

GSC Self Defense Tips

Attackers look for people who seem unaware of their surroundings or who seem to lack confidence. Attackers look for woman distracted by talking on cell phones, searching thru their purses, and other activities while walking because they are distracted and can be easily over powered. Woman are attacked is the grocery store parking lot more than any place else. However office parking lots, parking garages, and public restrooms are locations attackers also seek victims, in high numbers. Most attackers will grab the woman and move them to a secure location where they won't be caught. Only 2% of attackers carry weapons, they usually use their own strength to overpower their victims. They look for woman without protection.

Best practices:

- When walking from the office, your home, any parking area to your car be aware of your surroundings (be vigilant) and undistracted. Ask someone to escort you. It is smart to carry pepper spray, personal alarm, or a TASER. Have them in your hand and ready to go. It is a must to practice with your personal security device of choice so you know how to handle it.
- Always look your attacker in the face; they are less likely to attack if they think you can identify them.
- Men usually have greater upper body strength; while woman have lower body strength. Don't be afraid to use it. Kick, Kick and Kick some more. A kick to the crotch might drop your attacker giving you time to escape.
- When someone is coming towards you make yourself look as big as you can, hold your hands out, yell stop, tell them you have pepper spray or a TASER. (It is a good idea to actually have them.) • Don't be afraid to make noise and fight back most attackers are looking for easy targets, not someone willing to make noise and put up a fight.

In summary; there are many ways to maximize your safety and personal security. Though it's never guaranteed; by proper training, being vigilant, responding quickly with force, and using personal security products, you will have the upper hand. Remember the best time to learn your lesson about personal security and safety is before something happens.

VPAC

1. Vigilant
2. Personal Training
3. Act Quickly
4. Carry personal security and self defense products and practice with them.