

'Choices'

Women's Self Defense and Personal Safety



Lecture Component Team Wasabi Pty Ltd

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Note:

1. Dependent on the instructor's style, these course slides have all references included and all notes so that the student doesn't need to take additional notes.
2. Furthermore, dependent on the length of the course, some slides are marked '[Non-core slide]'. Such slides can be left out since the information might be mentioned somewhere else in the course, or if the participant can read through the information after the course finishes.
3. All other administration work by the instructor needs to be done now, such as: attendance gathering, announcements, car park coupons, etc.



About Your Instructor

- Colin Wee is the Chief Instructor of Hikaru Ryu Gendai Budo, established in Australia since 2000.
- Colin researched Women's Self Defense as part of a black belt specialty program in the US, and pioneered the course in Singapore in 1992 with woman's organization 'AWARE'.

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Note: Course instructors' overview goes here.



Where We Train

- Team Wasabi Pty Ltd
 - Hikaru Ryu Gendai Budo
 - Hollywood Primary
 - Tuesday evenings at 8:00pm
 - Saturday mornings at 8:30am
 - Email: info@hikarudojo.com
 - Mobile: +61-418811371

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This is where your training dojo information goes. You can leave this slide out if you want.



Disclosure

- The information in these slides forms a program offering designed by Team Wasabi Pty Ltd for Women's Self-Defense. It may be offered in conjunction with another self-defense (or similar) organization. It is not to be used for any other purpose than it was designed for.
- No part of this presentation to be stored in any storage device or communicated without the express permission Team Wasabi Pty Ltd.
- Any inquiries surrounding the course should be emailed to info@hikarudojo.com

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Brief Disclaimer

- This course presents an overview of the issues surrounding self-defense for women and an outline of the techniques available in some given situations.
- Physical self-defense needs many hours of training and we do not make any guarantees or representations that such techniques will work in an adverse situation after one course.
- Furthermore we do not make any guarantees or representations that a participant will not be at the receiving end of a violent crime.
- Parts of this course is of a physical nature. Our organization, representative agents, instructors, and vendors do not take responsibility for any physical injuries that happen during the course. Participants are to ensure that they are fit and able to participate, and if not, remove themselves from any of the exercises contained within this program.



Background

- This coursework was designed by Colin Wee, who started research into Woman's Self Defense in the early '90s as a component of his black belt responsibilities in the US martial arts system.
- Colin pioneered the 'Woman's Self Defense and Rape Awareness' Course in 1992 with the auspices of AWARE, Singapore.
- The course was brought to Western Australia in 2001 through Team Wasabi Pty Ltd.

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Introduction to 'Choices'

- This course deals with the decisions you make regarding one simple thing – *your life*.
- You need to be empowered with information so that informed and timely choices can be taken, which may save your life or move you from harm's way.
- Our job is to make you aware of the choices that you can make *within your control* regarding awareness, protection and self-defense.

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1. The course is about choices: mental or physical. This is important so that the participant understands that there are options available for self protection.
2. At the end of the course however, we need to end off with the understanding that while there are choices to be made within one's control, sometimes there is no reason why someone will get victimized.
3. Such presents a balanced perspective beyond the focus that self-defense is all about kicks and punches.



Fight or Flight

- Self-defense is a physical and mental plan of action you use to protect yourself in adverse situations. Self defense has to deal with a great deal of ambiguity.
- Few people deal with fear, and “threat of force is as intimidating as actual violence.” We call the barrier between this paralyzing fear and the action you need to take for physical self defense ‘the hump’.
- We will cover a straightforward framework to get you over ‘the hump’.

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Please refer to the Fight or Flight Affirmation exercise downloadable from www.ninjado.com.



It's about to get bad ...

The guy's on top of you. You tell him to stop. Clothes are already being unfastened from your body. Both of you are breathing hard. But he's not listening. You start to push. But he's too strong. He starts getting rough. You panic. You freeze. You don't know what to do. Welcome to the 'hump'.



