



Self-Defense

Windsor High School

A Year



Name:

Block:

Squad #:

Self-Defense Reflection

	When Walking do you...		At Home do you...		When drinking do you...		For online safety do you...
	Walk confidently and quickly? Know where you are going. Look confidently at those you pass and make eye contact.		Know your neighbors well?		Pour your own drinks or take them from the bartender directly?		Meet first, second and even third dates in public?
	Avoid walking alone at night?		Have emergency phone numbers?		Limit your numbers of drinks?		Have a lift or uber account set up? (You can do this without a CC through google wallet)
	Walk in well lit areas, near a curb and away from bushes when you must walk at night?		Have a peep hole viewer on your door?		Never go home with someone you don't know, even with friends.		Google search your dates name?
	Avoid walking in deserted areas anytime? Always try to be around other people		Have dead bolt locks on all your doors? Do you have additional locks on sliding glass doors and windows?		Test your drinking limits at a party?		Make sure online profiles are set to private?
	Walk with at least one friend, whenever possible?		Avoid opening the door to anyone you doubt or don't know?		Have someone who is sober who knows where you are partying and when you might be back?		Make sure that the information you give out on sites won't allow people to find you easily?
\	Pay attention to your surroundings?		Avoid being alone with repairmen?		Have a designated driver?		Limit what you share with significant others over the internet?
	Tell your parents/ friends/roommates when to expect you home?		Avoid letting a caller know you are home alone?		Have a safety buddy and code word who can help you out of situations?		Have someone who knows where you are when you go out with new friends online?
	Carry a safety whistle to use if you need help? Carry Pepper spray or mace?		At night, leave the lights on in more than one room?		Know the neighborhoods where you are partying?		Know the red flags like inordinate amount of bad grammar, claims to be traveling, asks for money, talks about fate or destiny?
	Walk facing traffic?		At night, turn on the outside lights?		Trust your instincts?		Make sure your location sharing is off?
	Carry a cell phone?		At night, closes curtains so people can't see into the home?		Leave if a party seems shady or things are getting out of hand?		Use Google Voice and create a phone number exclusive to dating.
	Avoid getting close to a car in which someone is asking directions?		Have a trusted neighbor you can call for help?		Know how different amounts and types of alcohol effect you?		Have it forward to your cell phone, so your dates don't know your cell or home phone number.

PSYCHOLOGICAL ASPECTS OF SELF-DEFENSE

1. **Be willing to act!** Your chance for success is determined by your attitude. If attacked, fight back. If someone has to be hurt, let it be the attacker.
2. **Don't be an easy victim. Shout! Resist! Fight!** If you are scared, yell loudly. Statistics tell us that 60% of assault cases victims have escaped serious harm by screaming. Only scream, however, at certain times. Yelling will not be effective when being choked or when there is a knife to your throat.
3. **Use the element of surprise!** As soon as you shout and fight back, the element of surprise is on your side. Your attacker does not expect effective resistance, or he would not have chosen you.
4. **Develop self-confidence.** Believe in your ability to use these simple self-defense techniques. Practice until your reaction is automatic. The techniques do work, and they can work for you.
5. **Don't panic.** If you can't keep your fear under control, you can't control the situation.
6. **Bluff.** Make an effort to show your attacker that you are determined, not afraid. Concentrate on winning. Sometimes pretending to go along with the attacker until you can see an opening is another course of action.
7. **Escape.** Your first inclination may be to run, but only run if you know you can reach help. If you are alone in an isolated area, run only after you have made sure the attacker is unable to pursue you.
8. **Keep it simple.** Stick to those techniques you have practiced or those you can use quickly and easily.
9. **Don't hesitate.** Once you are forced to defend yourself, use everything available to you. Shout, kick, strike, throw something and/ or bite. If you are forced to start an offense, finish it!
10. **Know yourself.** In an attack situation, there should only be one stranger. Know yourself and your capabilities. Be prepared to use everything you know, and if that is not enough, improvise. Always remember. There are no rules in self-defense.
11. **Don't be nice.** Don't expect to win without hurting your attacker. Don't be a "gentle" fighter. An attacker is not a gentleman or lady.
12. **Visualize.** Mentally practice what you would do in a variety of situations

“COMMON SENSE SELF-DEFENSE”

ON THE PHONE DO YOU:



- _____ 1. Avoid letting callers know you are home alone? Say, “My Dad is busy, may I take a message.”

