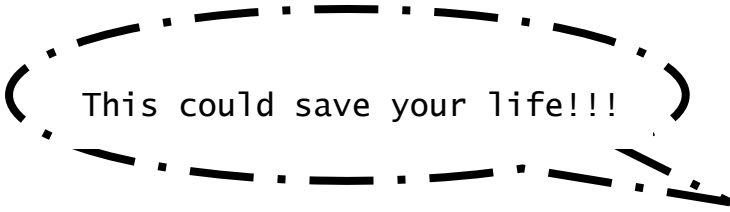


# SELF DEFENSE NOTES



This could save your life!!!

List 3 **STATISTICS** that stand out to you:

- 1.
- 2.
- 3.

List 4 **BENEFITS** to learning self-defense (two on each slide)

**SLIDE 1**

1.

2.

**SLIDE 2**

3.

4.

In your words, **define** Personal Security/ Personal Safety: \_\_\_\_\_

\*\*To be **SAFE** is 90% \_\_\_\_\_ and  
10% \_\_\_\_\_ \*\*

List 5 characteristics that **ATTACKERS ARE KNOWN** to look for/likely to act on:

- 1.
- 2.
- 3.
- 4.
- 5.

Name: \_\_\_\_\_ Pd: \_\_\_\_\_

List the **FOUR STAGES** of personal safety/personal security:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Yell " \_\_\_\_\_ " , " \_\_\_\_\_ " , " \_\_\_\_\_ "

Who do you call when you are safe/away from harm? \_\_\_\_\_

What are the **STEPS TO SAFETY**?

1.

4.

2.

5.

3.

6.

List the 8 main **PAIN POINTS** and **HOW TO** capitalize on them:

1-

2-

3-

4-

5-

6-

7-

8-