



Phase 1

Phase 1 Class Outline

Introduction

Contend with a Completed Assault

- Factors Influencing Trauma
- Immediate Response
- Emotional Safety & Support

Mental, Emotional, Physical Preparation

- Goals: Avoid, Escape, Survive
- Commitment to Survive
- Inoculate and Practice

Resisting an Attack

- Rape Mount Escape
- Blocking
- Rape Mount Escape with Choke
- Standing Choke Escapes
- Creating/Controlling Distance
- Palm Strikes
- Wrist grabs
- (Front Bear Hugs)

Awareness and Avoidance

- S.I.P.D.E. (Scan, Identify Hazards, Predict, Decide, Execute)
- Etheric Experience - Trusting Your Intuition
- Understanding Violence
- Attack Cues

Mental and Emotional Preparation

Assess Vulnerability

Review

Overview

Our **goals** for self defense are to first, **avoid** a confrontation by identifying potential hazards, predicting scenarios, and taking evasive action. If we cannot avoid a confrontation, our goal is to take immediate action to **escape**, and if unable to escape, our ultimate goal is **survival**.

We also acknowledge that women and youth are also known to be sexual or violent offenders; however based on statistics of the predominance of male offenders, and for general instruction, we will refer to offenders as masculine. We also advise that not all assaults are violent or cause visible evidence or injury, but they may have the same devastating impact.

We realize that whether or not to physically resist an assault is a personal decision based on the victim's assessment of the situation and her best chances for survival. Choosing to submit or comply with the demands of an assailant is not constitute consent, but is rather a survival strategy.

There are hundreds of safety tips to be found circulating, but remembering a few basic **principles** is most effective.

1. **Attract Attention.** Offenders do not want to be identified or apprehended, and need relative isolation to commit their offense. Increase the likelihood that they will be seen, identified, possibly video recorded, and apprehended by drawing attention to the attacker. It is not uncommon for an offender to say something to reduce his risk such as, "Don't scream and you won't get hurt." He is telling you what will foil his plan.
2. **Control distance and/or create distance.** A social distance of about 4 feet is not good self-defense distance. Make sure that the distance in which a person is allowed to approach you is appropriate to the situation. Keep a barrier between you. This may be a locked door or an object such as a shopping cart, a car, tree or light post. The longer it takes the person to get to you, the greater the chances of the person being seen and the greater the likelihood that they will abandon their effort.
3. **Go to People, Stay with People.** It is important not just run *away*, but to run *toward* assistance. In trying to flee a situation, avoid making yourself more isolated from people. There is generally safety in numbers. If you may be entering a situation in which you are more vulnerable (isolated areas, nighttime, social situations in which substances are involved, etc) institute the buddy plan and never leave someone behind, even if perceived to be left "in good hands." Be careful not to find yourself in a situation where you must rely on someone else to get you back from another location (dependent on their transportation, or even a room separate from the main event.)
4. **Use your strong weapons, against his weak targets.** Despite being restrained, focus on the strong weapons still available to you and use them against his weak targets with keen focus. Remember to fight efficiently so as to not become

exhausted. He will always be bigger and stronger than you, so move yourself rather than attempting to fight force with force.

5. **Assess the situation.** Are you isolated or is potential help nearby? Is the attacker angry and/or violent? Does he seem to be intoxicated or high? He is verbally threatening? Is he placing you in fear? The more danger or fear you perceive, the more force you may choose to utilize. Get comfortable with the defensive position as your weak targets are less vulnerable, while his are exposed. Act immediately, don't wait to respond. If you choose to fight, it must be 100% effort with your personal safety as your first priority.

Physical, Mental, Emotional Preparation

Preparing yourself physically, mentally and emotionally *before* an attack will help you respond appropriately in the event of an attempted assault, and help cope with the trauma in the event of a completed assault.

