

YOUR SAFETY IN YOUR HANDS



**Simple Personal Safety Tips and Self-Defence Tactics To Reduce
The Risk of You Becoming a Victim.**

The National Federation For Personal Safety



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FOREWORD

“You can have everything you want in life, if you will just help enough other people get what they want.”

--Zig Ziglar

My defined purpose in everything I do is geared towards keeping people, families, organisations and society safe. Safe from injury, harm, death and criminal and civil prosecution through a legal, ethical, moral and utilitarian approach to training development and service delivery.

I believe that by keeping people and businesses safe we can all help prevent unnecessary pain, injury and suffering and prevent people and businesses being prosecuted and sued. This saves time and money. In doing so we keep business in profit and people in employment and families free from the unnecessary grief of trauma on many levels.

To achieve all this I believe that it is important to always do the right thing because it is the right thing. Honesty and integrity rises above all else.

I am driven by a passion and a desire to make a positive difference in people's lives. I do not just want to train people, I want to affect them in a constructive way to help them become more confident, increase their self-esteem, and to help them grow and make a difference in the world.

I started my career in self-defence and personal safety after a career in the armed forces. Twenty-five years later I am now considered one of the UK's leading authorities on the issue of reasonable force.

To this end I have been called as an expert witness on self-defence and personal safety in many court cases and tribunals, including appearing at the Old Bailey. I have worked with some of the UK's leading legal authorities on the issue.

Specifically, for instance, I was an expert witness in the death of David Ivin in which the assailant was jailed for six years for using excessive force and I also appeared for the defence of two door staff charged with the manslaughter of Hywel Hughes. After my evidence court charges were dropped. I have also supported a teacher who defended himself against a child yet was being disciplined by his own school and I have given evidence on behalf of NHS staff.

I am the author of two books “Understanding Reasonable Force [2nd Edition]” and “What is Physical Intervention?” and I have produced a DVD entitled “What is Self-Defence?”

The core of my passion is a genuine need to want to help people, especially when they feel like the weight of the system is against them.

My client list includes: Health care and social care providers for adults; children and the elderly; the security industry; education departments and schools; retailers and military; and police and prison personnel.

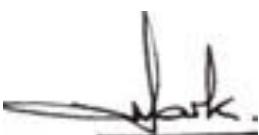
In short, I have worked with virtually every agency imaginable that uses physical force for defence or restraint.

Throughout my career I have always conducted myself in the belief that a person’s most treasured possession is his integrity.

As Samuel Johnson (1709 - 1784) once said: “*Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful*”.

Integrity allows a person to become one with themselves and to give all of themselves for the benefit of others, without conscious objection. To find integrity, one must first seek the knowledge required to underpin one’s own need for answers to questions that create a doorway for doubt to enter, or worse, the opinions of people that have no integrity.

I am on a mission to empower individuals to take charge of their personal safety. This booklet serves as a beginning to put “Your Safety in Your Hands”.



Director

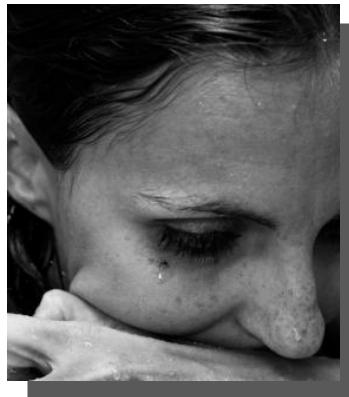


NFPS Ltd (The National Federation for Personal Safety)

INTRODUCTION

Sadly, we live in a violent world. No matter where you go or what you do, there's always the potential need to be able to defend yourself from physical harm and/or from robbery and burglary.

You don't have to be a helpless victim. You can learn how to protect yourself in any circumstance. Some of the tips in this booklet can be implemented immediately and easily.



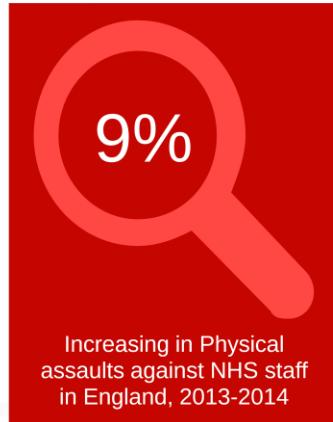
As soon as you finish reading it you will be armed with some useful and simple tips that can become part of your everyday life - simple preventative measures that you can begin to apply and that become second nature.

Other tips will require some practice and training - training that you should receive from an experienced, reputable source. It will be well worth it.

Consider these statistics - so that you don't become a statistic.

At Hospitals And Clinics

- Physical assaults against NHS staff in England increased by nearly nine percent in 2013-2014, according to the latest figures from NHS Protect.
- That meant a total of 68,683 assaults. Most likely to suffer? Staff working in the mental health sector.
- The Royal College of Nursing points out that while the number of assaults keeps rising efforts to tackle them seem to diminish.



