



## **SELF-DEFENSE PRINCIPLES FOR LADIES** ([tinyurl.com/sd4ladies](http://tinyurl.com/sd4ladies))

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### Consider a Few Sobering Statistics:

Occurrences of random violence in American society have escalated in recent years to the point that more citizens than not will be exposed to or become a victim of some type of violent crime. Approximately, 85% of victims will be LADIES. In 2009, a report by the Bureau of Justice Statistics noted that of 652,660 violent crimes analyzed, about 551,500 had been committed against women (85%). These included rape and sexual assault, robbery, aggravated assault, and simple assault. Statistics also indicate that women are more likely to be injured during an assault than men.

On a similar note, according to the National Crime Information Center, 661,593 missing persons files were generated in 2012. That equates to approximately 1,800 missing persons reports per day. Of these, 85% referenced women and children. By year's end, 87,217 of these files remained active.

These statistics aren't simply a problem for the big city, urbanized, or high-crime areas. David Paulides, author of the Missing 411 trilogy and a former California police detective, has catalogued nearly hundreds of strange or unexplainable disappearances in America's national parks and wilderness areas. Many of these defy logic and indicate violence or abduction. This study reveals at least 32 clusters of strange disappearances in the United States. One of the largest clusters is Western North Carolina in the vicinity of the Great Smoky Mountains National Park. Of 16 mysterious disappearances specifically probed from Western North Carolina by Paulides in Missing 411, the Eastern United States, 13 involved women and/or children. Three cases within the boundaries of the Great Smoky Mountains National Park involve persons (a child, a teenager, and an elderly woman) who literally disappeared out from under the noses of friends and family without a trace ever having been found.

None of this has to be your epitaph. SUSTAINED AWARENESS, not martial arts training or a black belt, is the greatest weapon for women against becoming one of the above statistics. It has been said that being a paranoid woman is better than being a dead woman.

### Four Reasons Why Women Are Easy Targets for Random Acts of Violence or Abduction:

1. **DISTRACTION:** You must know where you are and what is taking place around you.
2. **BODY LANGUAGE:** Keep your head up, swing your arms, maintain a straight posture, and exude confidence.
3. **TIMING:** Don't be in the wrong place and at the wrong time
4. **NAÏVETÉ:** Women often show a tendency toward sympathy. Always use caution; sympathy could get you raped or killed.

*\*Ted Bundy, the renowned serial killer who raped and murdered numerous women and young girls during the 1970's was a good-looking and well-educated man who knew how to play on the sympathies*

of unsuspecting women. He often walked with a cane or a limp and asked for help with his vehicle. As women responded with sympathy, he would abduct them.

*\*Pat Malone, a former distinguished bodyguard for Hollywood celebrities told a story at one of his personal safety seminars about a young woman who came out of a mall and was walking to her car when she noticed two older ladies in front of her. A police vehicle then passed by, and the officers inside greeted the women. The young lady also noticed that all of the handicap spots near the store were empty. As she neared her car, she saw a man a few spots over calling to her for help. He maintained that he was handicapped and needed her to help him close his passenger-side door. The man kept calling to her, and she had the sense to head back into the mall. At this point, the "handicapped man" began to curse at her. Unsympathetic or smart? Remember, there were two older ladies walking by as well. Why hadn't the man requested their help? What about the policemen? If he was handicapped, why hadn't he parked closer to the store in the handicap parking spaces? As it turns out, the girl reported this to some individuals inside the mall, and as she was pointing toward the car, a man got out of the back seat and joined the driver in the front. The car then sped away. DO NOT FALL INTO THIS TRAP. ALWAYS BE AWARE OF YOUR SURROUNDINGS.*

#### When Targeted, Most Female Victims Are Either:

1. IN A SHOPPING CONTEXT, HEADING TOWARD THE CAR OR INSIDE A PARKED CAR
2. JOGGING, HIKING, WALKING, OR EXERCISING ALONE AND OUTSIDE
3. DEALING WITH A VEHICLE BREAKDOWN OR MINOR ONE-CAR ACCIDENT ON THE SIDE OF A HIGHWAY

It is worth examining the following cases when considering these facts:

*\*Kelsey Smith (age 18): Abducted June 2, 2007 in broad daylight while loading shopping bags into her car at a Target store in Overland, Kansas; her remains were later found in the woods near a remote lake*