Recovery is greatly affected by how you feel about what you did prior to and during the assault; how others feel (judge) what you did; and your awareness of post-violence trauma. No one wants to think about being raped or attacked, but knowing what to do and how you may respond creates an “**inoculation effect.**”

Avoid the “woulda, coulda, shoulda.” If you have been, or are attacked, do not blame yourself. Blame the person who violated the trust. The assault was not your fault regardless of the events or choices leading up to it. If it has happened to you in the past, you did something right, you survived!

Do not become over confident or think that because you have taken a self-defense class that it can't happen to you. Learning to defend yourself does not justify staying in an abusive relationship. Contact a victim advocacy center to assist you in creating a safety plan to leave. Remember, it is never your fault if you are attacked, but there may still be situations, despite your best efforts, that you may still be victimized. If you are assaulted:

1. Find **physical safety away from the attacker**, even if only in the next room. Get as far away as possible.
2. **Call the police.** They can get you to safety and to receive medical attention. Only about 38% of victims call police. Victims are hesitant out of fear, shame, secrecy, embarrassment, self-blame, and even due to concern for the perpetrator. You are not required to give an interview or pursue charges, although you may decide to do so at a later point. Remember, sex offenders are repeat offenders, and you may be helping someone else.
3. **Get medical attention.** You may not be aware of injuries due to shock. You may be tested for HIV, STD's, pregnancy, and evidence may be collected. Sexual Assault Nurse Examiners (SANE nurses) are specially trained at conducting the forensic exams.

4. **Get emotional support.** Call a parent, trusted friend, and/or request a sexual assault advocate.
5. Remember that your **reactions are “normal”** considering a traumatic event such as an assault or violence and you will get better. Consider the example of a person seemingly acting “crazy” running, screaming, rolling on the floor, but if you know she is on fire, her same reactions may be considered “normal” and expected.

Resist An Attack

This is the core of the program. It is not your fault that you were attacked. Another person took advantage of your vulnerability. The offender chose you, chose his actions and thus is choosing the consequences. If the offender is a predator, he also calculated the risks. It is your moral and legal right to defend yourself; however, a timid approach will only make him angry and increase your risk for injury. Defensive action should be an all-or-nothing response.

Only you can decide *when*, and *if* to fight back, but you must know how to fight effectively so that you can end the attack before becoming exhausted. The most serious injuries occur after you are overwhelmed and *submit* to the attacker. Studies have shown that women who present themselves as ready to fight back are twice as likely to escape injury as others. It is important to also know that choosing not to fight back is a survival strategy, not a weakness, despite what any one else may think. Compliance is not the same as consent. *Do whatever you need to do to survive.* Know that you made the best decision for you based on your assessment at the time while under very difficult conditions.

The techniques taught in this program are not inclusive. There are many different ways to defend yourself. We are providing tools that you will hopefully continue to collect in your toolbox. We have selected techniques that are relatively easy to learn, easy to remember, easy to perform under stress, and have a wide margin of error. This does not mean it will be easy to fight off an offender!

There is no single technique that will work in every situation. You will need a series of options in which to choose from depending on the circumstances of the assault and the perceived intentions of the attacker. Learning the techniques for getting into the defensive position, creating distance, and using your strongest weapons against his nearest weak target in order to escape, is the basic foundation. As you become competent in performing the basic techniques, you will be ready to build additional options to aid in your defense.

Creating/Controlling Distance

Guard your “personal bubble.” Decide your degree of comfort with physical contact (or proximity) with intimate, personal, social, and public situations. For example, is it okay for your female friends to hug you or put their arms around you? Male friends? Is it okay for someone you don’t know to touch you or even come within an acceptable “public” distance? Set your personal boundaries and enforce them, even with people you love. You have a right to decide. Insure that the distance between you and any other person is appropriate for the situation; otherwise, the person is in your “danger zone.” and you should pay attention to their behavior. Setting boundaries in a non-threatening situation should be done without aggression so as not to provoke the person, but decisively name the behavior and demand that it stop.