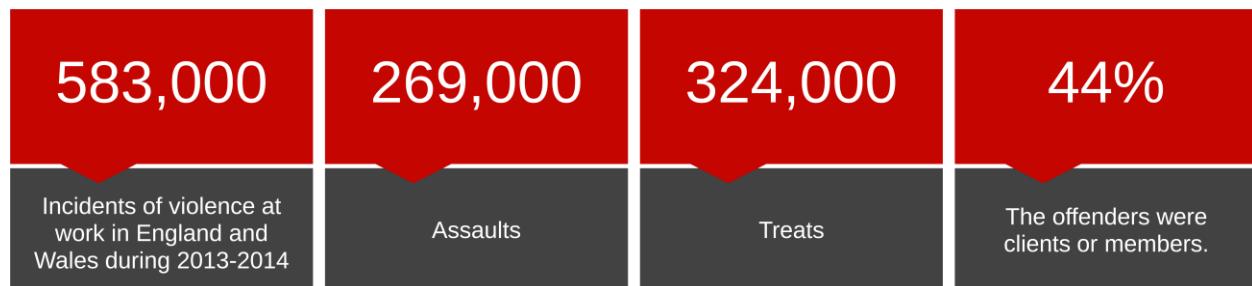
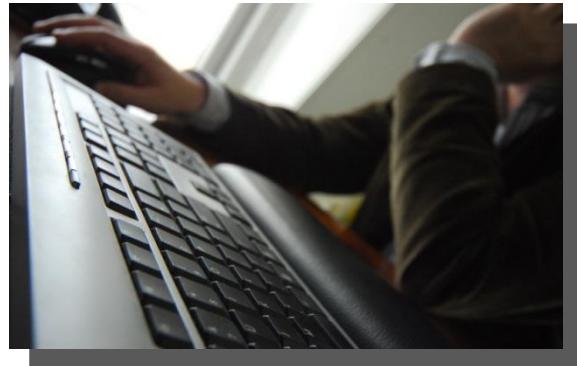
At Schools

- In London alone teachers at primary and secondary schools have suffered more than 4,000 assaults over the past five years.
- Calling for more to be done to protect teaching staff, Russell Hobby, of the National Association of Headteachers, says there is a worrying trend of assaults occurring in primary schools.
- Latest national figures reveal 8,030 assaults on school staff in England by pupils aged between four and eleven.
- Christine Blower, General Secretary of the National Union of Teachers, has said that all staff should be well trained in defusing and de-escalating difficult situations.



At Work

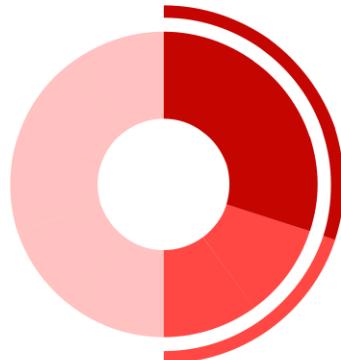
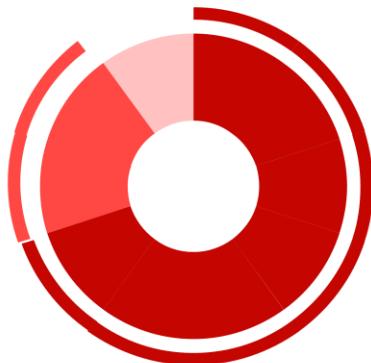
- There were about 583,000 incidents of violence at work according to the 2013-2014 Crime Survey for England and Wales.
- These were comprised of 269,000 assaults and 324,000 threats.
- Strangers were the offenders in fifty-six percent of the cases.
- In the other forty-four percent the offenders were most likely to be clients or a member of the public known through work.



At Social Care

- Social care and support staff are also very vulnerable.
- Several studies have shown that between thirty-three percent and fifty-six percent have been physically attacked while seventy-five to ninety-three percent have been on the receiving end of verbal abuse.



**33% - 56%****Physically Attacked****75% - 93%****Get Verbal Abuse**

Wielding Knives

- Home office statistics reveal the extent of crimes involving knives throughout England and Wales.
- There were more than 16,000 cautions or sentences handed out for knife crimes between April 2014 and March 2015 - around forty-five crimes a day.

16,000 knife crimes

Apr 2014 - Mar 2015

45 crimes/day



In Prisons



- It's probably no great surprise that serious assaults occur among the prison population - but the number is rising.
- In the year to September 2014 there were 1,958 - an increase of nearly a third over the previous year.
- The numbers included 431 serious attacks on prison staff with a total of 3,470 overall attacks on them.
- The prisons minister has blamed increased smuggling of synthetic drugs into prisons; others blame overcrowding.

1,958 431 3,470

Assaults in Sep 2014

Serious Attacks

Overall Attacks

What About The Police?

So where are the police, you ask?

Why can't they do more to protect us?

The reality is the police force does not have the strength in numbers that it used to have. It has lost 70,000 posts over ten years and endured twenty-five percent budget cuts.

Britain's most senior policewoman, Sara Thornton, Head of the National Police Chiefs' Council, told the BBC, in July 2015,



The screenshot shows the BBC News homepage with a red banner at the top. Below the banner, the word 'NEWS' is prominently displayed in white. A navigation bar follows, with 'Home', 'UK', 'World', 'Business', 'Politics', 'Tech', 'Science', 'Health', 'Education', and 'Entertainment' as options. Under the 'UK' heading, sub-links for 'England', 'N. Ireland', 'Scotland', 'Alba', 'Wales', and 'Cymru' are visible. The main article headline is 'Sara Thornton: Police may no longer attend burglaries', dated '28 July 2015 | UK | 1'. Below the headline is a photograph of Sara Thornton, a woman in a police uniform with a checkered tie, looking slightly to the side. A caption at the bottom of the article reads: 'The public should not expect to see a police officer after crimes such as burglary, the head of the new National Police Chiefs' Council has said.'

"We cannot do everything... The cuts are so significant, we are going to have so few officers that the public's expectations are going to have to change."

When asked if an officer would investigate a complaint about anti-social behaviour she suggested that it would not be treated as a priority!



