weak, confused or have predictable habits.
2. Test. The attacker will see how the victim responds to a seemingly innocent interaction, like asking the time or directions.
3. Threaten. Threats of physical harm, humiliation or displays a weapon.
4. Touch. The physical assault.
5. Takeoff or flight.

De-escalation strategies
1. Stay calm or try to appear calm.
2. Show that you are concerned and want to help them. Ask person what you can do for them.
3. Do not argue with, threaten, yell back at aggressor.
4. Keep a safe distance.
5. Do not touch person.
6. Do not wave arms or fingers at person.
7. Use computer or monotone voice.

PACE
Problem. What is the...
Audience. Who is the...
Constraints. Barriers to effective communication.
Ethical presence. Adult ego, not child or parent.

LISTEN
Look
Show Interest
Sympathize with.
Territory. Keep your space.
Emphasize
Nod. Show agreement with
**Safety tips at home**

Most home burglars are amateurs looking for easy targets. They look for homes with the least amount of risk, an easy access and escape.

1. Doors should be metal or have a solid core. Reinforce bedroom door. Lock bedroom door at night. If the door opens outward secure the door by “hinge pinning.”
2. Install a peephole viewer of round glass with 180° viewing. Do not open your door to anyone until you are sure who it is.
3. Install double cylinder dead bolt locks and security quality strike plate.
4. Replace the locks before moving into a new house or apartment.
5. Large glass doors or windows can be broken easily and someone could enter your house quickly. Pin sliding doors and windows.
6. All windows should be secure, even upstairs windows.
7. Look for signs of tampering on doors and windows.
8. Have blinds, drapes or shutters on all windows and close them at night. Other people can’t see you, your family and your valuables.
9. Never leave your door unlocked even for a few minutes.
10. Create an evacuation plan and practice it.
11. If you are female, do not broadcast that you live alone or with another woman. List initials on mailbox, checkbook and telephone directory.
12. Do not have large plants in front of windows or near doors that people could hide behind.
13. If someone asks to use your phone because of car trouble or other emergency, offer to place the call for them. Do not open the door or allow strangers into your home.
14. Post emergency phone numbers and your own phone number and address on all telephones.
15. Activate electronic door openers only when you can see the area and close immediately.
16. Curtains or paint over garage windows.
17. Know your neighbors and report any suspicious sounds, activities, cars or people.
18. Support your neighborhood watch program.
19. Use noise as a deterrent to protect your unoccupied home such as a radio or television. Have mail picked up. If necessary, arrange for lawn care.
20. Leave a light on outside at night. Use motion detectors with lights. Place lights out of reach of the ground. Do not walk outside at night without ample light.
21. Criminals will avoid homes with a dog. Put a water dish out front and a beware of dog sign.
22. Connect indoor lights to timers.
23. If you live in an apartment complex, avoid deserted laundry rooms. Never enter if occupied solely by a man you don’t know.
24. On your answering machine say that “we can’t come to the phone right now.”
25. Have a phone and or cell by your bed. If you have a “panic button” on your car keys keep them with you at home.
26. Pay all your maintenance workers by check so you will have a record of who worked for you. Watch repair or service people while they work.
27. Leave a twenty-dollar bill in plain view near the inside doorway. If someone has been in your home, it will likely be missing.
28. If you think your home has been burglarized, exit immediately and call the police.
29. If you have a weapon in your home there is a possibility it may be used against you.
30. Never hide a door key. Leave it with a trusted neighbor. Be careful of your trusted neighbor.
31. Fake alarm decals, neighborhood watch program or the CC Operation ID stickers on doors and first floor windows.
32. Engrave valuables with driver’s license number. Keep a list of serial numbers for TVs, stereos, etc.

**Safety tips outdoors**

1. Have your keys/kobutan ready when approaching your car, home or office.
2. Cross street to avoid unsavory characters. Pretend to be looking for something.
3. Keep away from alleys and doorways.
4. Walk facing traffic.
5. If you think you are being followed, don’t go home. Go to an area that is inhabited.
6. Carry your purse in front of and close to your body. Carry handbags away from traffic. If you carry large sums of money, don’t let it be known.
7. When approached by strangers maintain at least a three-foot distance.
8. Do not leave your valuables in a shopping cart or in plain view in your car.
9. Try to walk, jog, bicycle, etc. with a partner when possible. Don’t jog while wearing headphones. Try to carry a stick or exercise with a dog. Vary your routes and times.

**Safety tips in your car**

Good drivers anticipate what will happen, bad drivers react.

A vehicle is stolen every 25 seconds in the U.S.

