

MARK CASHATT'S TAEKWON-DO SCHOOL , INC. PRESENTS

BASIC SELF-DEFENSE

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It is important to learn some basic skills of self-protection. In this booklet you will find pages of tips that have been collected over the years. Most you may have already put in to action. Prevention is the #1 trick of self-defense. If we are always cautiously but calmly looking for possible dangers, we won't need to use our body's weapons for self-defense. We must always use good manners and try to seem calm to diffuse a problematic situation before it gets physical.

The next section goes over the FRONTAL FIVE and the DIRTY HALF-DOZEN as learned during a session with Master Instructor Mark Cashatt. A person must practice over and over again to make the movements natural and quick. This publication and self-defense session isn't the answer to keeping one totally safe, but it is a good start. Repetition is key. Make it a point to learn more and practice more. A formal martial arts program or a chance to train in self-defense on a regular basis will build your confidence.

The last section is to give you information about rape. Knowing what it is helps us to look out for warning signs and when to react. Please contact Mark Cashatt for more information and additional training.

ATM MACHINES

1. Know and focus in on the "cancel" button so that if you see or feel someone approaching, you can hit that button and cancel your transactions.

AUTOMOBILE SAFETY

1. Always have a cell phone with you, and a charger for the car.
2. Always park in well-lit areas and avoid sitting in your automobile for any length of time while in remote areas or in parking lot.
3. Keep your windows slightly ajar or shut and your doors locked; even on hot days and while driving.
4. Always have your key ready and in your hand before walking toward your automobile, and always have your house key in your hand before getting out of your automobile.
5. When walking up to your automobile, look into the back seat before getting in.
6. If approaching your automobile and someone meets you at the door, be careful. Get inside quick, lock the doors, and drive off. Use cell phone to report or call for police.
7. Have friends escort you to your automobile whenever possible.
8. If you see a suspicious person or persons near your automobile from a distance, do not approach it, seek assistance.
9. When getting into your automobile and someone jumps in, immediately try and get out.
10. Do not leave your purse, shopping bags, purchases, or valuables on or underneath a seat. Regardless of whether the doors are locked or unlocked, the majority of criminals are opportunists, and this would only be an invitation.
11. If your automobile breaks down and a stranger approaches, stay inside and lock all of the doors. Use your cell phone to call for help.
12. If your car breaks down, never accept a ride from a stranger. Instead, ask him or her to please call the police for you unless you have a cell phone. Stay in the car if possible. If it is too hot - stay close to the car with your hood up, flash emergency lights and be ready to jump in your car if a stranger pulls up.
13. When your automobile is being repaired or valet-parked, leave only the ignition key with the service person or attendant. Do not forget to lock your glove compartment.
14. Keep an extra ignition and/or door key and an emergency contact list in your wallet, purse, or somewhere on your person in case you lock yourself out.

DRIVING SAFETY

1. Join AAA or keep a gas can, flashlight, jumper cables, basic tool set, road flares, a map, a good spare tire, and tire-changing accessories handy. A fire extinguisher is also recommended.
2. Learn how to change your tire and ensure that you have a good spare.
3. Keep your automobile in good running order. Routine maintenance and replacement of worn parts in a timely manner will significantly decrease the possibility of breakdowns when you are least prepared.
4. Avoid using self-service gas stations at night.
5. Avoid traveling unfamiliar roads and long distances alone at night.

