

How to stay safe at college

(This safety manual is a work in progress and will have many revisions and updates as I refine it. If there are ideas or topics you would like to have included, please email me at: Rick@delmaraikido.com. Also, if you would like updates sent to you, please email and asked to be put on our women's self defense mailing list. Feel free to share this ebook with your friends. I hope this manual is helpful.)

-Rick Wolslayer, Sensei, Aikido School of Self Defense

Staying safe is a mindset as well as a habitual way of thinking and acting. Each environment has it's dangers as well as ways for us to handle those dangers. Often times we can fall into the thinking that we are never going to have anything bad happen to us. "That's never going to happen to me" is often the thoughts we allow ourselves to believe because thinking about the reality of it actually happening to us can be so scary and overwhelming that it's easier to ignore it.

If you have ever watched a National Geographic special showing the predator and prey interaction in the jungle, it becomes very clear that there is a "food chain" that exists. The stronger, more aggressive animals prey on the weaker animals, consuming them for food and to survive. The amazing thing to watch is when a smaller, seemingly less powerful animal outwits a more aggressive opponent.

Check out this video showing how animals have unique defensive mechanisms. <https://www.youtube.com/watch?v=8XaJqPtel6w> (if it is still active, or else google: unique animal defensive mechanisms for other examples.)

I am sure these animals don't wake up and say, "I know my neighbor just got attacked by that big lion yesterday, but that could NEVER happen to me. I think I'll just put my head down and go graze in the middle of that field over there". That would be a sure path to a VERY short life. Yet, how many times do people go out jogging with 2 earphones in their ears while listening to music, blocking out a major sensing and protection mechanism, their ability to hear.

So, am I saying we should walk around paranoid and worried that we are about to get jumped at every turn? Well, yes and no.

A friend of mine who is a professional bodyguard describes his mindset as 'Professional paranoia', a state of readiness that he maintains while protecting his clients. We can all adopt that mindset when thinking about ourselves and keeping safe. If you were a security consultant or a bodyguard, what advice would you give yourself about staying safe?

*Lock your door IMMEDIATELY when getting in your car or in your home.

*Don't text or look at your phone when walking or driving

*Don't "check-in" on Facebook or social media and give away your location so people know you are not at home, or stalkers can find you a lot easier when out.

*Scan or photocopy everything in your wallet so it makes it easier to cancel credit cards and to replace your license or any other information

*Never carry your social security card or any information that can make it easy to steal your identity

*Never use your debit card as a credit card. If the card or it's information is stolen, they can take the money directly from your account. Use a credit card instead because the credit card companies will fight harder to get their money back and also have many safeguards in place to identify inconsistent patterns of use, such as purchasing items far away from your home or internationally.

*Carry pepper spray on your keychain and always have it ready when walking. Learn how to use it effectively (spray in a circular motion and be mindful of wind patterns. If you spray it upwind, it can work against you.)

*If you are doing online dating, or just meeting someone new, try to do as much research as you can about them. There is a lot of information available online as well as take notes about what they tell you about them to make sure their stories are consistent. It also helps to remember the things they like (favorite foods, coffee, etc.), but also can give you accurate information about their life. Websites like <http://www.instantcheckmate.com> or www.truthfinder.com can give you a lot of information about a person. Also 'creep' on their facebook page and other social media accounts as well as their friends to get an idea about the type of

people they associate with. Talk to their friends if you know any of them in real life and get an idea of what they are like. Trust your gut if something doesn't feel right.

*Check out <http://www.icrimewatch.net/index.php?AgencyID=54797> or other sites to list convicted sex offenders.

*Trust your instincts. If you don't feel ABSOLUTELY good about something, then use that as an internal warning sign that something isn't right. There is sometimes a subtle difference between 'butterflies in your stomach' and a 'weird gut feeling'. It is important to understand yourself.

*Develop the belief that "Trust is earned". Put everyone on the starting position in that they need to prove that they are trustworthy by their actions. This can apply to strangers and friends. If someone says they will be there at a certain time and they don't show and don't call, that can say a lot about their reliability. Don't just give trust to anyone without verifying.

*You don't HAVE TO be nice, despite what society and social norms have conditioned us to be. Niceness can be interpreted as weakness. Niceness does NOT prevent attacks, it encourages it. Firmness and strong boundary setting skills and attitudes show strength and deter predators from viewing you as a victim and a potential target. Check out what Gavin DeBecker, the author of the book "The Gift of Fear" has to say about that on Oprah.