1. Look for signs of tampering and check the back seat before entering the car. If your car is in good condition and does not start, become suspicious.
2. Vary your routine and traffic route.
3. Always lock your car when leaving it. Keep your doors locked when in the car. *Almost 50% of stolen vehicles were unlocked. Take your keys. Nearly 20% of stolen vehicles had their keys in them. Don’t hide a second set of keys in the car. Don’t leave registration in car. Completely close windows.*
4. When stopped at traffic light’s look around. Be aware of your surroundings.
5. When stopping behind another car always maintain enough room between the vehicles should you need to get away from an attacker.
6. If your car is struck, pull over in a lighted area or an area with “safe” people.
7. Try to time traffic lights so you won’t have to stop in unsafe surroundings.
8. If necessary, use your horn and run a red light to get to a safe place. It is safer to turn right usually.
9. Let your headlights work for you by allowing you to check out your home or garage. Lock car in garage if you have one.
10. If you feel someone is following you, go right 4 times (or left). If they are still behind you drive to a police station or fire station, do not go home.
11. Flash lights or sound your horn to attract attention.
12. Park in area that will be well lit when you return. Park on ground in parking garages.
13. Never leave your house keys with a parking attendant or service personnel.
14. Keep your vehicle serviced and the tank filled.
15. Drive in well-lit and familiar areas.
17. Carry a “Call Police” sign in your car and display it in your rear window in case of an emergency. Keep your doors and windows locked until a friend or a uniformed officer arrives.
18. Carry a cellular phone, a nonfunctional phone can also be effective.
19. You can use your car as weapon.
20. No tailgating - it will not make the driver in front of you go faster and you will be responsible for any accidents.
21. Never drive or ride motorcycles.
22. If placed in a trunk, rip out wires, break lights out. Get your hand out through the lights.
23. Practice escaping from car in case of carjacking.
24. Park with wheels turned toward curb. If your vehicle is rear-wheel drive, back into your driveway. If front-wheel drive park with front end in first. Always use emergency brake.
25. Dash camera.

**Safety tips at Work**

1. Report strangers in your office.
2. Lock doors after hours. Office should have one main entrance to control access.
3. Keep purse or personal information near you or locked up.
4. If you make bank deposits, vary times and routes.
5. Plan escape routes.
6. Adopt a zero tolerance policy on violence in your workplace.
7. Avoid appointments when no one else is in the office.
8. Fire doors on alarm system and exit only.
9. Work stations should allow you to view the comings and goings in the office. They should be designed so that if an aggressor is in front of your desk, they should not block your escape route.
10. Set up a code system known to all employees in case you need help.
11. Try not to be in office alone.
12. Stay near buttons on elevator.
13. Set up an escort for women leaving after dark.

**Safety tips at ATM**

1. Avoid using ATM at night or in isolated area.
2. Scan area and prepare deposit slips before approaching.
3. Do not enter until the car ahead of you pulls away. Make sure the doors are locked and keep the engine running.
4. If ATM card is lost never give out pin number. Do not meet a stranger in an unknown or isolated area to retrieve it. Notify bank if your card is lost.
5. Do not accept assistance from anyone you do not know.

**Safety tips when traveling.**

1. Call front desk if someone tries to get in your room, even employees.
2. Purchase portable door alarm or door stop.
3. Put valuables in hotel safe.
4. If you believe someone is in your room, have a hotel employee check it out first.
5. Keep a *do not disturb* sign on the door and the radio or TV playing while you are out.
6. Always find out who is calling you in your room. Do not give out your name. Call back if they say it is the front desk.
7. Tell reliable people where and when you are going and when you are returning.
8. Carry only credit cards and ATM cards you will need.
9. Make sure everyone in your party has the name, address and phone number of the place where you are staying.

**Lures**

Criminals will often use lures because they can get the victim to go along voluntarily.
1. Use of real or artificial authority.
3. Tell you someone known to you needs help.
4. Present a false job. “You would be a great actor/model.” Offer a prize, such as money or a trip if you do something.
5. Offer of something for nothing.
6. Tell victim their peers, neighbors and other respected members of the community are investing or whatever.
7. Invest quickly before a false deadline.
8. By giving a small favor, like a free lunch, people tend to feel grateful and obligated to help them.

**Firearms**

Pump shotgun is best for home defense. You want the sound it makes when chambering a round. Hammerless revolvers are best for carry.

**Gun safety**
1. Every gun is always loaded.
2. Never point a gun at anything you are not willing to kill/destroy.
3. Keep finger off trigger until it is on target.
4. Be sure of target.

