



Look After Yourself!

- 1. Practice Self Protection; not Self Defense.** The term defense is reactive and protection is proactive. Always be proactive.
- 2. Situational awareness is most important;** because predators always look for the easiest prey. Situational awareness or SA will make you a difficult target.
- 3. Confidence -** A confident enemy is a tough enemy to beat. Have the mental edge.
- 4. Train as you fight.** This way when it's time to do the man dance you act reflexively.
- 5. There is no such thing as a fair fight.**
- 6. Don't be afraid to strike first.** Remember you felt in fear of your life and the life of your loved ones.
- 7. Be ready for multiple Attackers and fight 1 as if you would fight 10.**
- 8. The ground is a stupid place to be unless you are receiving incoming enemy fire.** If you go down, fight to get up.
- 9. Use the environment and anything else as a weapon.**
- 10. Fight to survive.** Don't fight for ego, escape if you can and call the law as soon as you are out of the danger area.