Techniques learned against “soft” and “hard” challenges will help create distance from the violator so that you may get away. Use your hands as a physical barrier and your words, voice, posture and eyes to convey that you mean what you say. Violation of this set boundary may result in escalation to a physical confrontation. Your ultimate objective is to get away from the assailant without engaging him physically, but if that is not possible, get into a position that is more to your advantage should you need to fight.

Awareness and Avoidance

Be aware of what and who are around you. Be aware of exits or places of safety, as well as potential hiding places or “suspicious” persons. Don’t be afraid to question the possibilities. Use S.I.P.D.E. (Scan, Identify possible Hazards, Predict Scenarios, Decide, Execute) in your day-to-day activities to gradually adjust your daily behaviors to those that reduce both your vulnerability and *opportunity* to be assaulted.

Pay attention; become a people watcher. Is someone watching you? Paying too much attention to you? Seem out of place? Won’t take “no” for an answer?” If something doesn’t feel right, it probably isn’t. Take evasive action to *avoid* a confrontation. The best predictor of violence is your intuition. Trust yourself. Don’t dismiss your gut feeling in order to be polite, or because he “seems so nice.” Remember, if you stop, turn and address someone who turns out to be an innocent person, you don’t care if he thinks you are crazy. At least, you are safe.

Domestic violence is the major cause of injury to women. Murders, assaults and rapes are usually committed by friends, relative, or associates, in your home or that of a friend, without forced or illegal entry. You will know your attacker 80% of the time!

Mental Preparation

Think about it. Decide. What are you willing to do to protect yourself? Your kids? Picture it in your mind. Will you fight or submit? Are you willing to seriously injure another person? Your answer will be reflected in the manner in which you defend yourself.

At the core of self-defense is self-worth and self-confidence. Make yourself and your well-being a first priority!

Your decision about fighting back, and the amount of force used, will be based on the circumstances of the situation, your degree of preparation, and your assessment of the offender's intentions. Hopefully, since you are in this class, you are considering the commitment to fight for your survival. If you choose to fight, proper training will increase your chance of survival. **It is important to make a mental commitment to *do whatever it takes to survive an assault before it happens, whether that means submitting if you feel it is necessary, or even severely injuring your attacker.***

Taking the class also gives you an opportunity to emotionally prepare. What does it *feel* like to be in a vulnerable position and then reconnect with your body to fight back? What does it *feel* like to strike another person and possibly injure him? Even though you are in a safe, controlled situation, you will feel the adrenaline and teach your body how to respond while in that emotional state.

Assess Your Vulnerability

We take risks all the time. We drive without seatbelt, exceed the speed limit, eat unhealthy foods, perhaps smoke or drink too much on occasion. We are all gamblers of a sort. We take risks, sometimes calculated, other times not. There will always be risk in your life, but the goal is to consciously develop a feeling for how much risk you face in your circumstances. No female is immune from a physical/sexual attack, no matter where you go, where you live, what you look like, or how old you are. Stalking is a highly underreported offense as offenders may be watching to learn your routines and when you are most vulnerable.

It is unacceptable to have to live on a "rape schedule" where your life is dictated by fear of going anywhere by yourself or after dark, so you will mostly likely take chances. It doesn't mean that an attack is then your fault. However, take responsibility for reducing your risk (vulnerability and opportunity) when you can. Hopefully knowing and understanding your risks will make you more aware, thus able to avoid an attack. Discussing all of the possible scenarios and defense tactics are not meant to cause fear or negative paranoia, but rather to increase your self awareness and self-assurance that will make you "look" less like a potential victim.

