



ABTKD presents:

Self-Protection



Awareness, Anticipation, Defence

Empowering all young adults with the skills,
knowledge and confidence to deal with anything!

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AWARENESS, ANTICIPATION & DEFENCE

Awareness

Many people may be aware of the 'fire triangle' used by the fire service. This is used to simplify and explain why a fire starts:

OXYGEN + HEAT + FUEL = FIRE

The triangle refers to the three elements needed for a fire to occur. If one or more of the three elements are not present, the fire will not start.

This theory can also be applied to violent crime using the 'crime triangle'.



Does a criminal have the opportunity to commit crime?

Does a criminal have the ability to commit crime?

Does the criminal have the intent to commit crime?

If the answer is yes to all three of the above instances, the triangle is formed, and a crime may be inevitable.

This is easily remembered as A.O.I. (Ability, Opportunity and Intent) but can be simplified further to: skill, chance, and want.

Take away any one of these elements and the triangle collapses. In other words, the crime does not have what it needs to occur.

Anticipation

If you find yourself in a situation where one or more possible criminals are nearby, look for the three sides of the crime triangle A.O.I. (skill, chance, want).

Ability: does the person have the ability to attack you? Could this person successfully assault you, whether through physical prowess, a weapon or numerical superiority?

Opportunity: does this person have the opportunity to attack you? Are you alone with them or even in an area beyond immediate help?

Intent: do they intend to attack you? You cannot know this, but body language and behaviour will help you to decide. You may have suspicions that they are under the influence of drugs or alcohol or question why they are there at all.

The fastest way to determine if you are in potential danger is to look for these three elements. If you see one, look for the others. If you see two out of three, pay close attention for a moment. If you see them trying to develop the third, withdraw from the situation to a safer area. This is easier than using physical violence. Opportunity often means staying in an area where someone could effectively use physical violence against you. If you do not see these elements, then odds are you are safe.

Conclusion: what is important to realize is that the three stages might not occur in that order. A violent and selfish person may suddenly find themselves with the perfect opportunity/ability to commit a crime, and suddenly the intent appears. There was no conscious initial decision, but the circumstances developed. Due to a flaw in their personality, they can decide to act in a violent manner perhaps for emotional reasons (possibly leading to physical and /or sexual assault) or material gain (robbery).

Defence

A.O.I. – the crime triangle is already in place... Is it too late...?! Not necessarily.

Fight or flight: when we perceive a significant threat to us, then our bodies get ready either for a fight to the death or a desperate flight from certain defeat by a clearly superior adversary.

Your first option should always be to run to safer surroundings or get help, but only if you believe you have enough time and distance to get away safely.

If you attempt this unsuccessfully, you may have empowered the assailant further by showing weakness in the form of fear leaving them feeling superior and you feeling terrified.

If you cannot get away, you may have to make the difficult decision to stand up to them and defend yourself, otherwise you may well become another victim or statistic.



Some body parts vulnerable to attack (examples for guidance only)

Eyes: poking the eyes with your fingers or thumbs can cause great pain and temporary blindness, which may offer you a small window of escape.

Ears: clapping your open palms over both ears will produce a numbing sensation and possibly unconsciousness; grabbing and pulling ears can also cause pain, which may offer you a small window of escape.

Nose: the nose sticks out, providing a great target for a well-placed punch or palm strike, causing pain and discomfort, which may offer you a small window of escape.

Throat: a blow to the throat can cause damage to the airway, leaving the possibility of temporary coughing and reduced breathing capacity, which may offer you a small window of escape.

Groin: arguably the best-known vital point on the male body. A well-timed strike here using the knee or foot may cause pain and distraction, which may offer you a small window of escape.

Knee: a strong kick to a knee joint may impede an attacker chasing after you, which may offer you a small window of escape.

Ankle: another excellent place to inflict pain and injury with the possibility of slowing down your attacker, which may offer you a small window of escape.

Some body parts for use as natural weapons (examples for guidance only)

Hand: use the fist, open palm, heel of hand or edge of hand technique.

Elbow: a great weapon in defence as a naturally very hard part of the body.

Leg: use your knee as a battering ram, kick with your foot or stamp down hard with your heel.

Head: head butt your assailant, snapping your head forward and hitting their nose or lips with your forehead. You can also snap the head backwards if held from behind.

Teeth: biting into any area on an assailant's body will cause them great pain, (although you may be at risk of infection or disease).

Practical

This section is about practicing effective techniques and empowering you with the confidence to use them. It is 100% practical but there is space below to make short notes if it will help you to remember what we have covered today.

Primary weapon

Striking

Releasing

Restraining

Summary – use a hard part of your body to attack soft parts of theirs!

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Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit