

SAFE Level One

Basics of Self Protection



Self-Protection

- Pro-active
- Based on awareness and avoidance
- Simple, effective principles



The 3 Golden Rules

- We take individual responsibility for our own safety
- Take realistic security precautions
- Awareness is the cornerstone of self-protection



The 3 Stupids

“Going to stupid places with stupid people and doing stupid things”

Awareness is Key

- What are the risks?
 - Muggings
 - Assaults
 - Rape
 - Abduction



Victim Selection

- What is a criminal looking for?

“Easy Pickings”

“Don’t look like a cheeseburger if you don’t want to get eaten”



Indicators

- Noise
- Shadowing
- Multiple passes
- 1000 yd stare

- Trust your instincts



Trouble Spots

- Common Sense –
 - Bad pubs/clubs
 - Cash machine
 - Deserted streets
- Ambush Points
 - Clearing

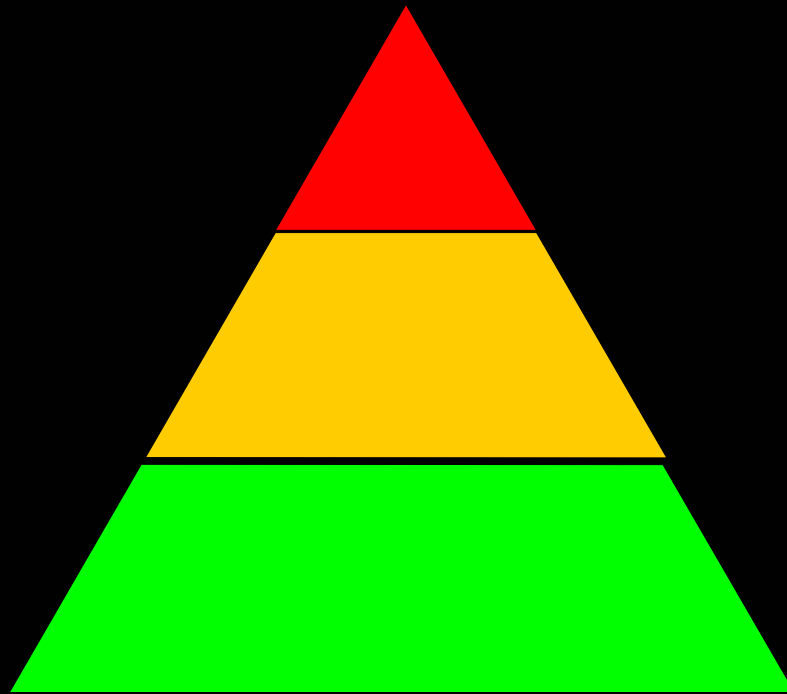


Mobile Commentary

- Describe to yourself what you can see and hear
- Keep it relevant
- Don't do it out loud – you'll get sectioned!



Colour Codes



Threat Negation

Threat Evaluation

Threat Awareness



What are our options?

- Nike Defence
- Submission
- Talk & Run – loop-holing, dissuasion
- Posturing
- Fight to Win



Take A Break