HANDLING AGGRESSION

Confrontation in some industries is a part of everyday life. But there's a time when disagreement escalates and can become physically dangerous. Here's what you need to know to handle aggressive situations.

Be Alert

- Violence and aggression doesn't usually come out of nowhere. So be careful if someone's anger seems to be ratcheting up and getting out of control.
- Constantly assess the temperature of the dialogue.



Keep Your Distance

- Don't invade the aggressor's personal space. It can be extremely intimidating when you get too close, and certainly don't touch them.
- This will only serve to make the individual feel threatened and likely to react negatively.



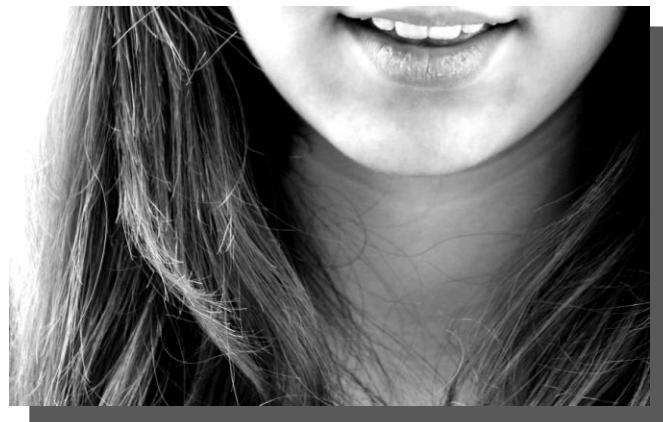
Keep Calm

Don't meet anger with anger. When someone is getting mad fighting fire with fire will lead to a wildfire. It's up to you to maintain the right kind of tone.





Watch Your Words



Communicate carefully. Choose the words you say. Don't be inflammatory. The right pacifying words and the right tone can defuse an explosive situation.

Watch Your Body

- Body language is all-important.
- Your posture speaks just as much as the words you utter.
- Finger pointing and finger wagging are obviously aggressive gestures.
- Standing feet apart and arms folded also sends the wrong kind of unresponsive signal.





Trust your instincts

- Never underestimate the potential for an aggressive encounter to turn really ugly.
- If staying calm and speaking reasonably doesn't work, it's probably time to walk away from the situation.
- Think ahead how you could extricate yourself from a face-to-face meeting that looks like it could become physical.
- Maybe you tell a difficult customer, for instance, that you're going to find someone who can resolve their issue - and immediately move away.



Extricate Yourself!

BE SAFE IN YOUR HOME

Your home is your castle. It's the one place where you should feel secure. But perhaps we take that for granted?

Your home, in fact, can be a prime target for someone with ill intent.

There are precautions you should take no matter how seemingly safe your neighbourhood. Here are some tips for protecting yourself at home.

Become A Burglar

- Here's a thought. Don't really become a criminal, but scrutinize your home environment through the eyes of someone wanting to break in.
- How easy are you making it for them?
- Are doors and windows left open?
- Are valuables on display?
- Do you have cash sitting around?
- Are your house keys visible?
- Do you leave a key under the mat (or some other obvious 'hiding' spot?).
- Keep your doors locked when you're at home as well as away from home.



Answering The Door

- When the doorbell rings or there's a knock at the door find out who's outside before you open up.
- That means using spy holes, door chains, and maybe installing an intercom system and outdoor lighting. Identify who is there.
- If the person represents that he's from a company (power, water, etc.) make him show you his ID.

- If you're still not sure, call the number on your utility bill to double-check - and not the one that's on the ID card.
- It's all too easy to simply open your door and then have a criminal force his way inside.
- If you're answering the front door make sure your back door cannot be accessed by an accomplice.
- Bottom line: don't ever let a stranger whose identity you have not 100 percent confirmed get into your house.
- It might be a little girl begging to use your phone because she says her mummy has been hurt. Don't fall for it. Call 999 for her.



Answering The Phone

- First of all, think twice about leaving your name, number (and certainly not your address!) on a message and never ever state that you're away on holiday and won't be able to respond until you get back. You might get back to a home that's been burgled.
- Give the impression that you're only temporarily unavailable.
- If you answer the phone and don't know a caller avoid giving out any personal information, no matter how innocuous the questions might sound.
- If you get malicious calls simply hang up.
- If they keep happening make a note of the times of the calls and inform the police.





Handling An Intruder

- It's every homeowner's worst nightmare: there's someone in the house. You're in the bedroom. There's someone downstairs who should not be there.
- Call the police immediately.
- Don't go down and confront them.
- If you arrive home and suspect there's an intruder - or one who has come and gone - don't enter. Call the police.



Holiday Planning

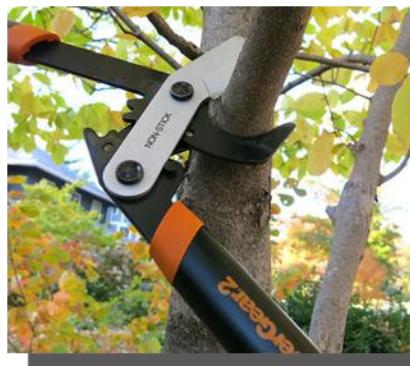
- It's just as important to keep your home safe when you're not there.
- Lock all windows and doors.
- Consider using a timer that turns on lights at certain times to give the impression you're home.
- Cancel milk and paper delivery. (You don't want a doorstep pile revealing that the house is empty).
- Don't broadcast your holiday plans to the world or ostentatiously take a long time packing up the car.
- Social media can be your worst enemy. Discussing your holiday plans or posting photos while you're on the beach is an open invitation to get burgled: "*We're having a great time in Tenerife*" = No-one's home for two weeks!





