

Welcome to the Quest Health Clubs Self Defence Seminar!!

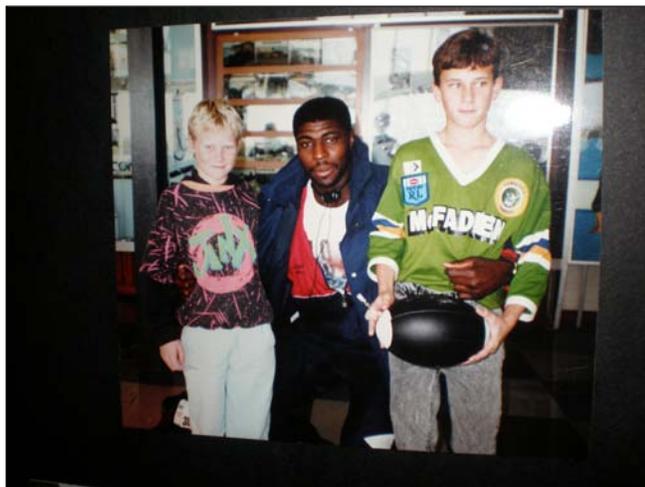
Dear member, we are so happy you have joined us today and we hope you will benefit from it!!



Self Defence Seminar by Korey and Rickie Gibson

- Hopefully the skills and information you have learnt in this presentation will never have to be used in an attack situation, but it would be great if you could pass what you are comfortable in teaching onto others that you care about.

Presenters Backgrounds



Fitness Australia and REPS NZ as a Health and Fitness Professional. Rickie regularly trains in fight combat sports with his brother.

- Korey Gibson won the Australian Lightweight Cage Fighting Championship in 2007 and is the Current Number 1 New Zealand Lightweight Cage Fighter. Korey is a conditioning expert with a passion for nutrition.
- Rickie Gibson is a Health and Fitness Professional with a Certificate 3 in Fitness (Australia and NZ) Certificate 4 in Fitness (Australia and NZ) is CrossFit Level 1 Certified (Recognised Worldwide) Kettlebell Trained and Registered with Fitness Australia and REPS NZ as a Health and Fitness Professional. Rickie regularly trains in fight combat sports with his brother.
- Both presenters have had high level experience in Rugby League from New Zealand Secondary Schools to the Auckland Warriors.
- Both presenters have interests in health and fitness companies in New Zealand and Australia providing an environment for them to share their passion for women's self defence, both brothers believing every woman should participate in some sort of **regular** self defence training and health and fitness training (including both functional resistance and high intensity cardio training).
- Obviously we are strapped for time and could go into huge detail about self defence or fighting as a whole, but today is designed to give you some basic skills which may enable you to defend yourself in an attack situation.
- Firstly - Here are some basic **statistics from the Australian Bureau of Statistics** for you to consider...

In 2005, 50% (3.7 million) of men aged 18 years and over and 40% (3.1 million) of women aged 18 years and over had experienced violence at some point since the age of 15 years. That is, they had experienced physical or sexual assault, or an attempt or threat of these.

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On a more local note: Echo Shine taskforce, set up to investigate 42 bike path attacks on women in 2006 and 2007. In January 2007 at least 36 women had been attacked in just 12 months.

Since early 2007, 42 women have been attacked along Brisbane's bikeways.

PREVALENCE OF VIOLENCE

Physical violence refers to physical assault, and threatened or attempted physical assault. In 2005, physical violence was experienced by 10% (780,000) of men and 5% (363,000) of women. Physical assault was the largest component of physical violence, with 6% (485,000) of men and 3% (242,000) of women experiencing physical assault in 2005.