6. Maintain at least a one-quarter tank of gas at all times.
7. Phone ahead to let people know you are coming, and know where you are so that you will not have to stop in an unfamiliar neighborhood to ask directions.
8. Plan to travel with one or more companions, when possible.
9. Never take unfamiliar shortcuts when driving.
10. Do not pick up hitchhikers for any reasons.
11. If someone is hurt or you witness an accident, stop and use cell phone for help.
12. If followed by a suspicious automobile, use your "hands free" cell phone to call for help or drive to a location with lots of people who can see you. Take down the license number if possible and a description of the automobile and contact the police.
13. If someone tries to force you off the road, do not pull over to avoid damage to your car. Maintain control, continue driving, and get a complete description of the other vehicle.
14. If bumped from behind and you feel at all suspicious, do not get out of your automobile. Use your cell phone for help. If needed, motion to the other driver to follow you and go to the nearest well-lit public location where you feel safe, such as a police or fire station, or a hospital or a parking lot with lots of people who can see you.
15. When approaching an intersection, leave enough room between your automobile and the one ahead of you, and remain in gear so you can drive off quickly, if needed.
16. If faced with a potential carjacking, blow your horn loudly and constantly, and move on, if possible. If trapped in traffic, flash lights to get attention.
17. When stopped at a traffic light, use rear view and side mirrors to monitor your surroundings.
18. If confronted with a carjacking, do not argue or struggle with the assailant. If possible, attempt to quickly drive away in the opposite direction and call the police immediately.
19. Keep your driveway lit.
20. When you drive into your garage using an automatic garage door opener, be aware of someone following you inside.
21. Always have a cell phone with you, and a charger for the car.

TRAVEL SAFETY

1. If commuting to work long distance, drive with a friend or join a carpool.
2. When traveling, plan your trip carefully. Obtain good directions when traveling to an area that is foreign to you.
3. Consider weather and driving conditions in relation to the type and condition of your automobile.
4. Let someone know where you will be staying, including phone numbers of overnight lodges.
5. Think ahead when traveling and invest in traveler's checks or credit cards.
6. Avoid using teller machines, when possible.
7. When renting a car, ask for one without rental decals so you will not be spotted as a tourist.
8. When traveling in a rental car in an unfamiliar area, ask for directions before you leave the rental agency.

9. When checking into a hotel, ask about the security that the establishment has in force.

10. Take advantage of the courtesy most hotels provide by asking to be shown to your room. Ask about exit doors and fire extinguisher, and ask to be moved to another room if you are not completely satisfied with the safety provided.

12. Be aware of adjoining hotel rooms. Ensure the door is locked or request a different room.

13. When someone visits your hotel room, do not open the door. All dialogue should be done through the door.

14. Consider investing in a portable door alarm or door barricade, and always keep your hotel room door locked.

15. If a man approaches you outside of your hotel room, do not go inside your room thinking you will get rid of him. He may follow you or force his way inside. Keep talking and move toward the lobby area where people are gathered.

16. Always have a cell phone with you, and a charger for the car and/or outlet.

The tips which you have just covered can better insure your personal safety. As an added note, you may find it beneficial to have in your possession Pepper Defense Spray or some type of self-protection repellant available to you and within reach.

STREET SAFETY

1. Avoid walking alone. Simple tasks like emptying the trash or going to the local Laundromat are safer when accompanied by a friend.

2. Avoid walking at night. If a situation arises where it is unavoidable, stick to common, well-lit, and populated areas, and always carry a flashlight.

3. Refrain from using automatic teller machines at night and those hidden from public view.

4. Avoid taking short cuts or walking through vacant lots.

5. Walk down the center of the sidewalk. Stay away from doorways, alleys, stairways, and shrubs where an attacker may hide.

6. Try to keep your hand free. Don't overload yourself with bundles of groceries or purchases, and be prepared to drop them quickly, if needed.

7. Avoid carrying oversized purses.

8. Keep your purse or valuables close to your body, and never tie or wind purse straps around your wrist. If grabbed, you could be seriously injured.

9. If your purse is stolen, beware of phone calls telling you where to pick it up. Do not retrieve it yourself, it may be a trap. Let the police handle it.

10. Walk with your keys in hand. Keys can be used as weapons, and having them out means getting into your automobile or residence more quickly.

11. Do not walk alone when you are emotionally upset, under the influence of drugs or alcohol, depressed, or taking prescription medication, as these may impair your perception and judgment.

12. It is suggested that comfortable shoes be worn in which you can run or take off quickly. You never know when you may need to try and flee a dangerous situation.

