

# “21 Tips to Keep Any Woman Safe!”

Safety Report #2

By Master Instructor  
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How many times have you walked through a parking deck or parking lot and found yourself alone?

Now think of how you felt. The quietness of the parking deck suddenly seemed intensely quiet. Even though there were lights, there seemed to be more darkness than light. And you felt very alone and vulnerable so you quickened your pace to your car.

What can you do if you find yourself confronted or attacked in this situation?

Are you prepared?

**1.** Sometimes the most obvious form of defense is the one everyone overlooks.

The best way to defend against attacks is to avoid placing yourself in those dangerous and frightening situations. When you walk in those empty parking lots be sure to walk to your car with someone else.

This person could be a friend, coworker or even security. If you feel uncomfortable walking to your car from the mall or office a security officer should always be available to escort you to your car.

When you are out walking or running have an exercise partner. The presence of another person can dissuade an attacker, preventing an attack before it even happens.

**2.** As you are walking be aware of your surroundings. Before you exit your car look around you and make note of anything or anyone that looks out of place or suspicious.

If someone looks threatening do not exit your car.

**3. Walk with confidence.** Attackers prefer an easy target. Someone who walks with a shuffling gait or appears timid is more vulnerable to attack.

People who walk with a purposeful stride can deter an attacker looking for an easy target.

**4. When you see someone approaching you, tell them to “Go away!”**

The attacker now knows you are aware he is there and that you can identify him. If he continues to advance towards you must decide whether or not you are going to fight.

**5. Stay focused.**

Your adrenaline will be pumping as your life flashes before your eyes; however, if you want to survive and escape the situation you must be focused on the situation.

You will have to watch for opportunities to strike your attacker and if you are busy freaking out the opportunity will slip by unnoticed.

**6. Stay relaxed.**

If you can control your emotions and relax as much as possible, you will be more likely to use your muscles for a longer period of time. Tense, tight muscles wear out fast.

**7. Do not talk on your cell phone when walking outside.** You see it every day, people talking on cell phones while they are pushing their baby stroller to fit in their daily walk.

As soon as you talk on a cell phone your attention is focused on the conversation you are having with the other person on the phone.

You also cannot hear if anyone approaches you from behind.

**8. Running is a great way to stay in shape and if you are like most people, you have your iPod blasting out great music!**

Make sure you do not have your iPod playing in both your ears. If you use both earpieces you block out all surrounding sounds – the sounds of someone approaching you and traffic sounds.

If you choose to listen to your iPod when you run, only use one earpiece. This will allow you to hear the sounds of your surroundings.

**9. When walking to your car or home, make sure you have your keys in your hand before exiting a building.**

Having your keys ready will give you precious seconds to enter the safety of your home or car if someone approaches you.

Your keys can also be used as weapon when you punch or gauge out the attacker's eyes.

**10.** If you are attacked, make sure you strike your attacker in strategic areas. This you way injure your attacker and conserve your energy by not flailing ineffectively.

**11.** Learn how to make a proper fist to punch with. This seems so basic but if a fist is made incorrectly you will end up breaking your own thumb or wrist. Learn basic punches such as a jab and cross and practice throwing them.

**12.** Gauge out your attacker's eyes. Some strategic strikes do not have to be powerful but well placed.

**13.** Rip out your attacker's esophagus. The attacker's goal is to hurt you, or worse. If he cannot breathe, he cannot harm you.

**14.** Kick and knee the attacker hard and fast.

Keep your kicks low – aim for the attacker's knees, legs and no higher than the chest.

Keep going.

One kick alone will not finish him off.

**15.** If you are grabbed from behind, slam the back of your head into his face. If he does not drop you right away, continue to hit his face with your head. You can stomp on his foot or kick him too.

**16.** Keep moving.

If someone is trying to grab you, keep moving. This makes for a harder target to hold onto or to hit.

If you are being taken to the ground continuous movement will make it harder for your attacker to pin you to the ground.

**17.** Again, be aware of your surroundings.

Make sure you do not back yourself against a wall or any other area that will prevent you from escape.

If you are running, hiking or bike riding and are attacked miles from other people remember that. In that instance running away too early may do you more harm than good.

**18.** Many effective techniques require mobility, balance and power.

For example, in order to knee your attacker quickly and effectively without falling into him, you will need the combination of mobility to quickly switch knee strikes, power to knee him hard and balance to keep your body centered and prevent yourself from falling into him or onto the ground.

**19.** Health and nutrition plays a vital role in your daily life.

It affects your self-defense skills as well. The healthier and more in shape you are, the stronger and quicker you will be.

Your stamina can help you outlast your attacker and out run your attacker.

**20.** Take it upon yourself to attend a self-defense course. Depending upon the course, you will learn effective defensive techniques.

If you are a woman try to find a course that teaches you techniques geared towards a woman's body.

Chances are your attacker will be bigger than you and you will not be able to simply overpower him.

**21.** Practice, practice, practice.

Once you have learned self-defense techniques continue to practice them.

In order to execute them quickly and effectively the movements must seem familiar to your body and mind.

And there you have it!


21 one tips that if applied today can dramatically change the outcome of a potentially dangerous situation.

Although these tips will be helpful in heightening your awareness of situations and people the proper self-defense training is extremely important.

As a thank you for checking out our report and taking action to protect yourself and your friends and family, I've enclosed a coupon for \$200.00 off our next 5 week course.

You have permission to copy this report and the coupon and pass it along to any friends and family that would find value in this information as well. I only ask that you copy it in its entirety.

I've also included, on the following page, testimonials from graduates of the 5 week course.



**ARE YOU PREPARED?**  
This card entitles you to register for our  
5 week self-defense course for only \$199.00  
This offer must be redeemed by  
December 31st, 2017  
Call (404) 966-5425  
or visit [www.trinitybody.com](http://www.trinitybody.com) for a class schedule.

# Are You Prepared?

## Testimonials

"What I have learned since taking and graduating from the class is that while I still pray that I am never put in a situation where my personal safety is threatened, if I am, I know that Nathan has equipped me with the essential skills to defend myself and for that I am eternally grateful."

**F. McLemore**

"Trinity's *Are You Prepared?* program proved to be more intense and more "real" than I ever anticipated."

**C. Johnson**

I found *Are You Prepared?* to be a very comprehensive course. It taught me what to do, and what not to do to be safe. After completing Trinity's *Are You Prepared?* course, I can honestly say that I am prepared! I recommend this course to everyone."

**B. Derrickson**

"After completing Trinity's program I felt more empowered and I know that I am less likely to become that next missing person or victim. Thank you so much Nathan, although I hope to never use anything you taught me, it is always better to be prepared!"

**V. Shurland**

"Ladies, there is hope out there when it comes to learning how to defend yourself against somebody stronger and bigger than yourself. Trinity's "Are You Prepared?" Program has helped me to build up not only my knowledge about self-defense, but also my confidence in fighting in such a way that I was able to fight and defend myself successfully in a real life fighting situation already in the third week of the course. The real life fighting portion of the class is absolutely priceless.

It may save my life one day. I cannot say how much I appreciated to have had this opportunity.

**R. Kohn**

"As a woman who is living internationally, I wanted to feel secure about my safety as I travel and work independently for long periods of time. Nathan taught me the basics of self-defense as well as the specific skills that I might need given my new living conditions in sub-Saharan Africa."

While I hope that I never have to use these new skills, I feel more confident in my ability to respond and react quickly and effectively in the event of a threat to my physical safety.

**A. Rubin**