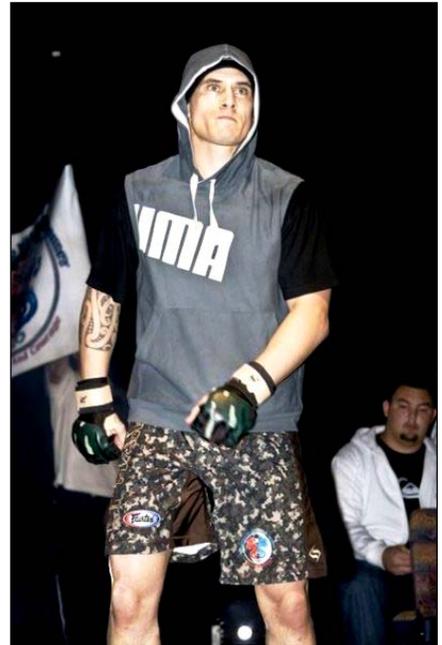
Sexual violence refers to sexual assault (including attempted sexual assault) and threatened sexual assault. In the 12 months prior to 2005, 46,700 (0.6%) men and 126,100 (1.6%) women had experienced sexual violence. Most of these men and women were sexually assaulted (0.6% of all men and 1.3% of all women).

- What is Self Defence?

Self-Defence

You've seen it in movies: A girl walks through an isolated parking garage. Suddenly, an evil-looking guy jumps out from behind an SUV. Girl jabs bad guy in the eyes with her keys — or maybe she kicks him in a certain sensitive place. Either way, while he's squirming, she leaps into her car and speeds to safety.

That's the movies. Here's the real-life action replay: When the girl goes to jab or kick the guy, he knows what's coming and grabs her arm (or leg), pulling her off balance. Enraged by her attempt to fight back, he flips her onto the ground. Now she's in a bad place to defend herself — and she can't run away.



“ALWAYS WALK WITH CONFIDENCE! DO NOT ACT OR HOLD YOURSELF WITH A VULNERABLE POSTURE!”

Many people think of self-Defence as a karate kick to the groin or jab in the eyes of an attacker. But self-Defence actually means doing everything possible to **avoid** fighting someone who threatens or attacks you. Self-Defence is all about using your smarts — not your fists.

The first and most important step to stopping an attack on your person is: Situational Awareness!

NB: IN THE LAST 6 MONTHS OUR CHRISTCHURCH GYM IN FERRYMEAD HAS HAD TWO FEMALE MEMBERS RAPED AND MURDERED!

WE AREN'T DOING THIS FOR FUN!

Situational awareness

As the term implies, **situational awareness** refers to 'awareness' of the 'situation.' "Situation awareness" is the correct term for the field of study that concerns the [knowledge](#) and understanding of the environment that is critical to those who need to make decisions in complex areas.

Situational awareness has been formally defined as "the *perception* of elements in the environment within a volume of time and space, the *comprehension* of their meaning, and the *projection* of their status in the near future" (Endsley, 1988, 1995b, 2000).

At its core, situation awareness (SA) involves being aware of what is happening around you to understand how information, events, and your own actions will impact your goals and objectives, both now and in the near future. Lacking SA or having inadequate SA has been identified as one of the primary factors in [accidents](#) attributed to [human error](#).

- Be aware of your surroundings, the people in your surroundings, what their movements or demeanor is like and make rational decisions based on your gut instinct.

Safety Tips

All of you should empower yourselves with safety tips/information. The top of our safety tips list is to always use your common sense and TRUST YOUR INSTINCT; it's there for a reason. If a situation is uncomfortable then get out of there as quickly as possible. Here you will find some general safety and self defence information to better arm yourself in the event of an attack. A high percentage of attack victims who FIGHT back get away.....

DON'T THINK IT CAN NEVER HAPPEN TO YOU!!!!

TAKE THOSE BLOODY I-POD SPEAKERS OUTTA YOUR LUGS!!!! – *did I mention that?!!!!*
"Awareness is half the battle"

- Many attackers will look for vulnerable women especially in vulnerable places- For example, easier targets to overpower would be women talking on mobiles/ looking through handbags/ wearing headphones while jogging etc...
- Many abductions occur in shopping centre and work car parks/ underground car parks. Hitch-hiking is also not recommended...
- Fact: A high percentage of rape victims knew their attacker.

Self defence information

- Break fingers, gouge eyes, slap ears, chop throats, kick groins and knees, stomp the tops of feet, scratch, bite, spit and scream. You must completely overwhelm your attacker both physically and mentally to be successful in surviving. In a fight for life and death NOTHING is off limits. Pull hair, throw objects, bash, slash, and stab with objects. Do not give up or give in to fear...turn your body's fear into rage and use CONTROLLED VIOLENCE TO STOP YOUR ATTACKER!