- _____ 2. Discourage obscene phone calls by not “playing the game”.
 - A. Blow a shrill whistle into the phone
 - B. Say, “Operator, this is the call I want traced”.
 - C. Hang up.
 - D. Contact Police and have the number changed, if it persists.
 - E. Don’t respond to the texts, block the number.
 - F. Take screen shots of everything

- _____ 3. Avoid giving personal information to strangers on the phone?

- _____ 4. Avoid answering with “Jones Residence” when you are baby-sitting? Don’t tell people you are baby-sitting!

IF SOMEONE IS FOLLOWING YOU, YOU SHOULD;

- 1. Turn around to face your problem!
- 2. Say forcefully, and loudly, “Stop following me!”
- 3. Draw attention! Scream (FIRE) and cause a scene! If he is armed, you may need to cooperate.
- 4. Run to the nearest public place.
- 5. Ask other people for help.
- 6. If you are being followed by someone in a car, turn around and walk the other way.
- 7. If you are in a car and being followed, DO NOT DRIVE HOME! Drive to the nearest public place and call the police.
- 8. Try not to react to a “flasher”. Leave quickly and call the police.

Self-Defense Skills

Avoidance Tips

1. *Avoidance is your BEST self defense!*
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Body Language

1. Passive-
2. Aggressive-
3. Assertive-

Quick Defense Combination

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Give and Take

1. _____
2. _____
3. _____
4. Punch

Self-Defense Combinations

Defend Against a Wrist Grab

1. Stomp
2. _____
3. _____
4. _____
5. _____
6. _____
7. Take Down
8. Scan
9. Get Away

BLOCK COMBINATION #1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. Take Down
8. Scan
9. Get Away

Defend Against a Strike

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. Take Down
9. Scan
10. Get Away

Front Choke

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. Take Down
8. Scan
9. Get Away

Orange Belt Form

Form: Songahm Ee-Jahng (2)

1. Right foot steps to west to right back stance, **double outer forearm block.**
2. Right foot steps to east parallel stance then **#3 Left front kick.**
3. Land in left front stance, **right reverse punch.**
4. **#2 right round kick.**
5. Land in middle stance facing north, **twin low block to sides.**
6. Left foot steps north to left front stance, **left outer forearm block.**
7. No step. **Right reverse punch.**
8. Right foot steps north to right front stance, **right outer forearm block**
9. No step. **Left reverse punch.**
10. Left foot steps west to right back stance, **left knifehand strike to side. Kihap.**
11. **#2 Right round kick**
12. Land in left back stance, **double outer forearm block.**
13. Left foot steps to west parallel stance then **#3 right front kick**
14. Land in right front stance, **left reverse punch.**
15. **#2 Left round kick**
16. Land in middle stance facing north, **twin low block**
17. Right foot steps south to middle stance facing east, **right low block**
18. **Right backfist** strike to right side (striking to rear)
19. Left foot steps south to middle stance facing west, **left low block**
20. **Left backfist** strike to left side (striking to rear).
21. Right foot steps east to left back stance, **right knifehand strike to side. Kihap.**
22. **#2 Left round kick.**
23. Land in right back stance, **double outer forearm block.**

Bahroh - Right foot steps forward to natural ready stance. All strikes are high section; and kicks are middle or high section.

