VIOLENT CRIMINAL ATTACKS

HOW TO PREVENT OR SURVIVE AN ENCOUNTER

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CRIME CLOCK

- 1 VIOLENT CRIME EVERY 22 SECONDS
- 1 MURDER EVERY 22 MINUTES
- 1 FORCIBLE RAPE EVERY 5 MINUTES
- 1 ROBBERY EVERY 47 SECONDS
CRIME CLOCK

- 1 AGGRAVATED ASSAULT EVERY 28 SECONDS
- 1 BURGLARY EVERY 11 SECONDS
- 1 THEFT EVERY 4 SECONDS
- 1 AUTO THEFT EVERY 20 SECONDS
CRIMINAL PROFILES
MURDER

- UNLAWFUL KILLING OF A HUMAN BEING OR A FETUS BY A HUMAN BEING WITH MALICE
- PROFILE OF THE SERIAL MURDERER
  - (ANTISOCIAL) VS. ACQUAINTANCE MURDERER
- WEAPONS USED AND DEMOGRAPHICS
- FBI PROFILING
FORCIBLE RAPE

- SEXUAL ACTIVITY WITH MALE OR FEMALE AGAINST HIS OR HER WILL
- STRANGER
- DATE - ROHYPNOL (ROOFIES)
- ACQUAINTANCE
- STATISTICAL DIFFERENCES
- STRANGER
  - YOUNGER
  - MORE ANTISOCIAL
  - VIOLENT
  - WEAPONS, DRUGS
BEHAVIOR OF THE RAPISTS:

- TYPES
  - ANGER
  - POWER
  - SADISTIC

- APPROACH METHODS:
  - CON
  - BLITZ
  - SURPRISE
BEHAVIOR OF THE RAPISTS:

- Verbal threats to maintain control
- 50% victims resisted
- 1/3 of rapists sexually dysfunctional
- Low level of sexual pleasure
- Preferred acts
  - Oral sex
  - Vaginal penetration
- Most violators not concerned about getting caught
ROBBERY

- REMOVING PERSONAL PROPERTY OF ANOTHER BY FORCE OR FEAR
- STRONG-ARM TACTICS 40%
- WEAPONS 60%
- MO..
  - INTIMIDATION
  - ENTICEMENT
  - STALKING
  - CAR JACKING
AGGRAVATED ASSAULT

- ASSAULTING ANOTHER PERSON WITH A DEADLY WEAPON OR WITH FORCE; LIKELY TO PRODUCE GREAT BODILY HARM
- TYPES OF ASSAULTS AND WEAPONS USED - GANGS, HATE CRIMES
BURGLARY

- ENTRY INTO A BUILDING WITH INTENT TO STEAL OR TO COMMIT A FELONY
- TYPES
- WEAPON
- MOTIVATION
- PRIVATE
  - COMMERCIAL
  - MALLS
  - LOCKED VEHICLES
THEFT

- UNLAWFUL REMOVAL OF ANOTHER PERSON'S PROPERTY WITHOUT FORCE OR FEAR
  - SHOPLIFTING
  - PICKPOCKET
  - PURSE SNATCH
POWER OF INTUITION - (CASE)

- WE RISK BECAUSE....
  - SEEK CONNECTION - AVOID LOSS
  - DISLIKE REJECTION - RECOGNITION/ATTENTION
  - DISLIKE EMBARRASSMENT - WHAT OTHERS THINK

- MESSENGERS OF INTUITION - KANGAROO
  - FEAR, APPREHENSION, SUSPICION, HESITATION, DOUBT, GUT FEELINGS, HUNCHES, CURIOSITY, ANXIETY, WONDER
  - ALWAYS IN RESPONSE TO SOMETHING
  - HAS BEST INTERESTS AT HEART
MORE INTUITION

- VIOLENCE PREDICTORS
  - REJECTION, ENTITLEMENT, GRANDIOSITY, ATTENTION, REVENGE, ATTACHMENT, IDENTITY
  - (JACA) - JUSTIFICATION, ALTERNATIVES, CONSEQUENCES, ABILITY

- OVERT INDICATORS
  - ABUSED AS CHILD, NO CONSCIENCE, CONTROL FREAK, RECKLESS, BRAVADO, GLIB, EGOCENTRIC, MANIPULATIVE, IMPULSIVE, NEED OF EXCITEMENT, LACKS RESPONSIBILITY, EMOTIONALLY SHALLOW
MORE INTUITION