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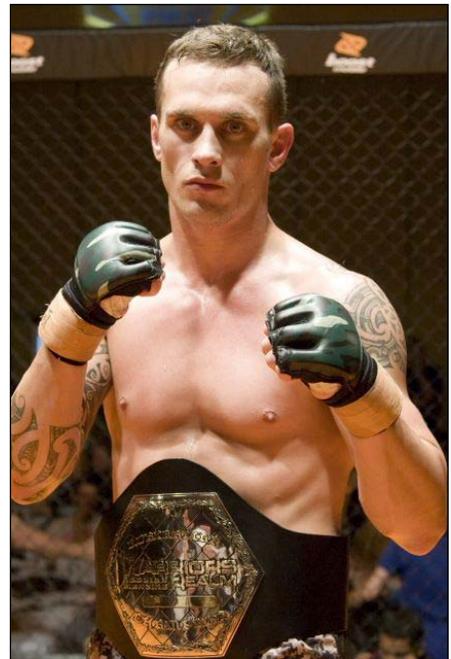
Drink Spiking

- Be aware that it's something that can happen to you.
- Whenever you can, go out with people you "trust". Try not to go out alone.
- Designate a trusted person to stay sober.
- Don't accept drinks from strangers. Only people you "trust"/or get your own.
- Watch bar staff while they make drinks/ sealed beverages are even better.
- NEVER leave drinks unattended. WATCH your drinks at all times.
- Watch out for friends.
- Be suspicious if someone buys you a drink and it's not what you asked for.
- If you're out drinking and start feeling strange (dizzy, light-headed) or unwell for no apparent reason, or more affected than you think you should be, seek medical attention immediately/ drink plenty of water. Just get to a safe place, preferably with safe people.
- Be aware that by going back to someone's house you are putting yourself in a vulnerable position.
- Be aware of drink spike detector cards, buy them whenever you can afford to.

Rules of Engagement

- If you feel attack is imminent and you have no escape route, it is acceptable morally and legally to strike pre-emptively. Observation of the predator's body language, his verbal taunts, and consistent imposing on your personal space all are factors to consider. Often the one who strikes first holds the upper hand in conflict.
- Be aware that an attacker can cross 7 yards, (21 feet), in about 1.5 seconds. This means among other things, that your personal safety area can be compromised in about the time it takes your brain to effectively realize what is happening.
- If you are faced with overwhelming odds, such as weapons or sheer numbers of attackers, lethal force is justified. Although your premise for defence should not be based on killing but rather incapacitating in the most effective manner necessary in order to preserve your life. If death or dismemberment of the assailant is a result of your actions, then it is just that...a consequence of HIS actions, not yours.

**"THE GOAL IS TO MAKE IT HOME ALIVE –
NOTHING ELSE MATTERS RIGHT NOW!"**



- However if you can be reasonably sure the attacker poses no immediate threat to your life, lethal force may put you in the defence chair in court. Examples would be a significantly smaller and less powerful individual or otherwise impaired individual. These are the cases where less than lethal tactics may be required.
- Even if you properly defend yourself or a third party from attack you still may be required to defend yourself again in court. It is a good idea to learn the self defence laws in your area.

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- The best self defence is avoidance. Don't be there. However this is not always possible. Keep in mind, in court you will be asked to prove you did EVERYTHING to avoid the confrontation in the first place.
- Usually striking immediately gives the best chance of survival. However you may have to feign compliance until an opening arises.

Element of Self Preservation

- Always be aware of your surroundings, and WHO is in them. TRUST YOUR GUT FEELINGS.
- If you must defend yourself, do so aggressively. There are NO RULES in a fight for survival. Only prizefighters and people killed in the street try and fight with rules. FIGHT DIRTY. NOTHING, NOTHING, NOTHING...IS OFF LIMITS.
- Targets: Pick the easiest and the weakest. THE EYES. THE GROIN. ANYWHERE ON THE NECK but especially THE THROAT.
- Strike hard, fast, and strike through the target. Then do it again and again and again.
- Do not stop striking until the attacker runs away, you can get away safely, or the authorities arrive.
- ANYTIME an attacker puts his hands on you in any way, he is exposing SOMETHING. Learn to look for what is exposed and attack it. Then find the next opening and attack it. REPEAT until you can get home safely.
Your goal is not to injure, maim, or kill...IT IS TO MAKE IT HOME ALIVE. That is all that matters.
- Always... have a backup plan. If you carry a personal alarm, carry a back up or another weapon...i.e. anything can break, and usually does when you need it most. (Murphy's Law)...If one tactic, tool, or target choice doesn't work try another and so on until you get to leave alive.
- EVERYTHING IS A WEAPON. There are 3 types of weapons. Impact, cutting, and weapons of distraction. If you can't hurt them with it, throw it in their face and use the micro second of distraction to attack.