13. Walk with confidence and give the impression of control; not of vulnerability.

14. Carrying a self-defense spray is highly advisable, but do not allow yourself to become dependent upon it. (The legal statute for each state differs when regarding self-protection products. Check with your local law enforcement agency for legalities in your state.)

15. If approached by a stranger when in the company of your child, position yourself so that you are between your child and the stranger. Never allow yourself to become preoccupied or distracted by your child; focus all your attention on the stranger and his every move.

16. Walk facing traffic so that you are aware of cars approaching you.

17. If you believe you are being followed, stay calm and continue walking. Cross the street, change your pace, and seek a safe place. If you can do none of these things, allow your follower to pass you by. If he stops, turn and face him. You stand a better chance in a face-to-face confrontation than with your back turned.

18. If an automobile pulls up beside you heading the same way, reverse your direction. If the automobile stops alongside of you and someone tries to force you inside, scream loudly and draw attention to yourself. Try to run to the nearest place of safety. If you do scream, it is often advised that you yell "FIRE" or "NO" instead of "HELP", since this has been proven to be more effective in arousing public attention.

19. If approached on the street by a suspicious stranger, look for an open or lighted window. Wave or shout as though someone were watching you from inside. Don't be afraid to run up to a house and pound on the door. An attacker does not want to draw attention to himself, and the noise may discourage him.

20. If you believe you are being followed, do not return home. This will only give away where you live.

21. Be observant and report descriptions of all suspicious persons or automobiles to your local law enforcement agency.

22. Always have a cell phone with you, and a charger for the car and/or outlet

OCCUPATIONAL SAFETY

1. Maintain a professional relationship with co-workers, managers, friends, and supervisors.

2. Demand respect when you feel it is being violated. Take a stand, and treat others as you wish to be treated.

3. Refrain from accepting personal gifts from co-workers and supervisors.

4. Keep doors open slightly ajar when conducting meetings or counseling sessions between male and female co-workers.

5. Always maintain a comfortable distance when working beside co-workers.

6. Always inform a friend or loved one when you will be working late. Be aware of others in your office who are working late as well.

7. Before using the restroom at work, inform a co-worker of your destination.

8. Use the elevator instead of the stairway and always be aware of your surroundings.

9. Always report suspicious persons or events to security.

10. When traveling with a co-worker, always clarify that you are interested strictly in business.

11. Always have a cell phone with you, and a charger for the car and/or outlet

HOME AND APARTMENT SAFETY

1. If you recently moved into a new home or apartment and/or have lost a key, have the locks changed or re-keyed. The previous tenant may still have a key.

2. Install a strong chain lock to permit only a slight opening of the door.
3. Dead bolt locks which cannot be pried open are highly recommended.
4. Security alarms and timers on indoor and outdoor lighting are suggested.
5. It should not be assumed that a second-story window is safe from burglary and does not need a good lock.
6. Prop a broomstick handle in the track of a sliding glass door to offer increased security.
7. Install a peephole on your front and back doors to permit visual recognition of the person knocking or ringing your doorbell.
8. Keep the exterior of your home well lit.
9. If you must list your residence in the phone book or on your mailbox, use only your first initials.
10. If you receive obscene phone calls, remain silent. Blow a whistle in the caller's ear or simply hang up.
11. Report any obscene phone calls to the phone company and/or police department.
12. Never hide a key outdoors, especially underneath a doormat.
13. Never pin notes on the front door. This is an obvious sign that no one is home.
14. Become familiar with your neighbors and know whom you can't trust.
15. Initiate a community neighborhood watch group for mutual benefit and safety.
16. Draw shades and drapes at night. This is especially important for bedroom windows when dressing.
17. When you are planning a trip, remember to stop delivery of your mail and newspaper.
18. If you return home and suspect that someone has broken in, do not enter. It is possible that the burglar may still be inside and you would only be jeopardizing your well-being. If you do surprise a burglar, try to remain calm. Do not get between a burglar and his only escape route. If you scream or move suddenly, you could cause him to hurt you out of fear.
19. If a man is coming into the gate or building behind you, quickly shut and lock the door or gate after you enter. It may be obvious to him that you are shutting him out, but your safety comes first.
20. A man with a key in his hand does not necessarily mean that he lives in your complex. Ensure that he opens his front door. This will prove he resides in your complex.
21. Once you open your door, go inside immediately. Avoid leaving it ajar.
22. If your doorbell rings, do not be compelled to answer it, particularly if you are alone. If you do decide to answer, it is suggested you call out, "I'll get the door, Honey" or "I'll get the door, John", as though someone were there with you. Never admit to a stranger that you are home alone.
23. If someone needs to use your phone, dial the number and make the call for them.
24. Be aware of men posing as service personnel attempting to gain entrance to your residence. Any genuine service persons should understand and comply with your request for his identification. When unsure, offer to call his office to confirm his visit.
25. If you live in a building that has an elevator, make sure it has not been summoned to the roof or the basement before getting inside.