<https://www.youtube.com/watch?v=L2XFY00UV-s>

<https://www.youtube.com/watch?v=bBProrposzc>

* Be prepared before you go out for the night

-charge your cell phone, bring a backup battery and/or charger

-have \$20 hidden in your shoe, pocket, etc. so you can pay for a cab back home if you are left by your friends at the bar/party.

-discuss with your friends the plans for the night - if they are planning on leaving with someone, how will you get home, who 'has your back' (i.e. keep you from doing something stupid)?

-bring everything you need to stay safe - condoms, pepper spray, knife, etc.

-tell a friend where you will be, who you are meeting (give them their photo, phone #, address, online profile info, etc.)

-arrange to txt them if you are going to other locations (ex: after a date) and txt when you are home safe

-If you have an Iphone or app that allows someone to know your location at all times, set it up ahead of time. Iphone has "Find My Friends" and "share my location" within the contact info for your iphone friends.

-have a plan for them to follow up if you don't make it home or communicate at certain points.

-Make sure you eat if you are going to be drinking. Know how much you can drink before you lose control.

Dating safety tips:

-Gather as much information about them. Name, address, phone, health information, where they work, family, friends, past dating history, arrest records, mental illness, friends (talk to them if you can)

-Do you research as if you are writing an article. "Google" them, netdetective.net, and other background check websites can give you good info, <http://www.icrimewatch.net/index.php?AgencyID=54797>

-Don't be in a rush to meet up quickly (as much as you are infatuated with them. Enthusiasm can blind you to realities)

-Don't give out your real phone number first, especially if you meet online. Use a texting app (KIK, textnow, etc) first, especially if your phone is for work and not a number you can easily change.

-Meet in a well travelled public place that doesn't involve alcohol on your first meeting. (coffee dates are great because you can end them quickly if there is no

chemistry). (Don't meet in a park. Almost clique' from every murder mystery movie).

-Always watch your drink from the time it is made until you have it in your hand. If you leave it somewhere out of sight even for a minute, then don't drink it.

"Accidentally" spill it. If you think they put something in it, ask to switch drinks with them because you don't like yours. See how they react to that request.

Remember, you don't owe anyone anything. You owe it to yourself to be safe.

Don't feel bad for doing whatever is necessary to stay safe.

Know your drinking limits. - Experiment to see which drinks affect you and what your tolerance level is.

Have your "escape" systems set up.

-Text your friend at a certain time or they text you

- "my girlfriend is sick/heartbroken/etc. I need to leave and help her. I'll call you!!! (...or not!)"

-I have to work in the morning

-Have your friend 'show up' randomly to meet the person.

Profile pictures - make sure there is nothing that can identify where you work or live.

Don't put your kids pictures in your profile.

Turn off your GPS tagging for your photographs. They imbed your GPS location within the pictures and can make it so they can find you easily.

If you have a "stalker", it is important to document every text, email, call, visit, letter, comment, social media post in order to establish grounds for harassment.

Also make sure to be clear and direct in what you want them to do. Example: leave me alone, don't ever contact me. And then don't go back on that by reaching out to them.

Meet with a police officer to discuss the situation and get it on file. Also, have the police officer call to tell them to not contact you anymore. Orders of protection require documentation and proof of harassment.

Dorm safety

-always make sure your door is locked and get that agreement with your roommate(s) especially if you have common suite.

General concepts: (discussed more in depth at our seminars)

Strategic approach – avoiding the entire situation, your overall philosophy - big picture thinking

Tactical approach – What you do when you are in the situation

Verbal skills – assertive commands

Illusion of strength/weakness – when weak, appear strong, When strong, appear weak.

0 to 100% - be relaxed, calm, passive and then attack with 100% intensity!!

Breathing – get back to Conscious thought

Accepting Truth – It can and does happen to people, this time it's you.

Trust your instinct/gut feeling – Subconscious computer is calculating all information regarding the situation. Tune into that inner voice.

Bodyguard principle – do more to protect others (mother/child)

What personality traits might make you more of a victim? people pleaser? too passive? low self esteem? victim mentality? no confidence in your physical abilities?

Awareness: Think like an attacker

25 Reasons for Getting home alive – do it for them (family, etc) WHY is greater than HOW!

Take their picture and txt it or upload to facebook to let them know they have just been identified and other people know what they are doing.

Make noise - predators don't like the attention - even if you need to smash windows, knock over shelves in a store, etc.

