

5 RINGS MIXED MARTIAL ARTS!

TEENS SELF PROTECTION

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MARTIAL ARTS TEACHERS ASSOCIATION

***Personal Welfare and Protection in a
Zero Tolerance World***

Instructor/School Credentials

- Martial Arts Teachers Association top level Instructor on Self Defense
- 3rd Degree Black Belt Okinawan Kempo
- 2 Degree Blackbelt Brazilian Jiu-Jitsu
- Top Level Instructor of V.K.A. Stick & Knife Fighting for Sport & Self Defense

Teens in Fear Statistics

- 1 out of 3 teens was in a fight in 2007.
- 1 out of 11 was threatened at school with a weapon in 2007.
- 5.4% of teens skipped at least one day of school last year out of fear of being hurt.

Source: Centers for Disease Control and Prevention -- Atlanta, GA

Principles of Self-Protection

Recognize

Avoid

Defend

Three Stages Of Assault

- Search for a victim
 - Select carefully, both available and vulnerable. Don't be that person.
- Testing Stage
 - Threats and intimidation to test your will.
- Physical Aggression
 - Usually can be avoided, but not always.

Recognize

- “The biggest problems are drunks and jerks. Stay away from places where drunks and jerks hang out.” -- James Coburn
- Know yourself and others.
- Always look out for potential danger.

Avoid

- Not being where trouble starts is best defense of all.
- Keep your distance as best you can.
- Always have an escape route.
- Be prepared to stun and run.

Avoidance is Best

- “My art is the art of fighting without fighting.” -- Bruce Lee
- “The greatest general isn’t one who can defeat 100 enemies in 100 battles, but rather is one that controls things so well the need to fight never arises.” -- General Sun Tzu, *The Art Of War*
- We teach how to avoid rather than fight.

Five Assault Zones

- School
- Bus stop
- Walking to and from school
- School hangouts and events
- Home

Good Assertive Traits

- Confident upright posture.
- Good eye contact.
- Positive tone of voice.
- Protect your body. No one has permission to touch you.
- Take care of yourself inside and out.

What Zero Tolerance Means

- If you fight you may get expelled or even arrested.
- This doesn't mean you don't protect yourself.
- Use your voice, eyes, and body language first.
- Set clear boundaries with your voice and tone.
- If you have to strike, yell, "No! No! No!"
- If you have to fight, stun and run.

Threats While in Your Car

- Plan your route ahead of time.
- Fill up tank when 1/2 to 1/3 empty.
- Make sure all preventative measures are current.
- Have a cell phone in case of emergencies.
- Keep a flashlight and batteries at all times.
- Have a candle and matches in glove box.
- Some kind of legal weapon.

Going To Or From Your Car

- Make sure all doors are locked and windows rolled up.
- Park near a light, close to your entrance.
- Don't park next to large objects.
- Have keys out while approaching your car.
- Go back if anything looks suspicious.
- Be careful while putting packages in car.
- If you think someone is following you, keep going.

Car Security

- Alarm your car.
- Avoid convertibles.
- Don't put name on license plate.
- Don't have mail, registration, visible inside your car.
- Make sure windows are rolled up and doors locked when in your car.

Walking

- Move briskly and with purpose.
- Make the minimal eye contact.
- Keep conversations with strangers brief.
- Avoid clothing that would reduce your ability to respond to a threat.
- Stay wide of solid objects.
- Carry a noise maker or whistle.
- Use “fire” not help.

Defend

- Fear is OK.
- Keep breathing. Take at least two deep breathes as soon as fear washes over you.
- If boundaries are clearly violated, you may gain the advantage with a first strike. Stun and run.
- If you have to strike yell, “No!” with each blow.
- Use short, sharp weapons like knees, elbows and head butts.
- Kick low so you don’t lose balance.
- Use the environment to your advantage.

Six Tools For Response

- Use voice, eye contact and body posture to establish you have rules and boundaries.
- Evasion
- Barricading. Move so something is between you two.
- Distance
- Preventive attacks. First strike stun and run.
- Attitude that you are worth protecting.

Our Program for Teens

- Teaches confidence so teens are less apt to be pressured by peers
- Teaches leadership so teens will have the courage to blaze their own trail
- Teaches respect so teens can learn to appreciate others
- Teaches self-esteem so teens will take better care of themselves out of self-pride.
- GIVE YOUR CHILD THE GIFT THAT KEEPS ON GIVING! CALL TODAY (618)558-9995
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