*\*Rachel Cooke (age 19): Went missing on January 10, 2002 in broad daylight while out for a jog in her upper-middle class subdivision in Georgetown, Texas; she was last seen by neighbors returning home and not more than 200 yards from her house; no trace of Rachel has ever been found*

*\*Trenny Gibson (age 16): Disappeared on October 8, 1976 during a high-school hiking field trip in the Great Smoky Mountains National Park; she was last seen 100-200 ft. ahead of a group of her peers on the Forney Ridge Trail less than 1/2 mile from the Clingman's Dome Parking Area; despite huge search efforts, no trace of Trenny has ever been found*

*\*Maura Murray (age 21): Disappeared on February 9, 2004 after her car ran off the road at night on State Route 112 near Haverhill, New Hampshire. The accident took place at 7:30pm, a bus driver then stopped and spoke with Maura, offering to call police. At 7:46 pm, a Haverhill police officer arrived on the scene. Maura Murray was gone. She has never been found.*

#### Tips for Staying Safe While Running Shopping Errands:

1. Be aware and persistently pay attention in all directions (*happo zanshin*); never look at the ground or text on your phone while walking to your car.
2. Learn to rely upon senses OTHER than sight (i.e. hearing, touch, smell).

3. Always look inside your car: glance into the back seat and the front passenger floor area before entering the vehicle.
4. Carry your cell phone on your person between the store and the car, NOT in your purse.
5. Make note of the cars parked beside you, both the driver's side and the passenger's side. If a male is sitting alone in the seat nearest your car, you may want to walk back inside the store and have a security guard or employee walk you back out. It's better to be paranoid than raped or dead.
6. If a big van is parked next to your vehicle on the driver's side, enter from the passenger door. Most serial killers abduct their female victims by pulling them into a van as they attempt to enter their cars.
7. As you walk, make a fist and grasp your car key with the palm of your hand in such a way that the end of the key extends out between the knuckles of your index and middle fingers. This makes for an excellent weapon to stab into the eyes or throat of an attacker (Or, carry something on your keychain that can be used as a weapon).
8. Never walk to your vehicle with hands full; use a shopping cart to keep the hands free. Anything (including a shopping cart, a bag of groceries, or a purse) can be used as a weapon to create an escape route.
9. Women have a tendency to get into their cars after shopping and just sit there: balancing the checkbook, texting, making a list, etc. DON'T DO THIS. Predators love to sit in parking lots and watch for an opportunity. It's best to get into your car, immediately lock the doors, and leave. The other stuff can wait.
10. Have something practical and within reach inside the vehicle that can be used as a weapon (e.g. a piece of pipe, bear spray, mace, a pool ball, a roll of coins, etc.)
11. If possible, always choose an elevator over the stairs. Stairwells are horrible places to be alone and are perfect crime spots. Never stand in the back corners of an elevator; be near the front and by the doors, ready to get off if someone suspicious boards.
12. If you are alone and a male asks for help: ignore him or politely decline, then proceed directly to your car.

#### Tips for Staying Safe While Walking, Jogging, Hiking, or Exercising:

1. Avoid engaging in these activities ALONE or AFTER DARK.
2. Awareness is more important than entertainment. Avoid earphones, or keep the volume low enough that you can hear what is going on around you.
3. Let someone know exactly where you are going, how you are going, and when you expect to return.
4. Even if inconvenient, always carry a cell phone on your person or within immediate reach.
5. Wear bright clothing that can easily be spotted.
6. Consider lugging a can of bear spray (also good for dogs).
7. Always KEEP YOUR DISTANCE when walking past strangers on the street or in darkened areas.
8. If you are hiking with family: NEVER, NEVER, NEVER take your eyes off your children!

9. Consider purchasing and carrying an emergency transponder or personal locator beacon, especially when in rural areas or the wilderness.

