

S.A.R.A.

Scan - your environment, identify exits, become aware of the situation, notice people around you.

Analyze - did something catch your attention? What is your gut/intuition telling you?

Respond - be ready to act. Rather than brush off a questionable situation, remain alert and ready. Speak clearly, directly, and in simple terms. Do not apologize, explain, convince, plead. DO NOT be concerned with appearing rude. If it doesn't feel right, your safety is your priority!

Assess - review the outcome and continue to repeat these steps.

Recommended Reading

The Gift of Fear: Survival Signals by Gavin de Becker

Strong on Defense by Sanford Strong

Real Fighting by Peyton Quinn

Bouncer's Guide to Barroom Brawling by Peyton Quinn

A Call to Action by Jimmy Carter

The Survivor's Club by Ben Sherwood

Back Off by Martha Langelan



INTRODUCTION TO SELF-DEFENSE



OUR DESIRE:

To introduce you to mental and physical applications that will enhance your safety and your ability to recognize and avoid danger, and provide you with the tools to fight back when necessary.

Self-defense is not just a set of techniques; it is your belief that you are worth defending and that you will fight back.

"NOT ME, NOT TODAY" Sigung Stephen Labounty

Physical Application

Targets:

Eyes, nose, ears, temple, throat, abdomen, groin, knees, shins, feet.

“The body is a buffet of targets.” - Mr. Chris Panting

“Anything is a target if you hit it hard enough.”
Sr. GM Ed Parker

Weapons:

Fingers for pinching, grabbing, ripping, clawing
Palm strikes
Hand swords
Elbows
Hammer Fists
Teeth for biting
Head for butting
Kicks for creating distance or destroying base
Knees
Your voice

Striking

Work your strikes slowly in the air, on a focus pad, or shield. Pick up speed only when you are comfortable.

Kenpo emphasizes speed, power, accuracy. Accuracy includes target recognition.

Use your whole body to hit. Visualize your striking surface going through your opponent, not stopping at the target. Power comes from compression and rotation of your weapon.

“Whether it is a big ship or small ship, the same size hole placed correctly in the hull can sink it.”
Sr. GM Ed Parker

**Thoughts from The Gift of Fear:
Survival Signals That Protect us from
Violence, by Gavin de Becker (refer to
Kelly’s story on pages 3-7)**

Understanding the Predator

Forced teaming - “you & me, together”
Charm and niceness - trust your gut
Too many details - used as a distraction
Loansharking - “My help is free”
Unsolicited promises - “You’ll be fine”
Discounts the word “no” - doesn’t listen
Typecasting - passive insult, “you aren’t the type of woman who...”

Fighting Back

Fear

- A normal physiological response to danger that prepares your body for survival.
- Releases adrenaline, giving you power and the ability to concentrate
- Gut instinct kicks in, you somehow know when something isn’t right

Panic

- Caused by unmanaged fear
- Destroys cognition, leads to hysteria
- Can be offset by fear management

“Your physical and mental conditioning and realistic preparation and training are critical in managing your fear and preventing the onset of panic.” Ret. Capt. Ron Sanchez

Fight back

- Thoughts of “I can’t believe this is happening to me” can be paralyzing
- Accept the situation and de-escalate, if possible
- Be willing to inflict pain and harm to the aggressor
- Attack the targets with force and accuracy
- Do not allow the predator to take you to another location

Distraction/Distance

- Make noise
 - Create space
- “Distance is your best friend.” Sr. GM Ed Parker

Expect Pain & Injury

- Injuries will happen, but are worth it for survival
 - Visualize yourself surviving and mentally prepare
- Our learned experiences, real or imagined, are stored in our subconscious. The subconscious controls most of our first reactions. The subconscious can’t differentiate between what is real or imagined.

Don’t quit

- Think about what you will lose if you don’t fight back
- “Not me. Not today.” Sigung Steven LaBounty