Beating 'the Hump' – 1 of 3

- Self defense is about protecting yourself in the face of ambiguous situations. Women self defense is rarely similar to men's self defense; sometimes it is not so easy to identify which seems to be the 'bad guy'.
- We advocate clear use of force immediately in most situations where *the best way to respond* may be unclear to the victim of a potential sexual assault.

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Beating 'the Hump' – 2 of 3

- Discussed in our 'Affirmation' exercise, you need to make the decision *now* to defend yourself in adverse and ambiguous situations.
- To enforce this, women can use visualization techniques to help overcome difficulties in engaging in physical self defense. Refer to our 'Visualization' exercise available at <http://www.hikarudojo.com>.



Beating 'the Hump' – 3 of 3

- Real 'self defense' starts with the verbal self defense 'script' we teach and immediately escalates into physical self defense – without pause.
- You, as the victim, make no distinction between verbal self defense and physical self defense.
- All you do is follow our protocol and proceed with physical techniques at the end of your verbal self defense initiative.

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Be Committed

- To be alert, you need to be aware of the factors that encourage criminal behavior.
- To reduce your reaction time, you need to make the decision to act before you encounter life-threatening scenarios.
- To be effective, you need to choose techniques that will stop your attacker for at least 3 minutes; long enough for you to escape.

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Please refer to the Fight or Flight Affirmation exercise downloadable from www.ninjado.com.



Sensitivity and Awareness

- Most people, for some unbeknownst reason walk and forget to look left and right anytime other than when crossing a road.
- Peripheral vision is one of the tools to increase your sensitivity to your environment.
- Most people can usually see more than 180 degrees to either side. All you have to do is open your awareness to your peripheral vision whilst looking at a 45 degree downward angle.

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How About Law Enforcement?

- We're not asking you to take the law into your own hands. We're asking you to be aware of the world in which you live.
- Statistics show there is only about one police officer for every 1000 people in Australia!
- If you rely on anyone else, it'll be as good as giving up and saying 'It Won't Happen to Me'.

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[Non-core slide]

1. Self-defense isn't about what someone else can do for you. Sometimes the police just won't be there – so each individual needs to take responsibility for themselves.
2. We're lucky that we live in a very safe country, but this debilitates your sensitivity – and such blinders play a large part in creating danger both for yourself and those around you.



Debunking Some Myths

1. Sexual assaults occur in dark alleyways.
2. Sexual assaults are about sex!
3. Committed by perverted psychopaths.
4. It's the clothes you wear.
5. It's the woman's fault.
6. There's no way a woman can fight a man.
7. It's easy to fight back.

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Note: Sexual crimes are clouded with myths and taboos. These are generated to protect your ignorance and insulates your security & well-being – your denial that 'it' could happen to you. Such myths cover the truth, and confuses the individual. With understanding you can protect yourself with knowledge and information. This course can be likened to the seat belt in the car – the seat belt doesn't play a part in causing the accident, but it does play a part in reducing the effects the accident has on you and potentially can save your life. How to cut through these myths? By recognizing that life is about the options in which you choose, and exploring the choices that are open to you.

1. They occur in alleyways: Sexual assaults can occur in your living room in the bright of day more often than it'll occur in a dark alleyway in the middle of the night.
2. It's about sex: Rape is about domination and control, rather than the lust for sex.
3. Perverted psychopaths: Rape can be committed by normal individuals. Rape doesn't need to be done by psychotic or sexually frustrated people.
4. Clothes you wear: Rape is a crime. If you are victimized, it is never your fault. The clothes you wear may limit your moves, but doesn't create the criminal or cause the crime. Remember, only you have the right to say 'No' or 'Yes'.
5. It's the woman's fault: never. This is a crime and the victim is never at fault.
6. Fight a man: self-defense is not about a stand up fight. So with good technique, practice, and some luck, a woman can severely afflict some serious damage.
7. Easy to fight back: if it was, life would be easier. However, gripped with fear, it's difficult to react and especially to fight back. Remember this if you think that you could have done more in the face of an aggressor.



Other Statistics

1. 41% of sexual assaults occur in the victim's home.
2. 93% of rapists are the same race as their victims.
3. In an assault you face a 27.3% chance of being injured if you are unarmed and submit.