Outside Your Door

- There are quite a few things you can do to make it difficult for intruders.
- Add thorny shrubs to hedges or plant them right underneath window ledges.
- Lay gravel and pebbles on the driveway and path so that it is hard for someone to quietly tiptoe to your house.
- Get rid of hedges or trees that make good hiding places.
- Add trellis (or spikes) to the top of fences. Remember, your home is your castle.



Coming And Going

- Vary your routine if you can.
- If you depart and arrive at exactly the same time every day you make it easier for the bad guys to know when to attack.
- Be on the look-out for anyone acting suspiciously and if you have cause for concern get to a safe place.
- Always have your keys handy when you get home so you can make a fast entry.
- Don't put your name and address on your key ring. What happens if you lose them? You've not only given them the keys to the castle but also its exact location.



SAFE TRAVELLING

Getting from A to B is usually pretty easy. But there are times when unforeseen circumstances get in the way. Be prepared. Think ahead and get used to taking some simple precautions. Like these:

On Your Bike

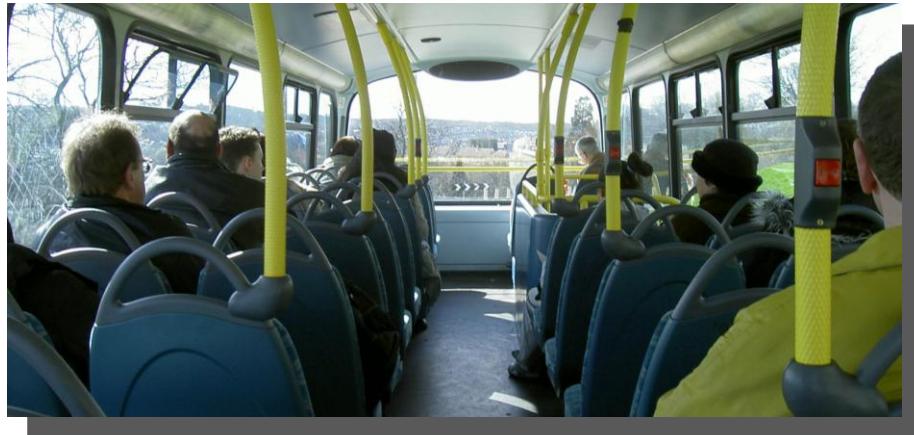
- Keep your bike in good condition.
- It's always better to do repairs at home or have them done by a professional bike shop rather than when you're stranded alone on the side of the road who knows where.
- Dress appropriately for riding a bike - and that definitely means a safety helmet. Stay aware of your surroundings.
- Don't take hazardous short cuts.
- Follow the rules of the road.
- Pedal hard if you sense trouble.
- Bikes get stolen all the time so if you don't want to lose yours - use a padlock and chain.



On The Bus Or Train

- Be a good planner. Work out where you're going, which stop you need to take, and departure times - especially the last one home.
- Before you board, have your fare at the ready. Don't be fumbling with your purse or wallet at the last moment, making yourself an easy target. And carry some emergency funds (hidden) just in case something goes wrong.
- If you're on a bus and it's empty - or it's at night - sit on the lower deck and close to the driver.

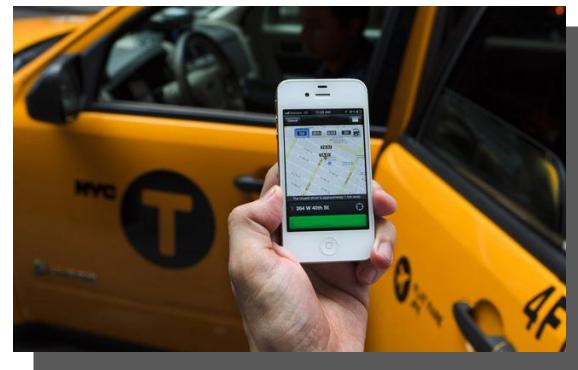
- Stay aware of other passengers and scrutinize everyone who gets on the bus.
- When you're on a train avoid compartments that don't open up to other compartments and steer clear of empty carriages. Someone you don't want to encounter might just jump on board.



- Try to sit near other passengers (as long as they don't look dangerous!). If you feel uncomfortable - move. If you feel under threat - make noise and attract the attention of others.
- If the train is crowded and you're being jostled keep a firm grip on your purse or wallet. If it's late at night - or you're visiting a strange area - try to have someone meet you or, at the very least, march confidently when you get to your destination, and near as many people as you can.

The Taxi Ride

- Always use a taxi or licensed minicab (one that cannot be hailed in the street). When you make a booking get the name of the driver and the make and colour of the car.
- Make sure it's all correct when the taxi arrives.
- Sharing a taxi with a friend and sitting in the back is the most sensible way to go. If you get chatting to the driver, no matter how nice he might seem, don't disclose personal information.



TAKE CARE IN THE CAR

We all know the rules of the road. We all know better than to speed and we know better than to overtake on a bend or park on double yellow lines. We know about driving safely and, although we're unlikely to encounter real road rage, it does happen.

But what about safety first when it comes to your personal protection against those who might deliberately want to do you harm?

Here are some tips for when you get behind the wheel.

Know Where You're Going



Plan ahead. Know which route you're going to take to get you to your destination and, especially if you're going on a long road trip, always let other people know where you're going and when you expect to get there. And make sure you have enough petrol in the tank!

Map It Out

It's always a good idea - so that you don't have to stop and ask directions in an unfamiliar area - to have your journey outlined step-by-step on your smartphone using one of the readily available apps.