26. Try not get on an elevator occupied solely by one person. If there are other passengers who get off the elevator and a stranger remains, get off with the others and wait for another trip. If you are alone on the elevator and a stranger (or group of men if you are female) gets on, you should immediately get off.

28. When you think you have fully safeguarded your home, go outside and see if there is some way you can break in.

29. Always have a cell phone with you, and a charger for an outlet.

Once you have laid out and created your own guidelines for safety and survival, the next step is to examine each situation as it arises. When in a tight spot or feeling pressured by someone's request, do not feel immediately inclined to answer or help in their dilemma. Follow your intuition. If you carefully consider someone's request, you stand a much better chance of escaping a potentially dangerous situation.

CAMPUS SAFETY

1. Do not automatically assume you will be safe anywhere within the campus boundaries.

2. Avoid walking to class alone at night.

3. Keep your room or dormitory locked at all times, even if you have dorm security. Register valuable items with campus security.

4. Let a roommate or friend know where you are going and when you intend on returning.

5. It is advised that you not wear headphones when walking or jogging alone.

6. When on a date, never compromise your safety with people whom you do not truly know. Date rape occurs all too frequently.

7. When dating someone for the first time, meet the person at a restaurant, movie theater, or crowded location. Do not make yourself dependent upon your date for transportation. It is all too common for a woman to be driven to a secluded location where she is assaulted.

8. Avoid taking drugs or drinking alcoholic beverages at parties or with a date. This may hinder your ability to make wise decisions.

9. Think twice before letting your date spend a considerable amount of money on you. Many rapists believe that if they spend money on woman, she owes them sexual favors.

10. Watch for signs of men who tend to become aggressive or will not take "NO" for an answer, even in nonsexual situations.

11. Be candid with your date in regard to sex. It is easier to say "no" at dinner than on your doorstep or in the bedroom.

12. Do not rely strictly upon campus security officers to be there when you need them.

13. Always have a cell phone with you, and a charger for the car and/or outlet.

PUBLIC RESTROOM SAFETY

1. When entering a public restroom, have someone accompany you. Be defensive, aware, and alert at all times.

2. Be careful of setting purses or valuables on the floor when inside of a stall. Items may be quickly snatched from underneath the door or walls.

3. Be especially cautious when using public facilities at:

- *service stations

- *parks, beaches, and recreational facilities

- *fairgrounds and amusement parks

- *concerts
- *shopping centers
- *hospitals
- *airports, bus and train stations

4. If people appear to be congregating in or around the restroom, leave immediately.

PUBLIC TRANSPORTATION SAFETY

1. If you travel by bus, subway, or any means of public transportation at night, wait in populated, well lit areas and keep your back to a wall. This will allow you “peripheral vision”.

2. Remain alert to any new passengers or unusual behaviors.

3. If you find yourself on an empty bus, sit near the driver.

4. If you find yourself on an empty bus or subway, check to see who gets off with you. If someone suspicious appears to be following you, head quickly for the nearest busy, well lit building.

