

You're here. Now be extraordinary !



# 10Best SELF PROTECTION STRATEGIES



- **Respect the Potential**
  - *Accept the reality violence exists.*
- **Situational Awareness**
  - *Avoid crime areas, individuals, and situations.*
- **Evasive Maneuvering**
  - *Run when you can. Live to fight another day.*
- **Verbal De-escalation**
  - *Talk your way to safety. People just want to be heard.*
- **Trust Your Gut**
  - *Draw your line. Know when it's time to take action.*
- **Necessary Force**
  - *Match the threat. Know the limits of sensibility.*
- **Hand to Hand Defenses**
  - *Have your "go to" moves. Perform them intuitively.*
- **Weapons Defenses**
  - *Train with your weapon. Ownership is not proficiency.*
- **First Aid**
  - *Preserve life, especially your own. Know the basics. .*
- **Debriefing**
  - *Know the details and know what to say about them.*

Although violence is a reality, it's not necessary for us to walk around in fear. Preparation is the key to being successful when it comes to self protection. Understanding and focusing on the basics keeps the amount of time you need to invest to a minimum and will give you what you need to be effective in your surroundings. We all live busy lives and being able to do so with confidence is a plus. We're in this together. Refuze to Live Average.

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MENTORING



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