But it wouldn't do any harm to always carry an old-fashioned print map as back-up. Just in case your battery runs out or you lose your phone.



Keep Your Keys



When you get out of the car don't leave your keys in the ignition. Even if it's just for a minute. It makes your car a tempting proposition for an opportunistic thief loitering around.

Keep Your Doors Locked

Make sure your cars doors are locked both when you're driving and when you're parked. An unlocked door makes for easy access. And keep all valuables hidden.



Keep It Serviced

Avoid a breakdown by keeping your car in tip-top shape. Regular servicing is vital - particularly in the harsh winter months. If you happen to have the bad luck of getting a flat tyre in a notoriously bad neighbourhood - drive on your rims. It's better to incur the cost of new wheels than experience a violent car jacking.



If You're Approached

Perhaps you're parked. Or stopped at traffic lights. And somebody comes up to the door to ask a question. Be wary. Either ignore them completely or open the window just enough to hear what they're saying - and not enough so they can get their arm inside.



If You're Being Followed

- If you think someone is following you don't stop until you find a spot with plenty of people around such as a garage. If you're extremely concerned, get to the nearest police station or call the police.
- Try and make note of the vehicle type and, if possible, the registration.
- Don't drive home until you are absolutely sure you are not being pursued.



If There's An Accident

- If you're hit from behind, be cautious. Don't jump out of the car until you can assess the situation and the other driver.
- Minor accidents can develop into disproportionate confrontations.



- If you feel threatened you can always blast your horn and use your mobile to call for help.
- If you see an accident or someone is trying to wave you down think before stopping.
- It might be safer to carry on driving and alert authorities from a location that you know is safe.



Be Insured

- What would you do if your vehicle breaks down, especially on a country road or near an undesirable neighbourhood?
- Keep your breakdown coverage up-to-date and keep the company's phone number at hand.
- Pull off the road as much as you can and switch your hazard lights on.



Pick Your Parking

- Don't leave your car in an area that's not lit very well. If at all possible pick a car park that has an attendant and take a spot as close to him as you can.
- Back into the space so you'll be able to exit more promptly. It's much easier to drive forward than reversing, especially under stress or when you are in fear.
- Lock doors and windows and make a note of where you left it.
- You don't want to be wandering around a lonely car park late at night looking for your 'lost' car.



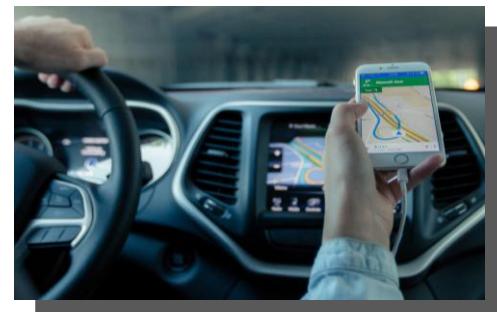
Encountering The Police

- There's a police light flashing in your rear mirror. What do you do? It's OK to stop if you are absolutely sure it is the police.
- Otherwise, signal that you're aware of their presence and keep driving at a reasonable speed until you reach a public place.
- Once you have pulled over don't open the doors until you are confident it is the police.



Don't Have Your Home Address Entered as a 'Stored Destination' on Your Stanav.

- If your car gets stolen and your 'Home' is entered as a stored destination in your satnav then the thief knows where you live. You may not only come out of work to find your car missing but you may get home to find you have been burgled.
- Likewise never leave your driving license or car documents in your car as they will also have personal information about you that the thief can use against you.



WALKING THE DOG

Dog owners delight in taking their best friends for a walk. But unless you've got a Rottweiler or another strong breed, that's exactly the time when a predator can strike. Here are some tips for staying safe when you do that daily exercise.



Don't Walk Alone

Try and hook up with other dog owners and have fun walking your dogs together. The more the merrier and the more likely to deter an attacker.

Have A Purpose

- If you are going solo don't walk aimlessly.
- Have a route organised and let someone know where you're going and when you should return.
- Don't use the same route day after day. Criminals watch for routines.

Walk Tall

Always present yourself in a confident manner. Look like you're a 'take charge' person and an attacker will think twice. Carry a big stick!

Street Walking

Make sure you walk towards oncoming traffic so that a kerb crawler can't pull up beside you.

Avoid distractions

If you're chatting on your mobile or listening to music through headphones you're definitely not focused on the world around you. Pay attention.



Follow Your Instincts

- If something doesn't seem right - you're probably right. As my good friend always says, "*if there's doubt there is no doubt*".
- Take action and get away from an area or situation that raises the hairs on the back of your neck. And listen to your dog. They are smart animals and often sense danger before you do.

- They're growling for a reason.

Keep Control

- Not everyone loves dogs and sometimes your dog may scare people - especially kids.
- Keep your pet under control. If you let your dog bound up to strangers or jump on them you could provoke an angry response.



SAFETY FOR STUDENTS

You're in a new environment. Perhaps you're away from home for the first time. It's an exciting adventure. There are many new situations to consider to ensure you stay safe. Here are some useful tips.

Residence

- If you're in halls always lock the door and close the windows when you leave your room - even if it is only for a few minutes.
- If you're going to share a flat meet everyone in advance and size them up. If someone or something doesn't seem right, trust your instincts and find somewhere else.
- Visit the area at night, as well as during the day, to assess whether it feels safe.
- Don't hold the door open and let someone walk into your block unless you're sure they're OK. And certainly be extra cautious about who you invite into your room.