You Tube Link:

<https://www.youtube.com/watch?v=6q2oafhIBbM>

or

Name: _____

Period: _____

Self-Defense Feedback Report: ANSWER IN FULL SENTENCES

Squad Line Feedback

Give your peer a specific example of something they did well:

Give a critical evaluation of your peers performance with area's that need improvement:

Overall performance was (circle one)

1 2 3

Self Feedback

Give an example with detail of something you felt you did well during your performance:

List three improvements you need to make you your performance and the difference it will make to your personal safety:

- _____
- _____
- _____

	3 points	2 points	1 point
Self Defense Skill Combinations	<p>-All movements are included and performed fluidly</p> <p>-Yells at a level that reflects saving your life on every technique</p> <p>-Demonstrates Distance, Timing, Focus and Power. Makes the combination look like a fight scene.</p>	<p>-All movements are included</p> <p>-Yells during self-defense combination on every technique</p> <p>-Demonstrates Distance, Timing Focus and Power</p>	<p>-Leaves out some movements</p> <p>-Yells timidly during self-defense combination or not at all</p> <p>-Does not demonstrate or demonstrates timid Distance, Timing, Focus and Power</p>

Self-Defense Notes

To Do:

- Walk with _____
- Look at the people you are walking by
- Use your _____ !
- Show traits of an assertive personality, even in new situations when nervous, make an effort to project confidence and that you can take care of yourself
- “Make good choices” this may sound like something your Mom screamed at you as you ran out the door in 7th grade but it holds true. Don’t walk alone, plan rides, let someone know when to expect you home, have a code word, don’t go home with strangers (or at least have a friend who will track you down if you don’t text/call by a certain time

What happens when you are attacked:

- Your _____ Increases
- Your Sympathetic Nervous System Kicks in causing:
 - _____
 - _____
 - _____
 - _____
 - _____

** These effects can be minimized through training

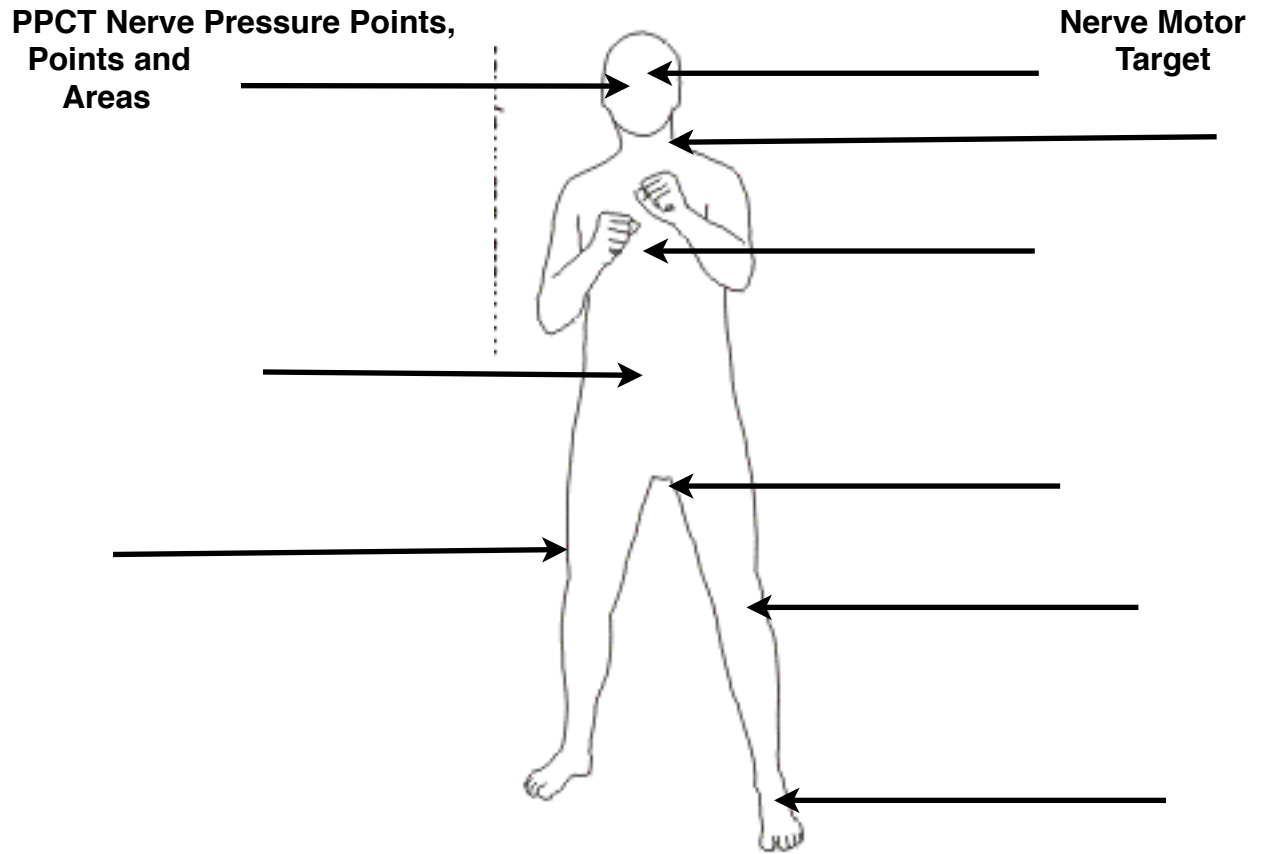
- Your increased Heart Rate _____ your abilities in Fine Motor Skills and Complex Motor Skills. But your the performance of gross motor skills actually_____.

