

# ARE YOU PREPARED?

## Trinity Fitness Self-Defense Manual

Nathan Nowak  
Jenn Murray

t r i n i t y

BODY MIND SPIRIT

Copyright © 2009 by Trinity Fitness and Professional Training Systems, Inc.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without permission in writing from the publisher.

Published by Professional Training Systems, Inc.

Printed and bound in the United States of America

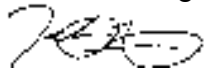
## Foreword

While many self-defense manuals are filled with techniques that are too difficult to replicate, Trinity's *Are You Prepared?* manual combines real-life scenarios with practical, step-by-step techniques that are easy to use and execute under pressure. Most importantly, it is designed to prevent *women* from becoming victims. All of the advice and defense moves included in this manual are written specially with women in mind.

Sadly, some of our participants have already experienced an attack at some point in their lifetime. We are proud to report, however, that in each one of these situations, the women were able to fight off their attackers and get to safety. Though, many women are not so lucky. Today, learning how to protect yourself has become a necessity in life. With violent crimes and aggravated assaults occurring every thirty seconds, it's a must for every woman to develop a self protection plan.

The first step in protecting yourself is avoidance. Avoiding potentially dangerous situations, places, and people is the best defense. But, what if you can't get away? You must be able to make a quick decision, one that may change your life forever! Either you can do nothing and hope for the best or you can fight back and fight hard! It's a personal decision that everyone must make for themselves, and in that moment, no one can help make it for you. If you choose to fight back, how do you? Training is the key and repetition will open the door to survival and safety.

Finish Strong!



Nathan J. Nowak

President

Trinity Fitness

Professional Training Systems, Inc.

## Acknowledgements

Trinity's self-defense manual was created to provide women with the knowledge and power to defend themselves. With many of Trinity's members being women, our Trinity "family" eagerly jumped at the chance when asked to assist with the production of this manual.

Gwen Block, Self-Defense Instructor and TKD Team Member, especially contributed a large amount of time to this project. Assisting with the photography and playing the "victim" in many seminars, she has my heartfelt thanks.

Farrah Bernardino also volunteered her time and talent to this manual, and her assistance is greatly appreciated.

Additionally, I would like to thank the following people who contributed their time to photo sessions and self-defense demonstrations:

**Linda Adamo** – Trinity Kickboxing Member

**Jennifer Campbell** – Trinity Kickboxing Member

**Brad Carter**, TKD Instructor, National TKD Champion, Armed Forces Coach

**Bill Ladd** – Trinity Member

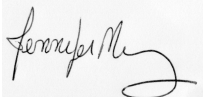
**Becky Rosenberg** – Self-Defense Instructor

**Nathan Nowak** – *Are You Prepared?* Creator and Instructor

**Jamie Nowak** – Self-Defense Instructor

**Janika Cain** – Self-Defense Instructor

Thank you for all your help!



Jennifer Murray

Director of Program Development

Trinity Fitness

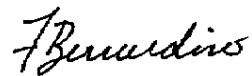
Professional Training Systems, Inc.

In 2005, I came to Trinity for the popular kick boxing classes I had heard so much about. I was immediately inspired by the Trinity staff and thrived in this unique gym atmosphere. I wanted to become more involved and eventually became part of the Trinity team.

Being both a class participant and a staff member has been a wonderful experience, and working on this project has been especially rewarding. Most notably, I have recognized the importance of practice and repetition. By attending many of the self defense seminars, I have improved far beyond the level of my first class. Additionally, I have gained a sincere appreciation for the devotion of the staff. They are dedicated to making sure this program truly educates women and successfully creates awareness in the community.

I am confident everyone who takes part in this program will benefit from it. But, one of the advantages of this manual is that it has the ability to reach a much larger audience of women. Those that are unable to attend the seminars are still able to learn from the explanations and advice included. I encourage you to share this manual and the self defense knowledge you have gained with your friends and family.

Best,

A handwritten signature in black ink that reads "Farrah Bernardino". The signature is written in a cursive, flowing style.

Farrah Bernardino  
Director of Community Relations  
Trinity Fitness  
Professional Training Systems, Inc.



## INTRODUCTION

### ATTRIBUTES FOR SUCCESSFUL SELF-DEFENSE

The key to a healthy lifestyle is a good balance of Body, Mind, and Spirit. Trinity's *Are You Prepared?* self-defense program employs this ideology in the following attributes, which are the fundamentals to successful self defense. Before you get started, you should familiarize yourself with these attributes.