[Points 1 – 3] Taken from: Rape Crisis Assistance and Prevention

[Point 4] Taken from: Seven Steps to Personal Safety

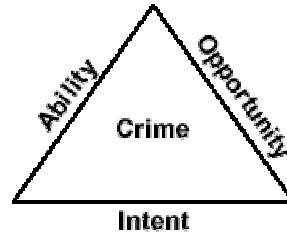
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Note: these other statistics serve to start the understanding of the true nature beyond the myths, and is important to present a growing picture of this crime.



The Risk Triangle

- Marc MacYoung from the *No Nonsense Self-defense Web Page* talks about “a concept called a triangle among firefighters. Along each side is an element that a fire needs to burn. If you take away any of these elements, the triangle collapses and the fire goes out. Crime is the same: In order for it to occur, there must be three basic elements.”



Taken from: No Nonsense Website of Self-Defense

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“Most people think of kicks ... and blocking punches when they hear the term ‘self-defence.’ However, true self-defence begins long before any actual physical contact. The first, and probably the most important, component of self defence is awareness: awareness of yourself, your surroundings, and your potential attacker’s likely strategies.”

<http://www.christianwomentoday.com/self/safety.html>

1. The Marc MacYoung triangle is a framework for anticipating the risk surrounding a situation.
2. **Opportunity:** Are you in a situation removed from other people? Remember that you can be raped in one room when there are other people in the next.
3. **Ability:** can the person(s) do you harm? Do they have access to weapons?
4. **Intent:** Intent is difficult to measure, but could the person have the intent to harm you?
5. How do you decrease or remove the sides of the triangle in the following examples?
 1. Inviting a new acquaintance into your house while getting ready to go out with him?
 2. Walking back to your car after work, you notice one of the building’s administrators there.



Who Would Do Such a Thing?

- "84% of rape victims know their attacker."
- It could be your postman, your gardener, your uncle, your ex-husband, or even your new boyfriend. Rapists can be married and have very normal lives – bad things aren't always done by 'bad' people.
- The fact is that this crime is about dominance and control. It's about opportunity.

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1. We need to understand more about the person that can do such a crime.
2. This helps the woman understand that risks are present in any situation, rather than surround themselves with mistaken myths that dark alleyways are a factor in rapes.



Good Safety Logic

- Don't approach any area or situation which could place you in danger, and if you are in any area or situation of danger, get out!
- Secondly if you can ... RUN. Just *get away*. Run far or run to a location where you can defend yourself easily.

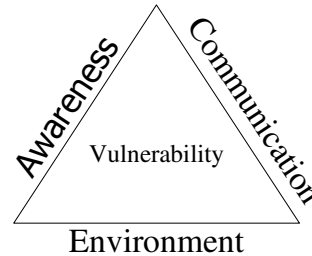
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1. Such rules are simply to communicate that it's better to get away from a dangerous situation rather than to stay and defend oneself.
2. Remember, your life is more important than your handbag or belongings.



The Vulnerability Triangle

- There are three major factors to consider when you are trying to decrease your vulnerability. You must also ask yourself the 'what' and 'why' when considering such factors. Think about the following – will someone take advantage of information gleaned from your postbox? Would you tell someone calling on the phone that you're home alone?



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All three factors can be used for or against you. That's not to make you paranoid, but it does allow you to consider forming habits that may improve your personal safety.



15 Quick Safety Tips

1. Always scan an area before approaching.
2. Be aware when you walk or when you drive, don't always look ahead.
3. Be prepared and always hold your keys or pepper spray ready.
4. Your car and house can be both used for and against you.
5. Check the backseat before getting in the car.
6. Always check in with a friend or relative as to your whereabouts at any time of the day.
7. Don't travel alone.
8. Don't leave your mail exposed in your car – it has your name and address on it!

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But remember – good self defence is more than a checklist it's about adopting a sensible approach to lifestyle and safety.