What Happens to your Reaction Time:

- 1) Perception slows
 - 2) Analyzing and Evaluating the level of threat or information slows
 - 3) Formulating a survival response slows
 - 4) Initiating a motor response
- survival reaction time can take 4x as long
 - disrupted concentration
 - failure to develop a logical survival response

You can begin to experience:

- irrational behavior
- repetition of actions (even ineffective or inappropriate actions)
- Freezing in place
- submissive behavior (giving up)



- Eyes
- Nose
- Common Peroneal Nerve Motor Point
- Brachial Plexus Origin Nerve Pressure Point
- Knee
- Superficial Peroneal Nerve Motor Point
- Groin
- Solar Plexus
- Stomach

Prevention Mind Set:

Examine your clothing for escape or defense possibilities. *Restrictive clothing that could impede your ability to run or put up physical resistance should be avoided. You can wear whatever you want but make sure you can defend yourself in it. What you wear doesn't give anyone the right to comment, harass or attack you.*

Do not enter environments that are obviously unsafe. *Although this is easier said than done, learn to trust your instincts if you have a bad feeling about a certain environment.*

Constantly be alert for anyone who seems to be paying a lot of attention to you or is conveniently following you. *On a regular basis, stop and take a look at the individuals around you. If there is someone who looks familiar begin taking steps to determine if you have been profiled.*

Stay in crowds or areas that have high witness activity. *Remember, criminals have a tendency for not wanting to be identified by third party witnesses.*

Always be aware of your points of escape. *Anytime you are in an unfamiliar or uncomfortable setting, find your escape point in the event something begins to develop.*

Always maintain your "Personal Safe Zone" between you and individuals you do not know. *Not only will this enhance your reaction time in the event of a spontaneous assault but it will also eliminate any ideas that you are interested in more than a casual interaction.*

Develop a counter strategy previous to the offender's violation of the Personal Safe Zone. *Decide ahead of time if you intend to physically defend yourself and exactly how you are going to attack the assailant.*

Know your physical capabilities and limitations. *A victim who survives is still alive.*

Verbal Responses:

Use your voice! YELL! SCREAM!

"I don't have time for this!"

"I'm sick, I'm going to throw up."

"HELP! FIRE!"

"I DON'T KNOW YOU! GET AWAY!"

Assertive Body Language

- *Stand erect.* Never present an image of fear for it will only reinforce the assailant's profile of you and make him more aggressive.
- *Look directly into the eyes of the offender and look confrontational or defiant.* Start his process mentally before the assailant is near you if possible. Think about getting mad and how this person is about to violate you, if you don't fight back.
- *Establish a defiant stance,* dominate foot back to kick, and hands open signaling for them to stop.
- *Develop an attitude similar to "I have had enough" or "I don't have time for this".* Again, this may disorient an assailant who is expecting a totally compliant victim.
- *Be willing to be verbally confrontational and challenging.*
- Act extremely rude and arrogant. Don't be afraid to act in a hurry and willing to push by an attacker if they hesitate.
- Project that you are sizing up the potential offender and act disgusted. At the same time examine the subject for future identification.
 - height
 - weight
 - race
 - hair color
 - eye color
 - type of build
 - description of clothing

Safety Apps

Name of App:

Cost:

How does it work:

Pro of this app:

1.