Party Time

- Young people are entitled to have a good time. But when you're going out at night there are some basic precautions that are plain common sense.
- Planning ahead, for instance. Know where you're going, who is going to be there, and how and when you're getting home.
- Don't drink too much. Alcohol can seriously cloud your ability to make good judgements and it is the most common date rape drug.
- Be careful of accepting drinks from strangers - there's always the added risk of someone adding an incapacitating drug.



- Watch out for your friends and have them watch out for you.



Out And About

- Keep your wits about you.
- Chatting on your mobile or listening to music on your headphones will make you less aware of what's happening around you.
- Walk with a sense of purpose and, even though you may often be loaded down with books, try to keep one hand free.
- Stay on busy streets whenever you can and away from badly-lit areas.
- Walk facing oncoming traffic to deter kerb crawlers.
- Ask around. Ask students and lecturers - are there areas that should be avoided?
- If you're travelling by bus or train, always research when the last one leaves.
- Sit near other safe-looking passengers or near the driver.

- If someone makes you feel uncomfortable simply get up and change seats. Don't think twice about it.
- Keep the phone number of a reliable and safe taxi company on your mobile and/or a booking app.





HAVING A SAFE NIGHT OUT

So, you're going out on the town? You're ready to paint the town red. And why not? We're all entitled to go out and have fun. But what you can do to make sure the night ends well and doesn't turn into a disaster? Here are some tips.

Pubbing And Clubbing

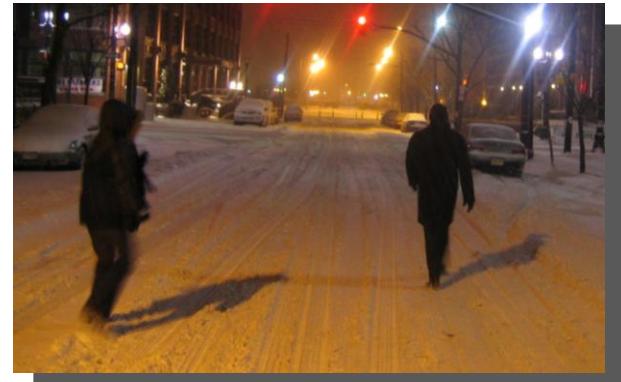
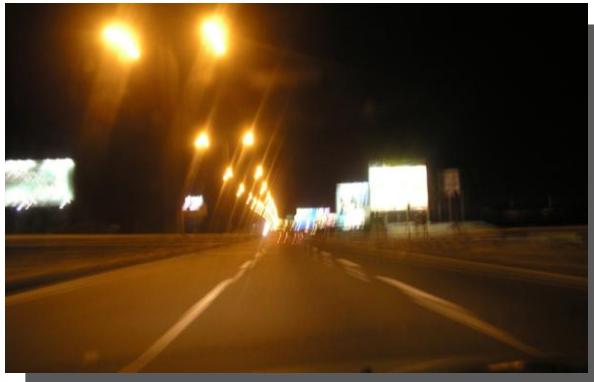
- You know you're going to have a few drinks. Just be careful that you don't have a few too many and your judgement becomes clouded.
- Too much alcohol also makes you more uninhibited, and that can lead to trouble, too.
- Keep an eye on your drinks to prevent someone from spiking them and if someone you don't really know offers to buy you a drink watch to make sure that nothing nasty is added.
- It's always good if at least one of your companions elects to stay sober and keep a watchful eye on everyone else.



Making Your Way Home

- Plan ahead: Never go out without knowing how you're going to get back home. Carry extra money (hidden) in case of emergency.
- Taxis and minicabs: Only use those that are licensed. In fact, it's good to find a service that you will use regularly and can trust.
- Regardless, always make sure that you have the driver's ID. Get the driver's name when you book the taxi as well as the make and colour of the car and check it when they arrive.
- Share the taxi with a friend if you can and always sit in the back.
- Don't give personal info to a chatty driver.

- Public transport: Always wait for a bus or train in an area that is well lit and, whenever, possible, near other people.
- Keep your wallet or purse out of sight and have payment or ticket ready in your hand.



- Make sure you know departure times (especially the last one!) and which stop you need. And keep your eye open for it.
- Walking: Short cuts can be tempting - but dangerous. Don't nip down a dark alleyway, waste ground or quiet area of a park.
- Keep aware of what's going on around you at all times. Consider carrying a flashlight and a personal alarm. Stay in well-lit areas whenever you can.



SIMPLE SELF-DEFENCE TACTICS

It's always better to take precautions to avoid violent confrontations, but, sometimes, no matter how much you've been on alert your best response to an attacker is to attack.

Your best course of action is to take a course and attend self-defence classes held by a professional trainer. That's the way to get fully prepared. But, for now, here are some tips that should catch an attacker by surprise.

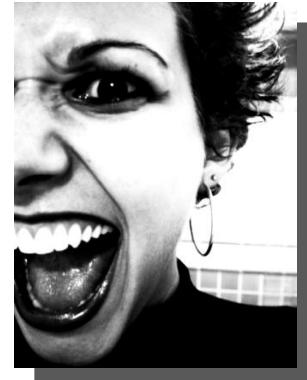
Pepper Spray

- Using pepper spray is an effective deterrent. Used properly it can bring down the biggest of assailants, causing intense irritation and temporarily blinding them.
- Carry the canister somewhere handy like your jacket or pants pockets. If you have to fumble to get it out of your purse you could lose valuable seconds.
- Fire it from close distance straight into the person's eyes and face.