- Scanning an area: doesn't take more than 10 seconds to look over an area before approaching it.
- Walking: don't always look straight ahead. Look left and right, and be aware!
- Weapons: you can't help yourself if your spray is in your handbag. Your keys can't open the car or the house if you're not holding them. Looking at them while struggling with the door is not the best situation you can place yourself in.
- Car/house: if used wrongly you can put yourself in the cage with the animal, or put yourself out of the cage. Why?
- Backseat of the car: remember to check the doors and windows before entering your car. And lock yourself in it after you get in.
- Friends: you need to get the people around you involved in helping you.
- Travel: you need to travel in pairs. Even police have found that if they did a beat together with another cop, it reduces the incidences of situations being created.
- Mail exposed: information on forms, raffle tickets, etc. All exposes your personal information.



15 Quick Safety Tips

- | | |
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| 9. If you live alone, don't give out your residential address – use a post office box instead. | 12. If you're going on a new date, arrange to go to somewhere where there are other modes of transportation available. |
| 10. Your doorbell and letterbox? Just use your initials. | 13. Drink responsibly. |
| 11. Have a chain or peephole on your door. | 14. Don't take drugs. |
| | 15. If you are assaulted, don't ever get into the attacker's car. |

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- 9. Residential address: tell people where you live and you're exposing yourself.
- 10. Letterboxes: it's better to not identify your sexuality.
- 11. Peephole: make sure you can see who's on the other side of your door.
- 12. Date: make sure you don't limit yourself or put yourself in a situation where you have to rely on someone you don't really know.
- 13. Drink: intoxication makes you unable to make proper choices.
- 14. Drugs: same thing as the drinking. You'll lose the ability to make choices.
- 15. Cars: get into an attacker's car and you'll probably end up dead.



What Tips Can You Think Of?

- Leaving your house?
- Driving to the office?
- In the office?
- Leaving the office?
- Entering your house?
- Going out for dinner?
- Partying after dinner?
- Coming back home?
- Going to bed?
- Weekend relaxation?
- Off on a road trip?

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[Non-core slide]

Note: the participant needs to assimilate the information and apply it to other situations.



Quick Pop Quiz

1. What are the sides in the triangle of crime?
2. What was mentioned as the reason for sexual assaults (if sex was not the *real* motive)?.
3. What percentage was quoted during the slides as the number of victims who knew their attacker?
4. Identify five safety tips that have been mentioned today.

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1. Get participants to close their books.
2. It's always good to get people to become mentally involved and to test their understanding.
3. This helps further discussions.



Your 4 Options for Defense

- You have the 4 P defenses to choose from:
 1. **Passive:** you try to plead for mercy or ask the attacker to stop, but otherwise do little else.
 2. **Psychological:** you attempt to use mind games, acting up, defecating, or going berserk.
 3. **Physical:** you may 'draw the person in', but the objective is to fight tooth and nail, and you don't stop until you can get away.
 4. **Personal:** the 4th P is an emotional defense, and occurs after the crime to help you deal with the traumatic stress through the support of your friends, relatives, and community.

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1. This slide discusses what choices a woman has to make during an attack on her life.
2. Obviously this is meant to get the participants to understand the decisions they have to make regarding this quite uncomfortable issue – since not many people think about defending themselves or have a crime targeted at their persons.
3. Points 1 – 3 basically are during the attack: passive – you defend yourself by submission, psycho – you defend yourself with your mind, and physical – you defend yourself with your body. Obviously timing is essential and the participant can have a combination of all the above.
4. Point 4 is added because sometimes a crime is beyond the victim's ability to control, and if that person survives, the post-trauma stresses are difficult to deal with. However, our main objective is to get that person to live to fight for another day – so this defense is essential to get across.



Simple Strategy

- If you're struggling with the implications of the 4Ps, as in how to use combinations or when to use them, perhaps you can just remember this:
 1. **DRAW THEM IN** – INVITE THEM CLOSER, LET THEM DROP THEIR GUARD, THEN HIT THEM HARD.
OR ...
 2. **START WITH VERBAL SELF DEFENSE** AND THEN PROCEED WITH PHYSICAL DEFENSE IMMEDIATELY.



Who am I Defending Against?