2.

Con of this app:

1.

2.

Name of App:

Cost:

How does it work:

Pro of this app:

1.

2.

Con of this app:

1.

2.

RAPE CULTURE, VICTIM BLAMING, AND THE FACTS

WHAT IS RAPE CULTURE?

Rape Culture is an environment in which rape is prevalent and in which sexual violence is normalized and excused in the media and popular culture. Rape culture is perpetuated through the use of misogynistic language, the objectification of women's bodies, and the glamorization of sexual violence, thereby creating a society that disregards women's rights and safety.

EXAMPLES OF RAPE CULTURE

- Blaming the victim ("She asked for it!")
- Trivializing sexual assault ("Boys will be boys!")
- Sexually explicit jokes
- Tolerance of sexual harassment
- Inflating false rape report statistics
- Publicly scrutinizing a victim's dress, mental state, motives, and history
- Gratuitous gendered violence in movies and television
- Defining "manhood" as dominant and sexually aggressive
- Defining "womanhood" as submissive and sexually passive
- Pressure on men to "score"
- Pressure on women to not appear "cold"
- Assuming only promiscuous women get raped
- Assuming that men don't get raped or that only "weak" men get raped
- Refusing to take rape accusations seriously
- Teaching women to avoid getting raped

VICTIM BLAMING

One reason people blame a victim is to distance themselves from an unpleasant occurrence and thereby confirm their own invulnerability to the risk. By labeling or accusing the victim, others can see the victim as different from themselves. People reassure themselves by thinking, "Because I am not like her, because I do not do that, this would never happen to me." We need to help people understand that this is not a helpful reaction.

Why Is It Dangerous?

Victim-blaming attitudes marginalize the victim/survivor and make it harder to come forward and report the abuse. If the survivor knows that you or society blames her for the abuse, s/he will not feel safe or comfortable coming forward and talking to you.

Victim-blaming attitudes also reinforce what the abuser has been saying all along; that it is the victim's fault this is happening. It is NOT the victim's fault or responsibility to fix the situation; it is the abuser's choice. By engaging in victim-blaming attitudes, society allows the abuser to perpetrate relationship abuse or sexual assault while avoiding accountability for his/her actions.

What Does Victim-Blaming Look Like?

Example of Victim-Blaming Attitude: "She must have provoked him into being abusive. They both need to change."

Reality: This statement assumes that the victim is equally to blame for the abuse, when in reality, abuse is a conscious choice made by the abuser. Abusers have a choice in how they react to their partner's actions. Options besides abuse include: walking away, talking in the moment, respectfully explaining why an action is frustrating, breaking up, etc. Additionally, abuse is not about individual actions that incite the abuser to hurt his partner, but rather about the abuser's feelings of entitlement to do whatever he wants to his partner.

When friends and family remain neutral about the abuse and say that both people need to change, they are colluding with and supporting the abusive partner and making it less likely that the survivor will seek support.

HOW CAN MEN AND WOMEN COMBAT RAPE CULTURE AND VICTIM BLAMING?

- Avoid using language that objectifies or degrades women

- Speak out if you hear someone else making an offensive joke or trivializing rape

- If a friend says they have been raped, take your friend seriously and be supportive

- Think critically about the media's messages about women, men, relationships, and violence

- Be respectful of others' physical space even in casual situations

- Let survivors know that it is not their fault

- Hold abusers accountable for their actions: do not let them make excuses like blaming the victim, alcohol, or drugs for their behavior

- Always communicate with sexual partners and do not assume consent

Define your own manhood or womanhood. Do not let stereotypes shape your actions.

Be an Active Bystander!