Make A Lot Of Noise

- SHOUT! If you're confronted make as much noise as you possibly can.
- Scream at the top of your lungs.
- It may just scare off the assailant before it gets physical. It may well bring people running to help you.



Note: Pepper Sprays are not legal in the UK but are legal in other countries so check first.

Getting Physical

- If your attacker has already got hold of you, it's not too late. It's time for you to rise to the occasion and get physical.
- Your elbows, knees, heels and head are your body's bony built-in weapons. Use them.
- The first few seconds are the most vital. Fight with all the strength at your disposal. It's hurt or be hurt.



Attack The Nose

Another tactic to deal with someone behind you is to throw your head back aggressively aimed at butting their nose. The assailant's instinctive reaction is to hold their nose giving you precious seconds in which to escape. If the person is right in front of you ram the heel of your palm up into his nose.

Eyes And Ears

- Let's say your attacker is coming right at you - a full frontal assault.
- Grab hold of his ear and stick your thumbs into his eyes. Press hard, deep into his skull.
- Gouge. Poke. Scratch. Do whatever you can.
- This is a tactic most bullies don't expect. They'll probably spring backwards releasing their hold on you in the process.



Go For The Throat

- Another strategy is to stab a finger (or fingers or your elbow) into your assailant's windpipe - right below the Adam's apple.
- When done the right way they will have difficulty breathing and chances are will use their hands to hold their throat instead of you.

Think Shin

- Go for the shin. If you're assaulted from behind scrape the heel of your foot down the person's shin-bone as hard as you can.
- The shin-bone is pretty delicate and this will be a painful surprise. It'll probably cause your assailant to back off, giving you time to run.



Keys Are Key

- Your keys can actually be a 'key-weapon'. Carry them clenched in your hand with one of the keys poking between your middle fingers.
- Slash your attacker's face as soon as he makes a move - from mouth to ear if you can (or the other way around).





SELF-DEFENCE OR MARTIAL ARTS?

Many people - when they consider learning how to protect themselves - immediately think of taking martial arts classes.

Is that the best way to go?

Or would you be better off learning self-defence?

Isn't martial arts self-defence?

What's the difference between the two?



First of all, let's acknowledge that martial arts offer a great service to individuals and society as a whole. They help people better themselves and increase their self-confidence and self-esteem.

The martial arts also provide a local, national and even global community for individuals to feel a part of and they teach great skills which can be honed over time and gives a person a structured model for personal growth and achievement.

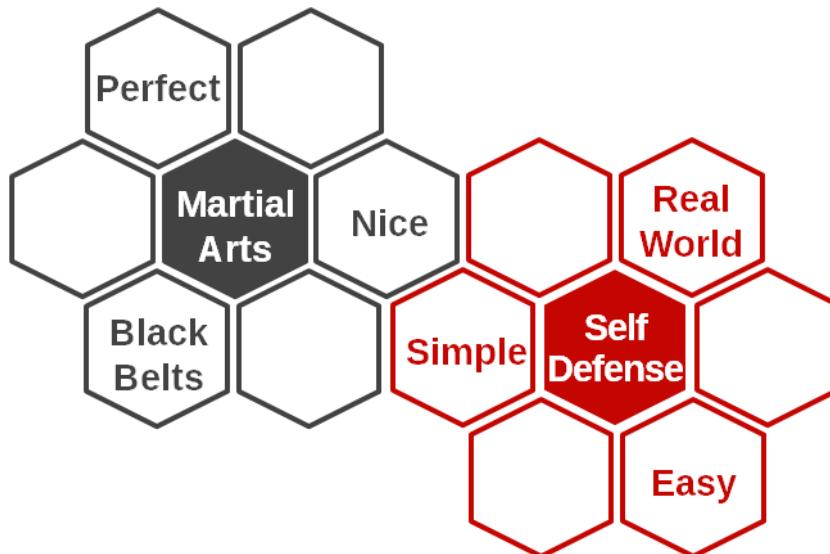
Many children and adults who feel depressed, worthless and down-trodden who have been bullied all of their lives change under the care, love and compassion

of good martial arts instructors. In many ways a good martial arts instructor is better than any therapist.

There are many strengths BUT let's also recognise its limitations when it comes to self-defence.

Martial arts aim for perfection. Practitioners want to look graceful almost as if they are performing a well-executed dance move. Everything has to look just right and black belts would stalk the rows, making minute adjustments to the height of your arm, the tilt of the wrist, etc. Martial arts is truly an emphasis of form over function

With self-defence the goal is to give people simple, easy to learn and effective skills so that they can quickly be able to defend themselves in threatening real world situations.



You want to be able to instinctively react and do something to ward off an attacker. True self-defence should be based on function over form, the opposite of the martial arts.

Numerous studies dating back to the 1800's have shown that when a person's heart rate rapidly increases the ability to use complex thinking and complex and fine motor skills rapidly deteriorates.

- An individual must rely on simple gross motor skill technique if they are to survive a potentially dangerous encounter.