With regard to your children, consider a sampling of cases from America's National Parks and National Forests (i.e. rural and wilderness areas where crime is largely absent):

*\*Dennis Johnson (age 7): Disappeared in broad daylight from a roadside picnic area in Yellowstone National Park on July 12, 1966 while playing with his sister. His parents were nearby preparing lunch. After a huge and extended search, no trace of Dennis was ever found. Searchers did find a strange makeshift lean-to a half a mile from where Dennis disappeared.*

*\*Dennis Martin (age 6): Disappeared in broad daylight from Spence Field, a remote open meadow, in the Great Smoky Mountains National Park on June 14, 1969 while playing hide-and-go-seek with other children. Dennis hid behind a bush and was out of his father's sight for three minutes before he called after him and went searching. One of the largest search efforts in National Park History turned up nothing. No trace of Dennis, not even a piece of clothing, has ever been found.*

*\*Stacy Arras (age 14): Disappeared in broad daylight from a cliffside overlook near the backcountry Sunrise Sierra Camp in Yosemite National Park on July 17, 1981 while taking photos. Her father and the camping group were not more than 100 yards away. A large and prolonged search turned up nothing. No trace of Stacy has ever been found.*

*\*Derrick Engebretson (age 8): Disappeared near Crater Lake in Oregon's Winema National Forest on the afternoon of December 5, 1998 while helping his father and grandfather look for a Christmas tree. For a few moments, while examining some trees, the men took their eyes off Derrick. He was gone. As with the above-mentioned Johnson case, a crude shelter was found nearby. Also, shoestrings, a torn T-shirt, and eyeglasses were found scattered on a nearby steep mountainside. Derrick himself has never surfaced. In a 17-year period, there were at least three mysterious disappearances of 8-9 year old boys within a 40-mile radius of Crater Lake, a very remote area.*

*\*Garrett Bardsley (age 12): Disappeared early morning on August 20, 2004 while on a camping trip with his Boy Scout Troop at Cuberant Lake in Utah's Uinta National Forest. Bardsley was fishing with his father, got his socks wet, and started walking the 150-yard trail back to camp for a fresh pair. Garrett's father kept him in sight until he was shielded by a small cusp of trees in a boulder field. Bardsley never made it to camp, and one sock is the only trace that has ever been found of this boy. The sock was found in a boulder field 1000 yards up from where Bardsley was last seen.*

*\*Sammy Boehlke (age 8): Disappeared the afternoon of October 14, 2006 while on a short stroll with his father along the caldera rim in Crater Lake National Park. Sammy ran 50 feet ahead of his father, cresting a small hill, and was hidden from sight for just a few moments. When his father crested the same hill, Sammy was nowhere to be found. A huge search that involved helicopters and more than 200 SAR personnel turned up nothing. Other than a couple of footprints, no trace of the Boehlke boy has ever been found.*

#### Tips for Staying Safe in Case of a Vehicle Breakdown or Minor One-Car Accident:

1. Make every effort to avoid a breakdown by keeping your car in good working order.
2. If your car breaks down or runs off the road during the day: lock the doors, turn on the hazard lights, and stay inside your vehicle until help arrives.

3. If your car breaks down or runs off the road in the middle of the night, immediately turn on your hazards, put on warm clothes, and then quickly walk to a well-lighted area WITH A CELL PHONE. You are a perfect target if you are sitting in your car broken down AT NIGHT. Predators search the highways and byways of America for easy targets like this.
4. If your car breaks down or runs off the road along a desolate highway at night, immediately turn on your hazards and walk AWAY from the vehicle to hide nearby in some trees or bushes until help arrives. It may be cold and uncomfortable, but do not be a sitting target.
5. Always carry a cell phone on your person in these situations. If there is no cell phone service in the area, don't flag down just any vehicle for help. Look for a law enforcement officer, a company vehicle, a bus, a large tractor trailer, or another female driver. Also, a personal locator beacon would prove very useful where there is no cell phone service.
6. NEVER, NEVER, NEVER hitchhike

*In Northern British Columbia, an 800km desolate stretch of Highway 16 between Prince George and Prince Rupert is known as the Highway of Tears. From 1969-2011, at least 18 women (with estimates as high as 43) have been the victims of unsolved murders and/or disappearances. Most of these victims were hitchhiking when they disappeared.*

7. Always have something practical and within reach inside the vehicle that can be used as a weapon (e.g. a piece of pipe, bear spray, mace, a pool ball, a roll of coins, etc.). Carry it with you if you leave the vehicle in a breakdown or accident situation.
8. Stash some emergency supplies in your car (flashlight, blanket, warm clothes, road flares, a pair of boots, tire pump, water, etc.)
9. Avoid changing a tire alone without assistance, especially at night or along a desolate highway. Call for help.
10. Consider membership in a roadside assistance program like AAA.