- Use your hands, elbows, knees, feet...head butt, bite, spit, and scream. If you want grace, do ballet. If you want to look pretty, join a pageant. If you want to survive a violent assault, do whatever it takes.
- Keep it simple and vicious ...Complicated, fancy, and honorable are for fight tournaments and Karate movies.
- Fight strength to weakness not strength to strength. If you are a lady, don't try and fist fight with a man, odds are that will be your strength vs. his strength and most of the time men are just stronger...that's not sexist, just a physical fact. Strength to weakness is your fingers in his eyes. Your fist in his throat. Your foot in his groin or kneecap. Strength to weakness.

"YOU MUST ATTACK!"

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- Never ever rely on PAIN to stop a violent attacker. Some people do not respond to pain for various reasons. You must incapacitate...i.e. take away his ability to continue the assault. Example would be...tearing out his eyeball or shattering his kneecap. If he can't see, walk, or breathe he can't keep coming after you.

Never-Land

- NEVER go to a secondary location with an individual you suspect will cause you harm. Predators remove would be victims in order to separate them "from the herd". No witnesses, and no one to stop them during their assault. Even if he has a gun trained on you...DO NOT go. Fight if no other option. People who go to secondary locations are at the greatest risk of being killed.
- NEVER go walking or jogging wearing loud headsets. Not only should you be able to see your surroundings...you need to be able to hear them as well. ***Have I mentioned this??!!!!***
- NEVER forget you have the option of saying..."NO". If you are not comfortable allowing someone in your home or car, or even to be around you...YOU CAN SAY NO.
- NEVER let the thought of a rapist dictate to you what you can wear. Provocative clothing may "excite" a man, but it will never make a decent man rape you. Rape is more about power than sex.

The Mind-Your Primary Defensive Tool

- One of the Key Elements in security and self defence is a good mindset. It is also in the mind where the battle is usually won and lost...the body is just the stage on which this battle is played out. You must have the proper mindset to SURVIVE. Don't let fear control you. Trust your intuition. Fight strategically.
- It is in your mind where the battle for survival is won or lost. You must have the survival mindset...the attitude that you will survive the attack. You must turn fear into determination to stay alive. 90% of Self Defence is in the mind...10% is physical. Wars are won and lost in the battlefield of the mind.
- You must decide that you will not be a victim...that you will do any and everything you can to make it home alive. You must understand that in a violent assault you will get hurt...then you must get over it! Wounds will heal...death will not.
- You must constantly be alert and aware of your surroundings to avoid being in a bad situation in the first place. However sometimes even the most alert person may find themselves in a bad predicament. You must then maintain your focus...to survive. Trust your "gut feelings"...trust your intuition...these are not supernatural or psychic responses...they are subprograms your brain constantly runs concerning the normal and not so normal behavior of others. If someone gives you the "creeps" there is a reason for it...just because you cannot "put your finger on it"...does not mean there is not a problem. Your subconscious has picked up on something that is abnormal...HEED your intuitive warnings.

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- A weapon without the brain is just a paperweight...any tactic without the proper mindset will fall to either luck or disaster...and neither of these can be counted on to keep you alive.

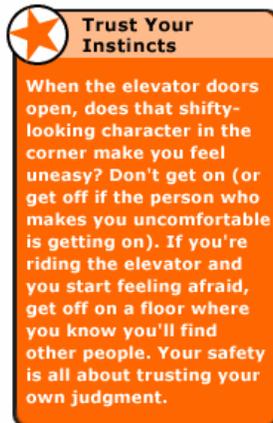
The mind is your greatest self defensive weapon. Always have it with you!

"Should you find yourself in a struggle for survival, your goal is not to maim your attacker, not to kill, not even to 'win' the fight...your goal is to MAKE IT HOME ALIVE. Everything else is secondary...."Fair fights are for professional prizefighters...and people killed in the streets. Otherwise...do what it takes to MAKE IT HOME ALIVE."

Use Your Head

People (guys as well as girls) who are threatened and fight back "in self-Defence" actually risk making a situation worse. The attacker, who is already edgy and pumped up on adrenaline — and who knows what else — may become even more angry and violent. The best way to handle any attack or threat of attack is to try to get away. This way, you're least likely to be injured.

One way to avoid a potential attack before it happens is to trust your instincts. Your intuition, combined with your common sense, can help get you out of trouble. For example, if you're running alone on the school track and you suddenly feel like you're being watched, that could be your intuition telling you something. Your common sense would then tell you that it's a good idea to get back to where there are more people around.



Attackers aren't always strangers who jump out of dark alleys. Sadly, teens can be attacked by people they know. That's where another important self-Defence skill comes into play. This skill is something self-Defence experts and negotiators call **de-escalation**.

De-escalating a situation means speaking or acting in a way that can prevent things from getting worse. The classic example of de-escalation is giving a robber your money rather than trying to fight or run. But de-escalation can work in other ways, too. For example, if someone harasses you when there's no one else around, you can de-escalate things by agreeing with him or her. You don't have to actually *believe* the taunts, of course, you're just using words to get you out of a tight spot. Then you can redirect the bully's focus ("Oops, I just heard the bell for third period"), and calmly walk away from the situation.

Something as simple as not losing your temper can de-escalate a situation. Learn how to manage your own anger effectively so that you can talk or walk away without using your fists or weapons.

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Although de-escalation won't always work, it can only help matters if you remain calm and don't give the would-be attacker any extra ammunition. Whether it's a stranger or someone you thought you could trust, saying and doing things that don't threaten your attacker can give you some control.

Reduce Your Risks

Another part of self-Defence is doing things that can help you stay safe. Here are some tips from the National Crime Prevention Council and other experts:



- Understand your surroundings. Walk or hang out in areas that are open, well lit, and well traveled. Become familiar with the buildings, parking lots, parks, and other places you walk. Pay particular attention to places where someone could hide — such as stairways and bushes.
- Avoid shortcuts that take you through isolated areas.
- If you're going out at night, travel in a group.
- Make sure your friends and parents know your daily schedule (classes, sports practice, club meetings, etc.). If you go on a date or with friends for an after-game snack, let someone know where you're going and when you expect to return.
- Check out hangouts. Do they look safe? Are you comfortable being there? Ask yourself if the people around you seem to share your views on fun activities — if you think they're being reckless, move on.

Be sure your body language shows a sense of confidence. Look like you know where you're going and act alert.

- When riding on public transportation, sit near the driver and stay awake. Attackers are looking for vulnerable targets.
- Carry a cell phone if possible. Make sure it's programmed with your parents' phone number.
- Be willing to report crimes in your neighborhood and school to the police.
- Don't have I-Pod speakers in your ears!!



Take a Self-Defence Class



The best way to prepare yourself to fight off an attacker is to take a self-Defence class of some sort. The last thing you want to be thinking about during an attack is, "Can I really pull this self-defence tactic off?"

**"DO NOT STOP ATTACKING
UNTIL HE GIVES UP!"**

- What if for some reason your SA skills fail you or an attack comes from nowhere? There are some important skills we need to develop to enable us to have the greatest chance at survival – let's go!

Notes – Class Physical Role Plays

- Skill 1 – Arm Grab
- Skill 2 – Behind Neck/body Grab
- Skill 3 – Two handed throat grab
- Skill 4 – Striking areas and how to strike
- Skill 5 – Basic ground skills
- Weapons to use – personal alarm, keys and a bat underneath your bed

[Personal Alarms](#) save lives and help prevent injuries. The alarms' sole purpose is to create an environment that helps discourage violent attacks, rape and assaults. You can buy Eveready Panic Alarms and Led Lights from your local chemists or supermarkets for only \$10.95.

- Practice Drill – Get hit and hit back!

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