5. Do not exit in areas unfamiliar to you.

6. When traveling by train, avoid walking about the cars at odd hours of the night when few people are around.

7. If occupying an individual compartment, keep your door locked and be suspicious of anyone knocking at your door.

8. During extended layovers in foreign cities, do not feel you must go sightseeing, especially alone. What may be seemingly harmless to you may be the perfect opportunity for a criminal to act.

9. Remain cautious in airports. Watch for someone following you before and after you get off of the plane.

10. Always have a cell phone with you, and a charger for the car and/or outlet.

To make effective decisions, develop an awareness of potentially dangerous situations and be cognizant to those factors that may harm or help your decision making. Follow your intuition. Understanding yourself, your inner emotions, past experiences, beliefs, opinions, innate intelligence, and social training will increase your ability to make effective decisions.

FRONTAL FIVE ROUTINE!

These five moves are linked together to practice as often as possible. If at the time of the confrontation, you must break away from someone who means to do you harm, it doesn't matter if you forget one or two, or if you do them out of

order. The main thing is to react with speed and good aim. This series of moves will help you out of a frontal attack including pins and chokes whether on the floor and standing.



fig. 1



fig. 2

The victim (person on left) must first deliver an open fist strike to the chin or nose using the heel of the palm (fig. 1). This will send the head back and at the very least, make attacker's eyes water. Next (fig. 2) Using all the fingers, the victim must scratch for the eyes, ripping the face down.



fig. 3



fig. 4

The third step is to grab the attacker's shoulders (fig. 3) driving the upward kick with the knee in to the attacker's stomach while pulling the attacker in to knee (fig. 4).



fig. 5



fig. 6

Driving the straight elbow into attacker's back (fig 5) and finishing, if needed, with a straight kick using the heel or stomping with the bottom of the foot. (fig 6)

DIRTY HALF DOZEN ROUTINE!

These six moves will help get away from a grab from behind. It does not matter if they are done out of order or if done missing a few. Each move is effective enough in this situation. Again with repetition, your response will be instant and effective.



fig. 7



fig. 8

Attacker wraps strong arms around victim (fig. 7). The victim drops weight by opening legs and lifting elbows. (fig. 8)



fig. 9



fig. 10

Victim sends his head back into the face or body of the attacker (fig. 9). Next he drives a back elbow thrust in the ribs of the attacker (fig. 10).



fig. 11



fig. 12

After the back elbow thrust, the attacker uses the same arm striking the attacker with a side fist to the groin or thigh (fig. 11). Shifting the weight so that the victim can drive the back of the heel up in to the groin of the attacker, or kick the knee (fig. 12).

To finish, victim reaches between his legs with both arms to grab the attacker's foot and lift (fig. 13), sending attacker to the floor. One more stomp might be necessary if the attacker is still moving.



fig. 13

RAPE AWARENESS AND AVOIDANCE

WHAT DOES RAPE MEAN?

Rape is defined as the act of forcing a person to submit to sexual intercourse. In most cases, the criminal act doesn't just stop at sexual intercourse. Beating, robbing and the crushing of the human spirit is felt long after the deed has been done. Rape is separated into many different categories:

DATE RAPE: one of the most common forms of rape happens at the conclusion of a date. The "power rapist" expects to have sex as a thank you for the privilege of going out on a date. This power rapist uses force and strength to force intercourse. The more the victim fights back, the more the rapist enjoys it.

STRANGER RAPE: one of the least common but most dangerous forms of rape. The "sadistic rapist" is ruthless and unpredictable. He is full of hatred and loves to torture the victim and most times murders them afterwards. He doesn't care what the victim looks like, it doesn't matter.

The "non-sadistic rapist" is a person who feels that he is too ugly for anyone to love so he figures if they could just have intercourse, the victim would instantly fall in love with him.