- COVERT INDICATORS - DECEIT AND CONTROL
  - FORCED TEAMING (MAINTAIN INDEPENDENCE), CHARM YOU VS. CHARMING, (BE CLEAR, PRECISE, ASSERTIVE, EXPLICITLY REBUF, DRAW LINE)
  - WHAT IS THEIR MOTIVE? TOO MANY DETAILS COVER UP DECEIT, KEEP US OFF GUARD (STILL A STRANGER), TYPECASTING, LIGHT INSULT, (IGNORE), LOANSHARKING, YOU OWE ME, (DON’T OWE YOU ANYTHING), UNSOLICITED PROMISE, PROMISE TO GO, (WHY DOES PERSON NEED TO CONVINCE ME), DISCOUNT NO, (COMPLETE SENTENCE)
MORE INTUITION

- MORE COVERT INDICATORS
  - OFFERS TO HELP IN UNRELATED WAY, ASKS TOO MANY QUESTIONS, STANDS TOO CLOSE, EXCESSIVE TOUCHING, DISCUSS PERSONAL TOPICS, NO CONCERN ABOUT TIME, WANTS YOU ALONE, STARING.

- OPTIONS -( CONSCIOUS ALLIANCE WITH OUR INTUITION)
  - EXAMPLE - PHONE NUMBER REFUSAL AND PERSISTANCE - (FRIEND, RELATIONSHIP, RAPE?)
MORE INTUITION

- WORKPLACE
  - INFLEXIBILITY, WEAPONS, ANGER, HOPELESSNESS, IDENTIFICATION, CO-WORKER FEAR, THREATS, PARANOIA, CRITICISM, BLAME, CRUSADES, UNREASONABLE EXPECTATIONS, GRIEVANCE, POLICE ENCOUNTERS, MEDIA, STALKING, REFUSES TO LEAVE.

- HOME
  - ACCELERATED COMMITMENTS, RESOLVE CONFLICT BY BULLYING, STRIKES THINGS, DRUGS, PAST VIOLENCE, STALKING, USES MONEY TO CONTROL, JEALOUSY, TOGETHER FOR LIFE, INFLEXIBLE MOOD, WEAPONS, PARANOIA
CRIMES AGAINST THE ELDERLY

- UNIQUE CONDITIONS
- CRIMES FREQUENTLY REPORTED BY THE ELDERLY
- VIOLENT CRIMES (RAPE, ROBBERY)
- HEALTH AND RETIREMENT FRAUDS
- PHONY INVESTMENTS
- CON GAMES  SWINDLES (PIGEON DROPS)
- HOME REPAIR SCHEMES
STRANGER ABDUCTIONS OF CHILDREN

- OFFENDERS
  - PEDOPHILE
  - PROFITEER
  - ADOPTION FRAUD
  - CHILDLESS PSYCHOTIC
METHODS USED TO LURE & ABDUCT CHILDREN

- DIRECTIONS
- ASSISTANCE
- LOST PETS
- PARENTS (SAFE THEMES)
DEVELOPING A MENTAL SET

- CONCENTRATION
- DISCIPLINE
- AWARENESS
- THE STUDY OF THE SELF
  - EXAMPLE: MARTIAL ARTS)
INTIMIDATION

- FEAR
- DOUBTS
- INSECURITIES
- STEREOTYPED IMAGE OF "BAD GUYS"
- ACKNOWLEDGE CHARACTERISTICS
  - DON'T ANALYZE
MUSHIN ACTIVE STILLNESS

- INSTINCTIVE RESPONSES W/O ANALYSIS
- THE MUSHIN EXERCISE
MAXIMIZED PERFORMANCE THROUGH CONTROLLED EMOTION

- THOUGHTS CREATE FEELINGS & EMOTIONS
- ABCDE
CHI

- INTERNAL ENERGY AND STRENGTH
- CHI EXERCISES
UNLOCK YOUR FIGHT/FLIGHT SWITCH

- SYMPATHETIC NERVOUS SYSTEM
- ADRENALINE
- UNCONTROLLED RESPONSES
- VISUALIZATION EXERCISES TO CONTROL AGGRESSION
MEDITATION/YOGA