**Attitude-** How do you conduct yourself in public? Are you aware of the self-image you portray to others? Do you walk with a dazed expression, lost in your thoughts? Or, do you stand tall with your head high, looking as if you know exactly what you're doing? If you have a confident attitude, you are without a doubt less likely to be a target for an attack.

**Timing-** Timing is everything. You can be slower than your attacker, but if you have perfect timing, you can successfully defend yourself because you know when the perfect opportunity is to strike at an area he left undefended.

**Health and Nutrition-** The healthier and more in shape you are, the stronger and quicker you will be. This, of course, will make you more able you will be to out last and out run your attacker. Don't forget to compliment your self-defense classes with other exercises and a healthy diet.

**Fluidity-** I define fluidity as the ability to move from one movement to another effortlessly and smoothly, which allows you multiple options and areas for countering your attacker. As such, if you miss your first target, you will quickly move and find another opportunity and area to strike.

**Precision-** You may only have one shot at avoiding an attack. If you find yourself in a situation where you must fight back, executing a precise attack allows you to deliver the most pain and punishment possible at a target area.

**Speed-** Speed is essential for an element of surprise. As you continue to practice self defense, you will quicken your reflexes, and thereby increase the speed of your overall defense moves.

**Power-** In a self-defense situation, you must be able to deliver power with your attack. Power is the measure of force you project with each movement and the more power you use, the more destructive the damage will be that you inflict on your attacker.

## INTRODUCTION

- 2 -



**Flexibility-** Flexible movements are a must in self-defense because if you have the ability to move your body easily and fluidly without struggle, you have a greater chance of getting out of positions your attacker may put you in.

**Mobility-** Mobility is the degree to which you can move in space and time. You must be able to move your body up and down, side to side, and forward and backward with ease in order to be a strong opponent.

**Agility-** Agility is very important in self-defense. Keeping your body weight evenly distributed in your fighting stance allows you to quickly change the direction of your body's movement with speed and precision.

**Relaxation-** Tense, tight muscles wear out fast. If you can control your emotions and relax as much as possible during an attack, you will be more likely to use your muscles for a longer period of time, think clearer, and ultimately escape.

**Experience-** It's not often that people get actual experience being attacked, but it's important that you know how you will react to such shocking life-threatening situations. Therefore, the best way to train is with self-defense scenarios that are as close to reality as possible. Take your classes seriously and try to imagine the situations are real.

**Endurance-** Physically intense training requires a higher level of endurance. Endurance will help you last longer in a fight.

**Balance-** Balance is your ability to execute techniques while maintaining stability of body and mind.

**Coordination-** If you have all the key attributes listed, but you lack the coordination to execute the proper techniques, you may find yourself in a world of trouble. With proper training and continuous practice, you will develop coordination and become a tougher opponent.

**Intuition-** Do you pay attention to your intuition? Can you hear the little voice inside you or have you turned it off by repeatedly not listening to it? It may just save your life.

**Senses-**The strength of your senses goes hand in hand with your intuition. Two of your senses are particularly important in a self-defense situation: sight and touch. Your ability to see an attack before it happens and your ability to read your attacker's next movement are critical for you to gain an advantage over him. Secondly, your sense of touch is important because it affects your ability to feel your way through movements in time and space, which may determine your success in escaping a situation. Your sense of touch will affect your ability to grab, hold, and attack. If there is low or no lighting, touch becomes even more important.

## INTRODUCTION

- 3 -



**Rhythm-** Many coaches say if you can dance, you can fight. Rhythm is fundamental to getting into position and placing your attack and then quickly moving out of harms way. Your ability to move in response to your attacker will help you keep up with him.

**Knowledge-** Knowledge of your attacker, surroundings, and yourself are also crucial to escaping an attack. The more you know, the greater the chance you will be able to make changes as needed to defend if necessary. For example, be aware of what resources are around you and how you might use them as a weapon. Also, be aware of your attacker's weaknesses and use them to your advantage.

**Ability to React-** How do you react under pressure? If you get hit in the face, can you take it and continue your escape? You must be able to adapt to the situation as it unfolds and make your game plan for getting away.

**Confidence-** Believe in yourself and believe in your training. Confidence comes from physical practice and training your mind. Recognize that one self-defense class will only begin to increase your confidence to defend yourself, and continuous practice is necessary to maintain a confident state of mind.