- Let's take a look at what you're defending yourself against. The following is an FBI profile of rapists. It may help in the decision of defending yourself:
 - Power-assertive rapists 44%
 - Anger-retaliatory rapists 30%
 - Power-reassurance rapists 21%
 - Anger-excitation rapists 05%

Taken from: Should Women Fight Off Rapists

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1. In assessing whether or not to engage in self-defense, the woman or victim needs to assess if self-defense is the correct option to manage his/her behavior during the attack.
2. The FBI profiling of rapists gives a good understanding of how to deal with a particular situation or individual if he presents himself.
3. We recommend the the course instructor minimally goes over the type of individual (more notes are included in the following slides), and present the picture of whether or not the person should defend herself.
4. Mention that the next pop quiz will be about the four classifications.



Power-Assertive Rapists

- Confident, 'macho', and 'athletic'. The type who commits date rape. May con you into trusting him by posing as someone else. Approximately 44% of rapes are committed by power-assertive rapists.
- He will be aggressive, will seek to control you, and may use a weapon. But he does not intend to kill you. Begging and crying will not work. You've got to fight him hard to get away.

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[Non-core slide]



Anger-Retaliatory Rapists

- He feels animosity toward women, and wants to degrade them. Often a substance abuser. He looks for opportunity rather than a specific target. 30% fall into this category.
- He will grab you from the back and drag you into the bushes. Any level of resistance may enrage him further. He does not intend to kill you but the beating could be fatal. If you can't get away or incapacitate your assailant, it's best to submit.

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[Non-core slide]



Power-Reassurance Rapists

- Passive and non-athletic, he lacks the self-confidence to develop relationships with women, and will pre-select his victims by peeping or stalking. Typically breaks into a house at night and will use minimum force. Consists of 21%.
- He is the least violent of all rapists. You could probably discourage him by a softer approach – such as praying aloud or screaming. If he becomes abusive then, he may actually be power-assertive.

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[Non-core slide]



Anger-Excitation Rapists

- Typically charming and intelligent, he derives sexual gratification by inflicting pain. The crime is premeditated and rehearsed. He will tie you and torture you over a couple of days. 5% of rapes fall in this category.
- You'll have to match wits to get him to untie you so you may have a chance of escape, despite your being frightened with torture and humiliation.

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[Non-core slide]



Fighting Hard is Hard!

- Reiterated in our practical lecture, fighting is difficult for anyone not trained to deal with life threatening circumstances.
- To make things more difficult for victims, the body's natural propensity is to send adrenaline through your system in preparation for 'Fight or Flight' responses.
- If you are unprepared, this may off-balance you with "pre-fight shakes," "tunnel vision," or "nausea" (Anslow 1998 p3).

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Anslow, Stuart (1998) 'Street Self Protection,' Edited 2003, of <http://www.raynerslanetkd.com> Middlesex, UK.



Controlling Yourself – 1 of 2

- Anslow states that you can use thought rejection, for example “I’m not scared, I can do this”, and “repetitive thoughts” to “desensitize your body to adrenaline”.
- Women can also try to focus on deep, long, and deliberate exhalations to counter adrenal ‘shakes’.
- It may be worthwhile to also focus on target groups rather than thinking of your attacker as a person, or as a large threatening man, etc.

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Controlling Yourself – 2 of 2

- It is possible somewhat to distance yourself from negative emotions simply by 'compartmentalizing' yourself in the situation.
- In some circles, this is known as 'the wipe', when a person stops responding to extraneous stimuli or internal emotions in order to concentrate on a certain significant task-at-hand.



Take Charge ... of Yourself!

- The last main idea is that you are responsible for decreasing the risks you face on a daily basis.
- How you choose to live your life must also reflect how much your life is worth to you.
- And keep in mind ... having fun doesn't need to occur at the expense of your personal safety campaign.

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1. Adults in developed, and stable countries sometimes get nonchalant about safety and self-protection. Thus the instructor needs to assume the responsibility to remind the participants about such issues.
2. The course is entitled choices because of the decisions each participant makes on a daily and lifelong basis.
3. Personal safety is about being aware of such choices, and balancing them with living their lives to the fullest. It's not about sacrificing everything. It's about achieving a healthy balance in your life that you decrease the risks you face, and not limit your growth potential.