NEVER let them take you to a secondary location - you WILL most likely suffer and die there. Your chances of survival are much better even if you were shot on the street if they tell you to get into their car.

(This is the list of self defense moves we do in the seminar. I intend to have a video available at some point, but these are the moves we practice in the self defense class. You will see a duplicate of some information from above as well.)

“Get Home Alive” Self Defense Seminar

Goal: Avoid, Escape and survive

With Rick Wolslayer

Curriculum:

Become a powerful person that is a tough target

Posture, congruency, attitude, eye contact, stance, voice control, breathing all combine to enable you to present a powerful presence.

Voice Control - "Kiai =spirit shout"

Deep abdominal breathing

Project - imagine you are knocking them over with your voice

Practice in front of a mirror saying the phrases you want to communicate with congruency.

"No!!" "Stop!!" "Leave!!"

If you can't say it in practice, it's going to be much more difficult to say it in a real situation. Think of yourself like an actor getting ready for a stage presentation. Practice until becoming assertive is a natural behavior.

Write out what you want to say ahead of time and think of all the counters they will use to try to gain control of you. Keep it simple and straightforward and focused on your outcome.

Collect (things you hear, read, research - google, etc.) effective phrases for communicating. ("I feel ____, when you _____, would you _____", also quick responses to use against strangers "interviewing you", such as a strong stare while asking "Can I help you????!!")

Strikes and Striking Combination:

Ready Position (hands up, 1 foot forward, strong posture, elbows in, good eye contact)

Back-hand finger flick (target: eyes)

Straight Finger Eye jab (target: eyes)

Heel-palm to the Nose (Target: nose)

Heel-palm to the Chin (Target: under the chin)

Chop to side of neck (Target: nerve on side of neck)

Chop to front of neck (Target: trachea/throat)

Elbow strike (Target: nose, jaw, temple, back of head)

Knee strike - (Target: Groin/stomach, side of knee, side of thigh, back of knee)

Front snap kick (Target: knee, groin, stomach)

Heel Stomp kick (Target: knee, shin, top of foot, toes)

Blocking and parrying

1) The Shield Drill: Hands in ready position

Put hands palm to palm with your partner.

They try to hit you.

You avoid by blocking and deflecting. This drill shows you that you can instinctively stop people from hitting you.

2) Traditional karate-style blocks

Doing these blocks will teach you correct form, timing, and power.

Single hand blocks up and down

- (use against: roundhouse punches, upper-cut punches, kicks, front punches and pushes)

Parry technique "swatting a fly"

- (use against: front punches and pushes)

"wax on-wax off" type drill

3) Blocking from a ready stance

Use the karate style blocks from a "ready stance". This is stance from which we will use in real life situations.

Hair Grab

Turn and face attacker

Grab wrist and elbow

Foot stomp or knee strike

Twist Fingers back

Wrist Grabs

Using leverage and full body movements, find the weakest part of the grip and twist out of it.

Enter in towards them and use strikes, or yelling in their ear.

Choking Defense

(when you can run)

1) Hand between arm, Turn away, Hit wrist, run

2) Push into throat, Turn away, run

Choking Defense

(Standing, against the wall, when you can't run away)

Box the ears (palms on ears)

strike into the throat Eye scrape (thumb nails across the eyes)

Ear Pull (grab ears)

Groin Strike (knee to groin, or kick to the stomach)

Choking Defense

(Laying down, Person sitting on Top of you, choking you)

Strike or push throat Grab fingers and bend back Boost with your hips

Rape Position

(Laying down face up, Person laying down on top of you)

Bite Scrape eyes Kick (bicycle kick)

Boost with hips (Foot Tucked under you)

Ear pull to get them off

Rape Position

(Laying down face down, Person laying down on top of you)

Bite

Head butt

Go to Fetal position (bring knees in and turn to side)

Bite

Bear Hug Arms pinned

Foot stomp

Head butt

Groin grab or leg pinch

Elbow to head (once your arms are released)

Bear Hug Arms Free

Foot stomp Head butt Groin strike or leg pinch Elbow to head (once your arms are released)

Twist or bend fingers back

Knife to Throat or Gun

Grab wrist and hand with your 2 hands

Control the weapon so it is away from your throat or not pointing to you (lock to your side)

Knee and Foot strikes

Self Defense Concepts

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Other ideas???? Add your own or ones you hear about. Create your own personal manual for safety.