**Application**
1. Practice draws - different situations, sitting, left hand, close, drop to knee etc. Hold weapon close.
2. Practice reload. One handed also.
3. Practice clearing malfunction. One handed also.
4. Move to preferred position.
5. Difference in concealment and cover.
6. Lying prone, face up at close range.
7. Multiple targets.
8. Practice moving steady, forward, backwards, sideways, shuffle, left and right.
10. Clear corner, left and right handed.
**Safety tips for children.**

There are approximately 4600 children abducted by strangers in the U.S. each year. There are approximately 120,000 attempted abductions each year. One pedophile can create 350 victims in their lifetime. According to a Justice Department report only 14% of molesters caught will actually be convicted or have a criminal record that will show up in a background check. Almost 80% will walk free and 15% will have deferred adjudication with their record cleared at the end of probation.

Males were responsible for 95% of child abuse case in Nueces county in 2004.

The attackers: aged 18-64, 82%  
aged 10-17, 18%.  
Variants: aged 0-5, 28%  
aged 6-12, 51%  
aged 13-17, 21%

51% of the attackers were relatives. The fathers were responsible for 15% and the mother’s boyfriend was responsible for 11%.

When a child fights an abduction attempt, 82% of the escape.

1. Know where your children are and have phone numbers for where they will be. Make sure your child knows their phone number and address.
2. Role play different situations to teach them what to do. “Your mother told me to pick you up. Could you help me look for my lost puppy...?”
3. Train kids to get you or a “safe” adult if an adult approaches them.
4. Teach kids to say “no” to strangers, relatives and any other adult they don’t trust. They should not takes gifts or food from strangers.
5. Teach kids to be wary of normal looking people. Dangerous people often look like nice, respectable people.
6. Tell your children you love them and will help protect them. If something happens you will be looking for them.
7. The greatest risk to your children are accidents. Child proof your house, work on fire drills, teach traffic safety...
8. If a vehicle pulls up next to them, they should move quickly away.
9. They should never answer the door or the phone.
10. Teach child to dial 911 and not hang up.
11. Teach them about safe havens, like policemen, security, store cashiers, etc.
12. Don’t put child’s name on toys, clothes or on your vehicles.
13. Accompany child to public restrooms.
14. Keep up to date color photographs of child in purse or wallet.
15. Teach your child that if they are pulled into the front seat of a car they can pull wires from under the dash, throw car into park or reverse or push steering wheel.
16. Move kids computer into a common room, not their bedroom, have filtering and monitoring software. Teach them importance of passwords.
17. Tell your children to tell you if any adult asks them to keep a secret.
18 Have your children use a buddy system.

The average U.S. child watches 28 hours of TV a week.
Identity theft

Identity theft is the fastest growing crime. Most identity thieves steal your information from your mail or your garbage. 1-888-5opt-out
2. Never carry your social security card.
3. Shred any paper with sensitive or identifying information.
4. If other people have access to your mailbox consider a P.O. Box or install a locked mailbox.
5. Watch any person handling your credit card.
6. Destroy or use hard-drive shredding software when getting rid of old hard-drives.
7. Never e-mail personal or financial information.
8. Photo copy both sides of whatever is in your wallet and keep in safe place.
9. Have first initial on check, but sign your name when using. Do not have your driver’s license, phone number or social security number on your checks.
10. Make a list of all credit card names, numbers (the last four number are usually enough) and their customer service numbers and keep it in a safe place.
11. Cancel all credit cards that you have not used in six months.
12. Change your passwords. Ideal is a 20 character alphanumeric password every month. More reasonable is a 6 character alphanumeric password every three months. Passwords on laptops, cell phones and thumb drives.
13. Check email headers for phishing scams. In the view menu look for “received from”.
14. Free websites are supported by ads. Block tracking cookies.
15. Insist on encryption. Httsp:
16. Anything posted on social network is open to anyone.
17. Laptop. Report if stolen. Back up. Require password. Change passwords. Call bank and credit card companies. Attach contact info to laptop so if someone finds it they can return it.

Legal Responsibility

You are only allowed to use reasonable force to defend yourself, your property or another person. If you are afraid of being attacked or are being attacked you are only allowed to use reasonable force to defend yourself. You may also use such force as is reasonable to prevent a crime. Reasonable force means that you must do the minimum that is required to prevent or avoid further injury. If the attacker is incapacitated or retreating you are not allowed to continue your attack. In a fight situation you have to be able to demonstrate that you tried to avoid the fight. To legally defend yourself you have to demonstrate that there is a physical threat to you, another person or property.

Makiwara

The makiwara is the main tool used in karate training. The makiwara is used to toughen your hands and feet for striking. Regular practice will strengthen your muscles, bones and ligaments. It will increase your striking
power and focus. Start by hitting it lightly and gradually increase your power. It is not how hard you hit it, but how many times.