- THE EXERCISES
RELAXATION TECHNIQUES

PURPOSE

- RELAXATION EXERCISES
  - PROGRESSIVE RELAXATION
  - MUSCLE TENSING
  - AUOTGENIC IMAGERY
SELF HYPNOSIS

- PURPOSE
- THE "PYRAMID VIGNETTE"
CRIME PREVENTION

A PERSONAL RESPONSIBILITY
"NOT GOING TO HAPPEN TO ME"
VICTIMIZATION - THREATENING
ANGER - PREPARATION
VICTIM AVOIDANCE

- CHANGE LIFESTYLE
- DEFENSIVE DRIVING
- POTENTIAL DANGEROUS SITUATIONS
GENERAL AVOIDANCE GUIDELINES

- ASSERTION
- LOOK AND ACT ALERT
- NONVERBAL COMMUNICATION
- AVOID DANGEROUS PLACES
- ENVIRONMENT AWARENESS
- THINK AHEAD
- WEAPONS TRAINING
- ALARM DEVICES
- SELF DEFENSE TRAINING
- TRUST YOUR INSTINCTS
SPECIFIC LOCATIONS

- CAMPUS SETTINGS
- PARTY OR BAR
RESIDENCE

- STRANGERS
- NOT ALONE SIMULATION
- SOLICITORS
- EMERGENCY
- ROOMMATE
- EMERGENCY PHONE NUMBERS
- NEIGHBORS
- WRONG NUMBERS
- INITIALS AND LAST NAME
RESIDENCE

- RECHECK DOORS AND WINDOWS
- KEYS
- WELL LIGHTED ENTRANCE
- STRANGER SURVEILLANCE
- FORCED ENTRY
- MESSAGES
- NEWSPAPERS
- BLINDS
- PEEPHOLE
RESIDENCE

- TELEPHONES
- SUSPICIOUS NOISE OR PEOPLE
- ESCAPE PLAN
- WEAPONS
WALKING

- Brisk Alert
- Evasive Action if Followed
- Face Traffic
- Asking Directions
- Keep Hand Free
- Walking at Night
- Vary Your Routes
- Elevators
DRIVING

- KEYS AVAILABLE
- PARKING
- CHECK INSIDE AND UNDER YOUR CAR
- CARJACKING
- BUMP AND RUN
- SMASH AND GRAB
- AREA FAMILIARIZATION
DRIVING

- GAS AND VEHICLE CONDITION
- BREAKDOWNS  OTHER MOTORISTS
- CARRY TELEPHONE MONEY
- BLANKETS
- HITCHHIKERS
- CB RADIO  CAR PHONE
- BEING FOLLOWED
HOSTAGE TAKING

- POTENTIAL VICTIMS
- MEMORIZE EMERGENCY TELEPHONE NUMBERS
- LOW PROFILE
- AVOID PUBLICITY
- LEARN THE LANGUAGE
- PREPARE ITINERARY
- MAPS
HOSTAGE TAKING

- FAMILY MEMBERS
- HIGH THREAT AREAS
- VARY YOUR ROUTE
- SECURED PARKING
- CHECK VEHICLE AND STREETS
- DRIVE DEFENSIVELY
- REVERSE DIRECTIONS
- BLOOD TYPE/MEDICATIONS
ACQUAINTANCE RAPE

- STILL FORCE RAPE
- COMMERCIAL PROGRAMMING
- SELF ESTEEM/RESPECT
- ALCOHOL/DRUGS
- ASSERTION "LINE IN THE SAND"
- AVOID MIXED MESSAGES
- FRIENDS SLEEPING TOGETHER
- RED FLAGS
PREVENTION FOR THE ELDERLY

- SPECIALLY TRAINED POLICE
- VICTIM COMPENSATION PROGRAMS
- DISTRIBUTE DIRECTORIES FOR SERVICES
- INFORMATION ABOUT EMERGENCY ASSISTANCE
- CRIME CONTROL INFORMATION
- SPECIAL CRIME TRAINING
- TEAM SHOPPING, NEIGHBORHOOD WATCH, ESCORT SERVICES
PREVENTION FOR THE ELDERLY

- HOME SAFETY
- PERSONAL PREVENTION
- PUBLIC TRANSPORTATION
- DOOR TO DOOR SALES
- INVESTMENT SCHEMES
- MEDICAL QUACKERY
- MAIL AND PHONE FRAUD
- BUSINESS SCHEMES
- HOME IMPROVEMENT/LAND FRAUD
CRIME PREVENTION FOR CHILDREN

- CHILDREN EDUCATION PROGRAMS
- "WHAT IF" GAMES
- ROLE PLAYING
- FAIRY TALES
- CHILD SAFETY FAIRS
- NATIONAL CENTER FOR MISSING CHILDREN
- AGE PROGRESSION COMPUTER
- ABDUCTION PREVENTION PROGRAM
CRIME PREVENTION - CHILDREN

- Neighbourhood Familiarity
- Safe Places
- Neighbours' Schedules & Phone Numbers
- Code System
- School Call Back Program
- Home Alone Emergency Phone Number
- Avoid Approaching & Helping Stranger
- Home Deliveries
- Go Places with a Friend
SELF DEFENSE WEAPONS

