

## Top Ten List

### Women's Self-Defense and How to Avoid Being the Victim of Violent Crime

1. **Be Aware.** Awareness is one of the most important things in Self Defense. By being aware of your surroundings, many threats on the streets can be avoided. Your mind is the only weapon you will always have with you.
2. **Avoid walking alone**, or at least, walk in areas which are surrounded by other people. **Avoid walking through parks or other "shortcut" paths and driving through backstreets or alleys.**
3. **When you are approaching your car or your home, have the key in your hand ready to open the door, instead of standing there sifting through your purse for it.**
4. **Don't hitchhike, don't pick up hitchhikers** and don't stop to help the stranded man on the side of the road or the person asking for directions. Call and send them the appropriate help instead.
5. **Observe the elevator interior before entering.** Wait until the next elevator if you are uncertain of any occupant, and get out if you don't like the looks of someone who just got in. Skip the dark stairwell that might save you 5 minutes but get you attacked.
6. **Lock your doors and windows** at home, even when you're in the house. Remember that you're not obligated to open the door for anyone. If a stranger knocks on your door, you have the right to ignore them. If a person needs help, you can place a call for them without ever opening the door.
7. **If you feel you are being followed, drive straight to the nearest police or fire station, or open filling station.** If you are on foot, get to a place with a lot of people and call for a ride or the police.
8. **Remember that you have the right to defend yourself.** If you are attacked you may do whatever is necessary to protect yourself, including kicking, biting, eye-gouging, or using a weapon. That doesn't mean you have to wait helplessly to be attacked, however. You can cross the street, run away, or face the person and say "Please stay away from me!" Just knowing that you're aware of them will deter some attackers.
9. **Trust your instincts.** Many women who have been raped say that they had sensed danger but dismissed it because they were afraid of being rude or embarrassed. Remember, **it's far better to be rude or embarrassed than to be raped or killed.**
10. **Take a self-defense course**, get prepared, plan things out beforehand, stay strong and stay aware!

We hope that you found these tips, helpful. If you are interested in setting up a self-defense class for your group, call us for more information at: 214-351-5367. More information on our other programs such as **3-Steps to a Great Kid™**, The Martial Arts Character Development Program, is available on our website at:

[www.DallasKenpo.com](http://www.DallasKenpo.com)