Adapted from Marshall University and Center for Relationship Abuse Awareness

DATING AND DOMESTIC VIOLENCE FACTS

FACT: Regardless of their actions, no one deserves to be physically, verbally or sexually abused. In fact, putting the blame for the violence on the victim is a way to manipulate the victim and other people. Batterers will tell the victim, "You made me mad," or, "You made me jealous," or will try to shift the burden by saying, "Everyone acts like that." Most victims try to placate and please their abusive partners in order to de-escalate the violence. The batterer chooses to abuse, and bears full responsibility for the violence.

FACT: Many victims love their partners despite the abuse, blame themselves, or feel as if they have no support system or resources outside of the relationship and so they feel as if they can't leave. Furthermore, the period immediately after leaving an abusive relationship is extremely dangerous.

FACT: Jealousy and possessiveness are signs that the person sees you as a possession. They are one of the most common early warning sign of abuse

FACT: Abuse can come in many forms, such as sexual, physical, verbal, and emotional. When a person in a relationship repeatedly scares, hurts, or puts down the other person, it is abuse. Harassment, intimidation, forced or coerced isolation from friends and family and having an independent social life, humiliation, threats of harm to you or your family or pets, threats of suicide if you leave, violating your privacy, limiting your independence and personal choices are all examples of abuse.

FACT: While the majority of victims of domestic violence are women, men may also be victims of relationship violence. Men face many of the same barriers as women that prevent them from reporting abuse, but also face a different kind of stigma since many do not believe that men can be victims of dating/domestic violence.

FACT: The majority of men and young men in our community are not violent. The use of violence is a choice. Men who use violence in their relationships choose where and when they are violent. The large majority of offenders who assault their partners control their violence with others, such as friends or work colleagues, where there is no perceived right to dominate and control.

Stating that 'All men are violent' places the blame for the violence elsewhere and prevents the perpetrator from being responsible for his violence. The

majority of men and women want and can be allies to help in the fight against this kind of violence.

FACT: As many as one-third of all high school and college-age young people experience violence in an intimate or dating relationship. Physical abuse is as common among high school and college-age couples as married couples.

SEXUAL ASSAULT FACTS

FACT: Men, women and children of all ages, races, religions, and economic classes can be and have been victims of sexual assault. Sexual assault occurs in rural areas, small towns and larger cities. It is estimated that one in three girls and one in six boys will be sexually assaulted by the age of eighteen. According to the U.S. Department of Justice, a rape or attempted rape occurs every 5 minutes in the United States.

FACT: Sexual assault is NEVER the victim's fault. Sexual assault is a violent attack on an individual, not a spontaneous crime of sexual passion. For a victim, it is a humiliating and degrading act. No one "asks" for or deserves this type of attack.

FACT: Most sexual assaults are committed by someone the victim knows. Studies show that approximately 80%-90% of women reporting sexual assaults knew their assailant.

FACT: A sexual assault can happen anywhere and at any time. The majority of assaults occur in places ordinarily thought to be safe, such as homes, cars and offices.

FACT: Reported sexual assaults are true, with very few exceptions. According to CONNSACS, only 2% of reported rapes are false. This is the same rate of false reporting as other major crime reports.

FACT: Men can be, and are, sexually assaulted. Current statistics indicate that one in six men are sexually assaulted in their lifetime. Sexual assault of men is thought to be greatly under-reported.

FACT: Almost all sexual assaults occur between members of the same race. Interracial rape is not common, but it does occur.

FACT: Sexual assault is motivated by hostility, power and control. Sexual assaults are not motivated by sexual desire. Unlike animals, humans are capable of controlling how they choose to act on or express sexual urges.

FACT: Sexual offenders come from all educational, occupational, racial and cultural backgrounds. They are "ordinary" and "normal" individuals who sexually assault victims to assert power and control over them and inflict violence, humiliation and degradation.

FACT: Anytime someone is forced to have sex against their will, they have been sexually assaulted, regardless of whether or not they fought back or

CONSENT: PERMISSION FOR SOMETHING TO HAPPEN

Consent is when someone agrees, gives permission, or says "yes" to sexual activity with other persons. Consent is always freely given and all people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual activity at any point.



