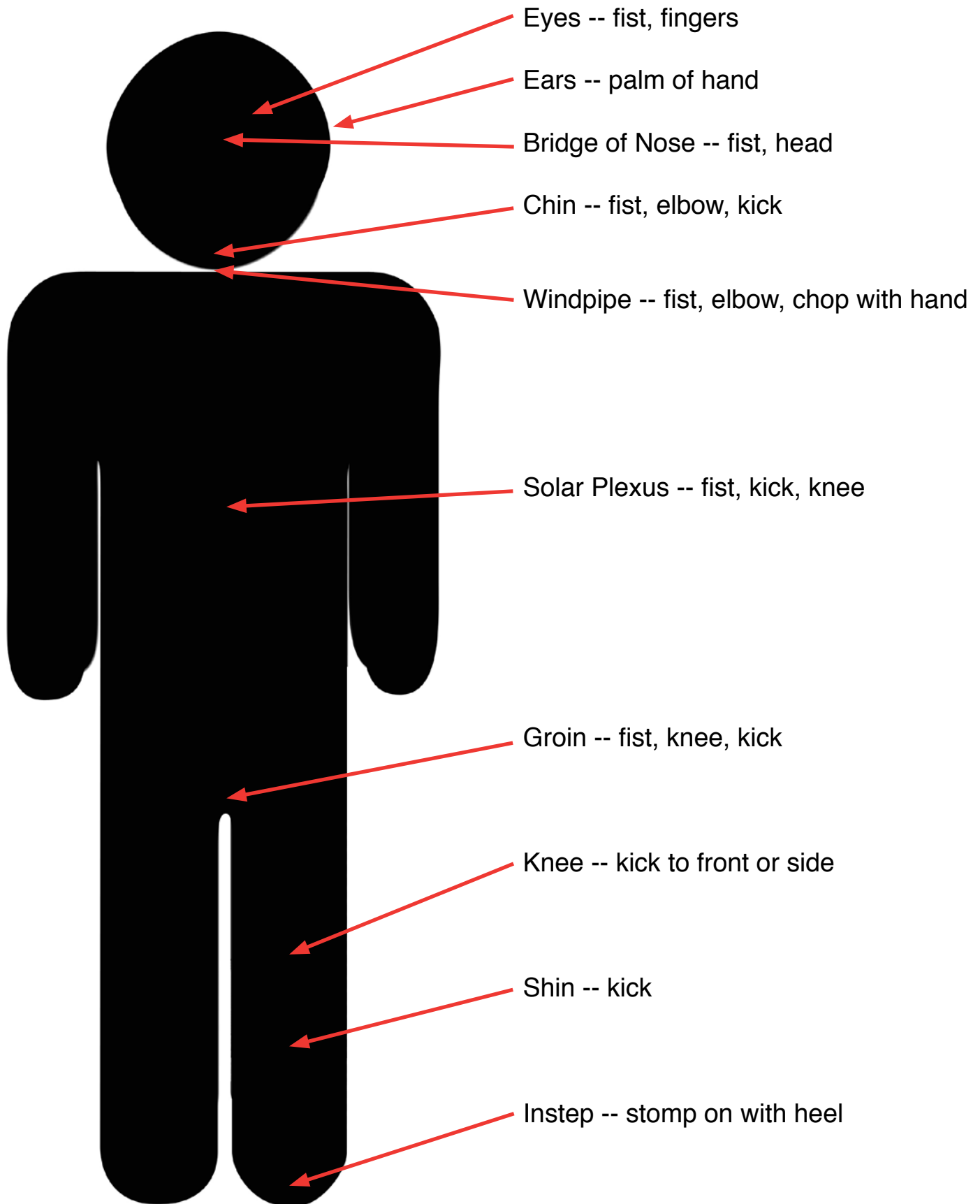


Self Defense

Vulnerable Points with Method of Attack



SAFETY TIPS

Remind yourself of these things to do in an emergency situation. This is for you, and for you to share with your spouse, your children, everyone you know. It never hurts to be careful in this crazy world we live in.

1. The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet/purse, **DO NOT HAND IT OVER**. Toss it away from you. Chances are that the robber is more interested in your wallet/purse than you and will go for the wallet/purse. **RUN IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit doing their checkbook, or making a list, etc. **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for the predator to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.** If someone is in the car with a gun to your head, **DO NOT DRIVE OFF**. Repeat ... **DO NOT DRIVE OFF!** Instead, gun the engine and speed into anything, wrecking the car. Your air bag will save you. If the person is in the back seat, they will get the worst of it. As soon as the car crashes, bail out and run. It is better than finding your body in a remote location.
5. A few notes about getting into your car in a parking lot, or parking garage:
 - Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.
 - If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack by pulling their victims into their vans while they are attempting to get into their cars.
 - Look at the car parked on the driver's side of your vehicle and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY.** And better paranoid than dead.
6. **ALWAYS** take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at **NIGHT!**
7. If the predator has a gun and you are not under his/her control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely **WILL NOT** be a vital organ. **RUN**, preferably in a zigzag pattern!
8. Women are always trying to be sympathetic ... **STOP IT.** It may get you raped or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.
9. If you hear a crying baby outside your house at night, **DO NOT** open the door! Call the police! A recorded baby's cry may be luring you to open the door to a predator.
10. If you wake up in the middle of the night and hear your outside faucets running or what you think is a burst pipe, **DO NOT GO OUTSIDE TO INVESTIGATE!** People turn on all your outside faucets full blast so that you will go out to investigate and then attack.

Stay alert, keep safe, and look out for your neighbors!