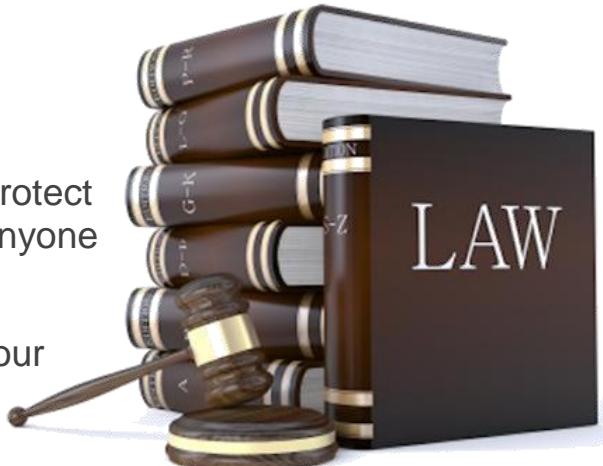


- An individual needs to be able to learn - in a few minutes - techniques they will be able to apply automatically without even thinking about it.
- In addition, they should be able to pass on the same techniques to others. What a great service to be able to do that.
- Real self-defence, unlike martial arts, is far from elegant and perfect.
- The average human being can only fight for eight to twelve seconds before they get out of breath.
- That's why they need something that is quick and effective that gives them an opportunity to escape. Nothing more.
- You don't need the years of training or the elegance of a skilled martial arts practitioner.
- You do need the ability to quickly acquire the 'down and dirty' skills to enable you to fend off an attacker.



THE LEGAL QUESTION

- How far can you go in defending yourself?
- What are your rights?
- What can you legally do?
- Everyone has the right to protect themselves, go to the defence of anyone else and protect their property.
- These rights are enshrined in our common and statute law and cannot be taken away by anyone.



Between 1990 and 2005 twenty million cases were reviewed by the Department for Public Prosecution. It was an “informal trawl” by the CPS. Out of those twenty-million cases were only 11 prosecutions of people who had attacked intruders in houses, commercial premises or private land. Examples of decisions not to prosecute included a case where a woman took a baseball bat off a burglar and hit him over the head, fracturing his skull.

That's eleven out of twenty million! Therefore, based on actual cases that have gone to court the chances of you being found guilty of a criminal charge when you defend yourself or others or protect your property is extremely low.

Out of the eleven that were found guilty examples included a case where a man lay in wait for a burglar on commercial premises, caught him, beat him, threw



him into a pit and set him alight, which I think we can all agree is not self defence.

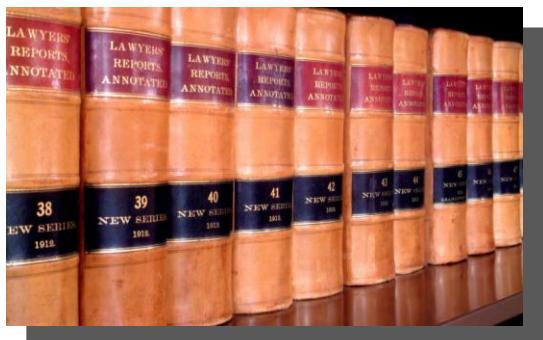
Furthermore, any law-abiding citizen, who uses force in good faith with an honestly held belief, is protected by the law.

To this extent the Crown Prosecution Service (CPS) says, ***“It is important to ensure that all those acting reasonably and in good faith to defend themselves, their family, their property or in the prevention of crime or the apprehension of offenders are not prosecuted for such action”.***



It should be made clear, it says, ***“that if householders have acted honestly and instinctively and in the heat of the moment, that this will be the strongest evidence for them having acted lawfully and in self-defence”.*** (This also applies outside of the home too, such as public areas and even at work).

The CPS, though, also tells prosecutors that in reviewing cases they need to strike a balance between, on the one hand, the public interest in promoting a responsible contribution on the part of citizens in preserving law and order and, on the other hand, in discouraging vigilantism and the use of violence generally.



Subsection (5A) of Section 76 of The Criminal Justice and Immigration Act which came into effect on April 25, 2013 allows householders to use “disproportionate force” when defending themselves against intruders in their home. But individual circumstances have to be taken into account to decide whether that force was reasonable.

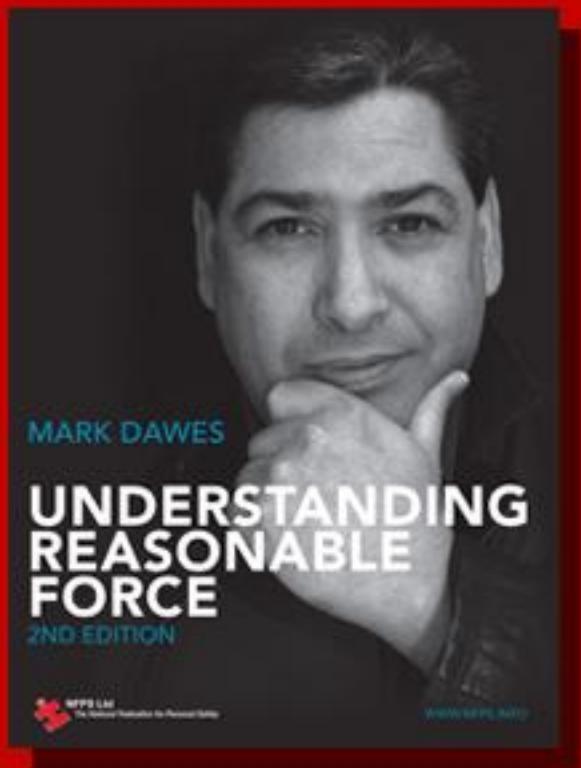
The law also states: ***“If there has been an attack so that defence is reasonably necessary, it will be recognised that a person defending himself cannot weigh to***

a nicety the exact measure of his defensive action. If the jury thought that in a moment of unexpected anguish a person attacked had only done what he honestly and instinctively thought necessary that would be the most potent evidence that only reasonable defensive action had been taken..."

If you would like to read up more on the legal side of self-defence then you can always purchase my book 'Understanding Reasonable Force – 2nd Edition' which you can purchase through Amazon.



THANK YOU!



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