- CRIMINAL POPULATIONS
  - ORGANIZED
  - WHITE COLLAR
  - HABITUAL
MAKE LIVING OUT OF CRIME

- UNSOPHISTICATED
- OFTEN APPREHENDED
- CRIMES AGAINST YOUR PERSON & PROPERTY
- IMPULSIVE UNPLANNED ACTIVITIES
- WORKS IN GROUPS
- ARMED
- WORRIED ABOUT VICTIM BEING ARMED
CONSIDERATIONS

- LEGALITY OF THE WEAPON
- PRACTICALITY
- AVAILABILITY
- TRANSPORTATION
- EFFECTIVENESS
- USED AGAINST YOU
- INJURE OTHERS
- LEGAL LIABILITY
CONVENTIONAL WEAPONS

- LEGALITY
- TRAINING
- PRACTICE
FIREARMS

- EFFECTIVENESS AND PRACTICALITY
- CANCELEABLE FIREARM DEFINITION AND LICENSE
- CARRYING LOADED WEAPONS PERSON AND VEHICLE
- HOME OR BUSINESS
- AUTOMATIC WEAPONS
- TRAINING COURSES
- SHOOT TO STOP VS. WOUND OR KILL
- CALIBER RECOMMENDATIONS
TEAR GAS

- FORMS CS, CN, OC
- ELIGIBILITY
- LEGAL RESTRICTIONS
- PROPERTIES
- EFFECTS
- LIMITATIONS
- FIRST AID
KNIVES

- LEGALITY FIXED BLADE, SWITCH BLADE
- EFFECTIVENESS AND PRACTICALITY
STUN DEVICES

- TYPES  DIRECT CONTACT AND ELECTRODE
- EFFECTIVENESS AND PRACTICALITY
- LEGALITY
YAWARA STICK

- DESCRIPTION AND TYPES
- EFFECTIVENESS AND PRACTICALITY
ILLEGAL WEAPONS

- PC 12020
- AUTOMATIC WEAPONS
UNCONVENTIONAL WEAPONS (IMPROVISED)

- ANTICONVENTIONAL WEAPON ATTITUDES
  - EFFECTIVENESS
  - PRACTICALITY
  - LEGALITY

- WEAPON VS. DIVERSION
TYPES

- SPRAYS
- KEYS AND COMBS
- CANES (ESCRIMA TRAINING)
- UMBRELLAS
- THINGS YOU CARRY
  - BOOKS, PURSE, BRIEFCASE
- COAT SHOES
- MINIFLASHLIGHTS
- BELTS BELT BUCKLES
- PENS
- ALL IS FAIR
ENVIRONMENTAL WEAPONS

- BE PERCEPTIVE AND PRACTICE
- OBJECTS
- BARRICADES
LEGAL CONSIDERATIONS

- BERNARD GETZ CASE
- FIRST RESPONSIBILITY ESCAPE
- PUNISHING OFFENDERS
- EYE FOR EYE ILLEGAL
- (BOB CASE)
USE OF FORCE - PERSON

- PROTECT SELF
- REASONABLE
- MARTIAL ARTISTS
USE OF FORCE - PROPERTY

- GENERAL RULE - NEVER DEADLY
- VERBAL ASSAULT
  - PUSH
  - CAPTURE
  - CITIZEN'S ARREST
- EXCEPTIONS
- BURGLARY, PROWLING, PEEPING TOM VS. ROBBERY
USE OF FORCE:
PROTECT OTHERS

- OBLIGATION (KITTY CASE)
- CRIME AGAINST PROPERTY OR PERSON
- VERBAL FORCE AND REASONABLE PHYSICAL FORCE
- RISKS
CITIZEN'S ARREST

- DEFINITION
- FELONY AND MISDEMEANOR CRIMES
- BREAK DOWN DOOR TO ARREST
- YOUR STATEMENT
- OVERCOMING RESISTANCE
- DISPOSITION OF SUSPECT &
- WEAPONS SEIZED
CONDITIONING FOR SELF DEFENSE

- FLEXIBILITY
- AEROBICS
- STRENGTH
- NUTRITION
- MARTIAL ARTS WARRIOR VS. AVERAGE PERSON
- PART OF YOUR LIFESTYLE
FITNESS ASSESSMENT AND PHYSICAL EXAM

