

Technique: Stop-Block-Frame**Overview**

Predators often test their targets' spatial boundaries to see how close they can get before initiating the assault. In this lesson, we teach you how to use verbal assertiveness to establish and enforce your personal space and what to do if the attacker crosses the boundary and physically assaults you. We will begin with a critical Fight Philosophy discussion on the importance of boundary setting in self-defense.

Technical Slices**1. Fight Philosophy – Boundary Setting (Strangers)**

- Set assertive verbal boundaries as early as possible.
- The sooner we set boundaries, the sooner we can assess a potential perpetrator's intentions.
- We should not prioritize politeness over our personal safety.

2. Distance Control

- *Indicator:* A suspicious person violates your personal space.
- *Essential Detail:* Make eye contact and assert yourself verbally with our hands up and strong body posture.
- *Most Common Mistake:* Waiting too long to address the potential assailant.
- *Bad Guy Reminder:* Walk towards her (don't run) in an attempt to get her guard down.
- *Drill Orders:* Bad approach her with casual conversation, assert verbally, maintain distance, reverse roles.

3. Block and Move

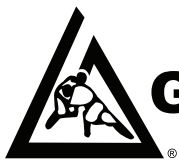
- *Indicator:* Assailant crosses your established boundary and attempts to subdue you.
- *Essential Detail:* Use stiff arms to block the assailant and break free.
- *Most Common Mistake:* Failure to maintain a solid base while blocking and moving.
- *Bad Guy Reminder:* Approach her quickly and try to grab ahold of her hips.
- *Drill Orders:* Verbal assertiveness, block and move, reverse roles.

4. Frame Escape

- *Indicator:* Assailants establishes control of your body.
- *Essential Detail:* Establish a solid base and frame.
- *Most Common Mistake:* Torso leaning back instead of forward.
- *Bad Guy Reminder:* Turn and tighten your neck to avoid injury.
- *Drill Orders:* 1 rep, reverse roles.

5. Fight Philosophy – Non-Stranger 4 Phases

- **Phase 1: Intrusion** – He will test boundaries and introduce intrusive behavior.
 - The earlier we set a boundary against unwanted behavior, the earlier we can assess their intentions.
- **Phase 2: Desensitization** – An attempt to make you feel like inappropriate behavior is normal and acceptable.
 - We shouldn't be made to feel wrong for setting boundaries with others.
 - Drugs and alcohol is a common tool for desensitization.
- **Phase 3: Isolation** – Uses false sense of trust to accomplish isolation.
 - We can always fall back on our Women Empowered techniques to ensure our safety, even against someone we know very well.
- **Phase 4: Carry out Assault** – In many cases they use persuasion or manipulation to accomplish the assault.
 - It is never too late to establish a boundary with someone, regardless of what was permitted or invited up until that point.
- Regardless of what we do, wear, drink, or say, sexual assault is NEVER the fault of the survivor.

**Mindset Minute**

If someone makes you uncomfortable or violates your personal space, make eye contact immediately and don't hesitate to establish your boundaries verbally and physically. If an assailant sees that you are confident and empowered, he will likely think twice before moving forward with his plan.