SOCIAL RAPE: is defined as in the case of a teenage girl who has not had sex yet and has a steady boyfriend. She doesn't know the boundaries of what she should do or say. Hand holding, kissing and fondling and often oral sex lead to when the boyfriend says she owes it to him and uses that as the reason, the "social rapist" gets his way.

ACQUAINTANCE RAPE: the "acquaintance rapist" knows the victim very well, usually admits to hearing the women say "no" but presumes she did not mean it. He feels if a woman is forced into having sex, she will be grateful later. This example is glorified by the epic story "Gone with the Wind" where Rhett Butler carries Scarlet O'Hara up stairs screaming and he rapes her only to see in the morning she's singing and happy it happened....not real life.

The "opportunistic rapist" is known to take advantage of any given situation. He is one who lives on the excitement of taking chances and experiencing new and risky adventures. A man who breaks in to rob a place finds a women in bed...kills two birds with one stone.

The "anger rapist" is angry at the world and enjoys attacking and hurting women in general. In fact, he is as likely to assault men as he is women. He would strike his victim in the head or face while having sex. The anger rapist doesn't care about the feelings of anyone. He picks a victim at random, "That's the one" and waits for the opportunity.

Most rapes are planned. More than half of all rapes occur either in the victim's or the attacker's home, rather than on the street as commonly believed. Most rapists are known at least casually by the victim. Anyone is a potential rapist!! Character, financial status, appearance, age, or dating habits do not exempt you from rape. Be careful in whom you place your trust. Understanding rape and recognizing the potential crime ultimately results in better safety.

FIVE VIOLENT ACTS THAT LEAD TO RAPE

DOMESTIC VIOLENCE: The Justice Department estimates that approximately 1,400 women are slain by their husbands, ex-husbands, and boyfriends each year and approximately two million are beaten on an average, every 16 seconds. One out of every three women will be assaulted by a domestic partner in her lifetime.

Although domestic violence usually goes unnoticed by neighbors or loved ones, there is a predictable development to relationships that end in death. Typically, it begins either with steady fierce episodes or isolated incidents of violence which can endure for years.

It should be known that 80% of rapes are committed by someone known by the victim and 87% of attack on women are committed by a loved one.

SEXUAL HARASSMENT: There are no lists of right and wrong behavior because what is sexual harassment in one instance is not necessarily sexual harassment in another. Briefly, sexual harassment consists of unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature. The behavior can be verbal, non-verbal or physical. How does the average women draw the line so that a situation of being harassed doesn't progress into something more violent? The answer is simple: whenever faced with anything that the woman does not welcome, she must immediately confront the problem and take the necessary actions to halt it from developing and reoccurring.

STALKING: Stalking and harassment are similar in meaning and process. Stalkers are obsessed with their victims...whether they be celebrities, ex-wives, or ex-girlfriends, or just acquaintances. A stalker will follow, observe, telephone, write letters and/or confront the victim. They will engage in harassing behavior which is frightening to the victim.

1. Report all suspected stalking to the local police department.
2. Ask the police to document the incident even if they feel it is too insignificant for an arrest.
3. Keep your own log with the date and time of each event and note any witnesses.
4. Video tape the stalking, if possible.
5. If you have been the victim of domestic violence, get a restraining order.

Victims should make sure the home is secure and that neighbors, family and employers are aware of the problem.

MOLESTATION AND INCEST

These are two acts that are forms of sexual abuse and indirectly meet the definition of rape.

Incest pertains to a child who is sexually abused by a family member, and molestation pertains to a child who is sexually abused by someone outside the family.

Parents should discuss "good secrets" and "bad secrets". A good secret might be a surprise birthday party or a visit by a special relative. A bad secret is one that hurts the child or someone else. Look for hints like when the child doesn't want so and so to babysit or doesn't want to go see Uncle Joe. It's time for the parent to say, "Tell me more about this..." or "make me understand why you feel this way". By speaking with a youth this way, you can restore that lost trust they have for adults. Although they may be a very young age, they need to recognize the fact that they've been violated.