- GET A PHYSICAL SPORTS MINDED PHYSICIAN
- TRAINING HEART RATE:
  - 220 YOUR AGE X 0.6 OR 0.8
- MAINTAIN PULSE RATE FOR 20 MINUTES
- CHECK YOUR PULSE OCCASIONALLY
BUSY SCHEDULE

- FAMILY
- FRIEND
- SELF DEFENSE OUTING
- BE GOAL ORIENTED
- DOWN TIMES
SELF DEFENSE STUDIO

- HOME
- GARAGE
CONDITIONING PRINCIPLES

- PROCEED GRADUALLY
- VARY YOUR WORKOUTS BODY
- VARY YOUR WORKOUTS ACTIVITIES
- WARM UP (STRETCH)
- COOL DOWN (FLEXIBILITY)
- SOLO TRAINING BASICS
- KATA
- COMBINATIONS
- SPARRING
CROSS TRAINING

- SPEED
- FLEXIBILITY
- ENDURANCE
- STRENGTH
STRETCHING IMPORTANT

- DYNAMIC
- PASSIVE
- ISOMETRIC
- EXERCISES
MARTIAL ARTS/BOXING

- SELF DEFENSE AND OTHER BENEFITS
- WHICH FORM CONSIDERATIONS
- T'AI CHI
- JUDO
- KARATE
- AIKIDO
CYCLING

- AEROBICS AND OTHER BENEFITS
- MOVING VS. STATIONARY
CROSS COUNTRY SKIING

- TOTAL BODY WORKOUT
- MOVING VS. STATIONARY
SWIMMING

- BENEFITS
RUNNING

- LIMITATIONS AND CONCERNS
- RUNNING SURFACE AND SHOES
- ORTHOTICS
STRENGTH TRAINING

- Bone Density and Muscle Mass
- Begin 8-12 Repetitions and Increase
- Strength Exercises
NUTRITIONAL TRAINING

- CARBOHYDRATES
- VEGETABLES
- FRUITS
- PROTEINS
- VITAMINS
COUNTER ATTACK

PREVENTION VS. SELF DEFENSE

PRIORITY:
STAY ALIVE AND ESCAPE
RUN, FIGHT, OR SUBMIT?

- ATTITUDE ABOUT VIOLENCE
- TYPE OF CRIME PERSON VS. PROPERTY
- YOUR SELF DEFENSE PROWESS
- YOUR AGE AND PHYSICAL CONDITION
- YOUR LOCATION
- WEAPONS USED
- NUMBER OF ATTACKERS
- EDUCATED ASSESSMENT
- IMMEDIATE VS. DELAYED ACTION
RESISTANCE ALTERNATIVES

- PHYSICAL
- VERBAL
- PLOY
- WEAPON
- NOISE SCREAMING
- DIVERSSIONS
THE WARRIOR SPIRIT

- FEROCIOUS DETERMINATION
- SELF DEFENSE DRILLS
- REALISTIC TRAINING CONDITIONS
  - TERRAIN AND CLOTHING
CLOTHING AND WRIST GRABS

- BREAK THE HOLD
- COUNTERATTACK
**SURVIVAL MANEUVERS**

- **YOUR NATURAL WEAPONS**
- **VULNERABLE POINTS**
ATTACK SCENARIOS

- CHOOSE FROM BEHIND
- BEAR HUG FROM BEHIND
- BEAR HUG FROM BEHIND BELOW THE ARM
- ATTACK FROM THE SIDE (VICTIM SITTING)
- TWO HAND CHOKE FROM THE FRONT
ATTACK SCENARIOS

- WRIST GRAB FROM THE FRONT
- TWO HANDED WRIST GRAB FROM THE FRONT
- COUNTER ATTACK FROM THE FLOOR
- ONE PUNCH ATTACK
- MULTIPLE PUNCH ATTACK
CONFDENTIAL

VICTIM REACTION AND SERVICES

POST TRAUMATIC STRESS DISORDER
VARIED AND DELAYED REACTIONS
IMMEDIATE CRISIS COUNSELING
SERVICE RESOURCES
CRISIS INTERVENTION

- GOALS
- CRITICAL ISSUES
  - SAFETY
  - EMOTIONS
  - SUPPORT
- MEDICAL SERVICES
- LEGAL ACTIONS
- PERSONAL SUPPORT SYSTEMS
THERAPEUTIC APPROACHES/RECOVERY

- SELF HELP
- BRIEF PSYCHOTHERAPY
- LONG-TERM PSYCHOTHERAPY
- INDIVIDUAL THERAPY
- GROUP THERAPY
- FAMILY THERAPY
- SUPPORT GROUPS
- HOSPITALIZATION