Traumatic Experiences

- If you have been a victim of a violent or sexual crime, it is important to inform the police at once.
- While unpleasant, go to the police station in the clothes you were wearing during the attack; don't bathe or destroy your clothes.
- While giving evidence, ensure that you are alert and able to remember details. If you can't, you have all the right to pause to collect your thoughts. Remember to note who it is who is taking down your statement.

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1. The instructor needs to mention that this course is not about providing counseling to victims of traumatic or violent crime. Such organizations exist beyond this course.
2. However, if such a crime does happen, the instructor needs to inform the participants to go immediately to the police and follow the instructions on the slide.



The Follow Up

- Most participants are interested in pursuing a continued course offering for self defense.
- Just a word of advice: most martial arts while having some relation to some of the physical aspects covered in this course do not adequately deal with women self defense.
- Women are advised to use this document as a guideline for continued research and study.
- *Do not let those who have not done adequate research lead you down the garden path.*

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Being Safe for Life

- Decreasing the risks you face is a journey and not a destination.
- Everyone can embark on this continual education drive by:
 - Going to the internet search engine google.com and search for 'Woman's Self Defense' or 'Assault Prevention'.
 - Participate as a volunteer in your local Sexual Assault Resource Centre.

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1. This slide talks about such safety concerns as a lifelong endeavor, rather than a one-shot seminar or course attendance.
2. The instructor should talk about the resources available (some are mentioned in the following slides) on the internet or at your local library.



Resources

■ Telephone Contact Numbers

- Sexual Assault Resource Centre
Subiaco Tel: +61 (8) 9340 1828.
- Peel Sexual Assault Counseling Service
Mandurah Tel: +61 (8) 9535 8263.
- Victims of Crime Unit
Cannington Tel: +61 (8) 9356 0555

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1. Give a brief overview of the telephone numbers.
2. If such numbers differ for your area, you should look it up on <http://www.aussie.com.au>.



Resources ... cont'd

■ Available Free Online

- Seven Steps to Personal Safety*
<http://www.lubrinco.com/lg7steps.html>
- Rape Crisis Assistance and Protection*
<http://www.watervillerape.org/statistics.html>
- Hikaru Ryu Gendai Budo website
<http://www.ninjado.com>

* Used in main presentation

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1. Other online resources available.
2. The ones marked with the asterisks have been used in our slides.



Resources ... cont'd

■ Available Free Online

- No Nonsense Website of Self-Defense*
<http://www.nononsenseselfdefense.com>
- Should Women Fight Off Rapists*
http://www.apbnews.com/safetycenter/family/1999/10/27/fightrape1027_01.html
- Freedom From Fear
<http://www.freedomfromfear.wa.gov.au>

* Used in main presentation

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1. Other online resources available.
2. The ones marked with the asterisks have been used in our slides.



Recapitulating

- To understand the risks we face, we need to debunk the myths surrounding the crime.
- Though sometimes out of our control, we need to decrease any factors within our control to reduce the factor of opportunity in the triangle of factors.
- Self-defense is one of the choices available to stop such assaults, and we should be committed to using the 4Ps strategically and at will when necessary.

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1. The recap gets the instructor to the point to deliver the whole sermon again.
2. Our course is about debunking myths, looking at our options, and making some choices.
3. We must mention the fact of 'within our control' since sometimes crime is beyond us and we can be victimized even if we do all the right things.
4. [Close the books] **Pop quiz:** what are the four types of rapists? Give us an overview.



Conclusion

- In a game, while we follow all the rules, we don't always win. Therefore it is fair to say that in life, we can take all the effort to protect ourselves, but it doesn't mean we won't be victimized.
- We must move on, deal with life's blows, heal, and soldier on.



Quotable Quote

"Not by might but by thought
is the defendant equal and superior
to the attacker."

-- Colin Wee



Thank You

- For any questions or comments about the course, please email the course designer Colin Wee
colin@hikarudojo.com
- For questions directed to the instructors or organizers of the course, please send email to info@hikarudojo.com