**Main Targets**

1. Eyes.  
2. Nose.  
3. Throat.  
5. Groin.  

**Basic Exercises**

**Kicks**

*Benefits of low kicks - balance better, easier, faster, stronger and difficult to block.*

1. Front snap kick  
2. Crossover stomp kick  
3. Roundhouse  
4. Knee lift  
5. Heel kick  
6. Back kick

**Hand Strikes**

*Benefits of palm strikes - faster, stronger, safer for your hand and more options (grabs & jabs).*

1. Palm strike  
2. Reverse palm strike  
3. High hard block with reverse palm strike  
4. Middle hard block with reverse palm strike.

*Middle area block, lead palm and revers palm.*

5. Low hard block with reverse palm strike  
6. Middle push block with reverse palm strike.

*Outside shuto, reverse palm, push block and reverse palm.*

7. Backfist or wrist strike with reverse palm strike.

*High block, downward backfist, push block, horizontal backfist and reverse palm.*

8. Telephone block and reverse elbow strike.

*Rear hand outside shuto, lead hand rising elbow.*

**Partner drills**

1. Four Count Kotekitai.  
2. Four wrist releases.  
4. Stomp.  
5. Knee drill.  
6. Sweeps 3-2 steps.  
7. Sweeps sideways.  
8. PiQuan.  
10. Taiji - brush knee & press  
11. Two count kotekitai.  
12. Chen style push hands  
13. Filipino drill.  
14. Filipino elbow drill.  
15. Push drill from Gojo and Taiji.  
16. Ippon kumite.  
17. Leg drills.  
18. Wax on - wax off.
Knife defenses

1. Against a right handed ice-pick attack. Step to the left use a right shuto to the opponent’s knife hand. Circle their hand out and down into their leg.

2. Squat kick defense. The opponent stabs you with their right hand. Step to your left and perform a propeller block to the right. Follow up with a squat kick to the groin and then osoto gari.

3. The opponent stabs you with their right hand in a hammer grip. Your right foot steps back to Seuinchin stance and your left hand does a palm strike to their arm and then a Kotegaeshi wrist lock. Finish with a right kick to their groin and an osoto gari.

4. The opponent stabs with his right hand. Use the lateral edges of your wrists to strike the opponents anterior wrist crease and the distal, posterior potion of his hand at the same time to disarm the opponent. (Phan Ku Ryu).

5. The opponent (right handed) has their knife tip pressed against your abdomen. Slightly lean towards the opponent to create pressure on the blade. Pivot your body slightly to your right to angle your body. If the opponent stabs it will be a grazing cut. Your left hand comes from underneath the opponents hand and grabs their wrist in the #2 wrist lock flexing their wrist and using your abdomen against the flat of their blade to disarm them. (Phan Ku Ryu).

6. The knife defense from Kusanku. This is used against an ice pick or stabbing attack. Twist into crane stance as you shuto block to the opponents arm and shuto strike to their neck. Kick them in the groin, step behind their leg and osoto gari with a throat strike. Lock their elbow against your knee.

Self Defense Techniques

Part 1

I. Straight forward lunge punch.
   1. Non-preferred middle area block and reverse palm strike.
   2. Preferred middle area block and reverse palm strike.

II. Against a front snap kick.
   1. Hook opponents leg to outside with the forward hand, palm up.
      Rear hand palm strike.
   2. Pivot backwards and catch leg from outside with the palm up, lift their leg upward.

III. The opponent’s right hand grabs your right wrist.
    1. Circle your right hand over their hand up to your left shoulder. Against their thumb.
    2. Your left hand reaches under and grabs your right fist and pushes it into their face as a backfist.

IV. Against a headlock.
    1. Place your finger under their nose and pull backwards.
    2. Grab groin.

V. Open hand grab.
   1. Crane nods head. Right to right.
   2. Crane twists neck. Left to right.

VI. Brazilian Jujitsu take downs.
    1. Against a punch. Lunge and trip.
2. Against a punch. Parry outside and osoto gari.

Part II

I. Against a one hand lapel grab
   1. Elbow over top and down (Seiunchin).
   2. Groin strike and step behind their leg and throw.

II. Against a full nelson
   1. Stomp on their shin or foot.
   2. Bring your head back and the elbows down sharply.
   3. Shoot arms straight up and drop.

III. Against an opponent in the mount position.
   1. Trap their right leg and pull their right arm across as you lift your hips to throw them.
   2. Grab their belt and throw them forward as you lift your hips.

IV. Bear hug.
   1. Peel the opponents thumb or finger(s) up.
   2. Groin kick with the back of your heel.
   3. Double elbows to the opponents head. Side to side.
   4. Use a stomp or backward heel kicks.

V. Chokes.
   1. Two hand rear choke - raise arm and turn.
   2. Two hand front choke - raise arm and turn.
      3. One arm choke from behind. Flying mare or turn into choke and outer reap.