KEY PRINCIPLES

- Pay Attention to People & Surroundings
- Stay with People, Go to People
- Keep a Barrier Between You & the Offender
- Attract Attention
- Control his Hips, Control his Hands
- Use Your Strongest Weapons Against His Weak Targets

OBJECTIVES

- Be Prepared; Not Scared!
- Avoid Confrontation/Assault if Possible
- Escape If You Can't Avoid
- Survive If You Can't Escape
- Reduce the Impact of Trauma if You Are Assaulted

TECHNIQUES

Techniques presented in your class may vary slightly depending on the group, class size, or other factors.

RAPE MOUNT ESCAPE

- Create distance; hands on shoulders, wiggle out if necessary (move you, not him)
- Feet high on hips
- Kick weak targets x3
- Roll and escape

PROTECT YOUR HEAD - Block from a Standing Position

- Hands up in front of face; avoid a direct hit
- Raise elbow level with shoulder to block, elbows tucked in
- Create distance - run, or sit into the defensive position
- Kick weak targets x3
- Roll and escape

RAPE MOUNT ESCAPE WITH FRONT CHOKE & BLOCK

- Wrap arms "elbow to elbow" across attacker's arms and press down
- Arch back and extend neck to clear your airway
- Create Distance; wiggle out
- Feet high on hips
- Arms up to block to protect your head
- Kick weak targets x3
- Roll and escape

STANDING REAR CHOKE ESCAPE

- Wrap arms elbow to elbow & press to protect airway
- Squeeze elbows toward your chest Create Distance; wiggle out
- Feet high on hips
- Arms up to block to protect your head
- Kick weak targets x3
- Roll and escape

CONTROLLING YOUR DISTANCE

- Soft challenge, look at him and step away (increase distance)
- If he continues, step back, yell “Get Away” or “Back Off”
- Raise arms up for physical barrier (also your antenna)
- Other arm in ready position
- Use ready hand for palm-heel strike to chin

WRIST GRAB

- Attacker may grab wrist after hard challenge
- Make a fist with the grabbed hand, turn wrist to narrow side
- Reach in with opposite hand, grab your own fist and pull it against the attacker’s thumb

If he persists, and grabs again

- Palm heel strike to the chin or
- Sit into defensive position
- Kick weak targets (knees)
- Roll and escape

(May or may not be included in your class)

FRONT HUG UNDER THE ARMS - Begins more intimate

- Build Frame - grab your own wrist & use forearm
- Press forearm against his throat (create distance)

If he doesn’t let go, may add:

- Knee strike to the groin
- Escape or
- Defensive position, kick and escape

FRONT HUG OVER THE ARMS - More aggressive

- Hands out like bumpers, your elbows against your hips (create distance)
- Tuck head down
- Sit into defensive position, kick and escape

Alternate: Head down to stop head butt, palms on hips for distance, “Volleyball strike”

Review

Assess your vulnerability, increase your awareness, change your daily habits to reduce your opportunity

Practice the techniques, think about what you would do if...

Create or control distance from an attacker

Attract Attention

Keep a Barrier between you - hands, legs, locked door or object

Stay with people, go to people

Move yourself; not him

Use your strongest weapons against his weak targets

Protect your head and your airway

Defensive position

Get comfortable with this position

A familiar position that you can always resort to and defend yourself

Your legs always longer than his arms

Your strongest weapons are between you & attacker

Your head is away from his hits; his weak targets open

Platform to level the playing field. You can reach his weak targets, but he can't hit you.

Only position that you can use and also hold a child!

Coming Up Next: Phase 2

Tactics such as, controlling distance, keeping a barrier between you, staying with people, doesn't help when the offender is someone you know. We will talk about how your behavior/reaction before and after are different.

We will discuss awareness and avoidance, but by thinking about personality traits of people that may be likely to prone to violence, and use and effects of "date rape drugs." Techniques will include "plan B" moves when the offender may counter your attempts to escape, defense from being forced to kneel, attacks on your knees from behind, escape from an offender laying flat on top of you, "bear hugs" from the front and/or from behind with arms held, and more!

Thank you for giving yourself... A Fighting Chance!