



WOMEN'S SELF-DEFENSE TIPS

Women are strong, powerful, and intuitive.
With natural self-defense mechanisms coupled
with physical training to combat aggressors,
keeping SAFE and IN CONTROL will come easily
if you follow these self-defense tips.



TRUST YOUR GUT

01

We all know that feeling – when the hairs on the back of our necks stick up and we get a sense that we shouldn't be somewhere, or around someone. It's nature's alarm system and women are born with it; it gives us a sense of fight or flight that in the past would have saved us from wildlife attacks, but today keeps us alerted about people we encounter, or areas we visit.

As natural possessors of such a system it's important to trust it – **trust your instincts and your gut**. If you're having second thoughts or doubts about a person or a place listen to your internal alarm because it's trying to tell you something. Never feel bad about, underestimate, or doubt its validity.

02 BE AWARE OF YOUR SURROUNDINGS

Knowing **what** and **who's** around you is a major safety advantage. Take precaution and never listen to loud music with your earphones in when you're alone or in new areas. Although music is a great addition

to exercising outdoors, earphones block out important noises that can help alert you to danger.

Your senses are there to guide you. Always stay present, and be available to sounds.



03 THINK BIG AND THINK LOUD

If you're confronted with a dangerous physical situation, **think BIG and think LOUD**. You are trained for this, you are powerful, you are mighty.

Use your mental and physical training with as much force and tenacity as you can. Your objective is to escape and hitting 'em where it hurts is your best way to do that, so aim for those vulnerable areas.

Fear can make you instinctively quiet, but remember to **YELL** forcefully. Use your voice to make sure you're heard, and **MAKE** your aggressor know that you will **stop at nothing** to keep safe and escape.



A man and a woman are practicing martial arts on a balcony. The man is in a dark shirt and pants, and the woman is in a brown top and jeans. They are both in a defensive stance, with the man's arm extended towards the woman's hand. The background is a blurred outdoor setting.

USE YOUR SURROUNDINGS

04

Are you near any alarms? Are you close to any busy streets? **Scan what's around you.** Assess your surroundings and see what's available – decide if you can break any windows as a way to call for help. Also, have a plan for when you break free and know what direction you can head to find safety as fast as you can.

05 PAY ATTENTION IN CLASS

Martial art classes are all about developing your strength both inside and out. You consistently challenge your physical limits and build your self-esteem in ways you never thought possible. What you learn on

the mats directly affects your response to life outside of class – so listen up!

When your instructor tells you to use the power in your hips, use that power in your hips. When a senior student tells you to focus on your kicks, take your legwork to the next level. Each tidbit you learn along the way is there to prepare and protect you, so keep your head up, mind focused, and keep learning. You won't regret it.