#### If Suspiciously Approached, Particularly by a Male:

1. Remain calm; exude confidence via your body language; and speak loudly, bluntly, and with clarity. As with dogs, fear and panic empower predators. Confidence and firmness will cause them to think twice.
2. Make sure at least one of your hands is free and be ready to use ANYTHING within reach as a weapon (pole, purse, keys, loose change, shopping bag, rock, cap, iPod, etc.).
3. Quickly scan the area to see if the one approaching has a partner or partners.
4. Never stare into an opponent's eyes. Let your gaze fall like snow on his whole being.
5. Turn to the side and face the one who approaches you from your shoulder. This is a threatening posture.
6. Embrace what martial artists call *mushin*: a state of no-mind that reacts to a situation and not a pre-determined course of action (cf. Matthew 10:19; Luke 12:11-12).
7. If in doubt, go with your gut and FLEE. Do not wait to discover true intent.

8. If unable to flee, note the demeanor of your opponent. Fidgeting, unsteadiness, shifty eyes, heavy breathing and nervousness signify fear and doubt. Play on these fears, and try to talk your way out of the situation. If the motive is robbery, give this person what he wants. No commodity is worth permanent injury or death. A calm, resolved demeanor exuding from a threatening opponent is a danger sign and usually betrays an intent to kill or rape. You better resolve yourself to resist with everything in your power, even in the presence of a knife or gun, or you will end up dead. There is no talking your way out of a situation that involves a calm, cool, and collected attacker.

If Threatened or Attacked:

1. REACT IMMEDIATELY. Put aside all sentiments of sympathy.
2. Note whether or not a gun or knife is present. An unarmed man should never be able to successfully abduct or sexually assault a female. It's all about the will and resolve of the victim.
3. Scream "Fire" or "Look" as opposed to "Help." In today's society of cowardice, people do not want to get involved when a person yells for help. However, exclamations like "Fire!" or "Look!" or even "Watch Out" draw attention and play on the typical nosiness of people.
4. Primary Objective = disturbing or disrupting your opponent's balance to create an escape route (*kuzushi*); this doesn't necessarily require strength or formal martial arts training
5. Find an obstacle (such as a parked car, a hedge of bushes, or large boulder) and run around it, keeping the obstacle between you and your opponent: a *Ring-Around-the-Rosy* tactic that might look silly but has saved lives.
6. If unable to fully or finally flee from a crowded parking lot, a last resort is to get under your car. Once underneath, there are plenty of things to grasp or cling to with all your might. This will make it very difficult for an assailant to pull you out, and most likely, he will not crawl under after you. By this point, an attacker usually gives up. But, YOU MUST PRACTICE THIS SCENARIO. Know how to quickly crawl under your car from the front, rear, and both sides.
7. NEVER go with an attacker, even if he threatens with a gun or knife (i.e. make him shoot or stab at you in public). React immediately, and DO NOT let him take you to an abandoned area. Most assailants threaten with a weapon in a public area with no intent of actually attracting attention by using it in the open. But, if he gets you to a remote location, he WILL rape or kill. If, for some reason, an attacker surprises you in your car and forces you to drive to another location: react immediately and crash your car before exceeding 10 mph. If the assailant is driving, wait for the right moment to grab the steering wheel and/or poke your fingers into his eyes. While he is in shock, flee. This may be your only hope of escape. DO NOT BE NAIVE AND HOPE FOR THE BEST.
8. If grabbed, go limp and drop your center. If grabbed from behind and lifted off the ground, also hook his leg with your leg. This simple movement will prevent him from carrying you off.
9. If the attacker goes for a headlock or choke, immediately drop your chin to your chest to prevent him from cutting off air flow - a very easy technique that is difficult to undo.
10. Be willing to spit, bite, scratch, grab, pull, rip, tear, kick--no rules, no holds barred.
11. If an attacker wields a gun or knife, you are not yet under his control. RUN OFF THE STRAIGHT LINE. Police average only 40% success when shooting a moving target in a range of 3-9 feet. This is due to the natural stress of firing a gun. The chances of being hit by an untrained predator while running in a zig-zag path are much less. The chances of being struck in a vital organ are even more minute. A knife, if thrown,

will most likely hit you with the heavy-ended handle instead of the blade unless it is a specially crafted knife designed for throwing. RUN!

### Know Your Weapons:

1. Your Primary and Most Effective Weapon = YOUR MIND (Keep it clear, honed, and unimpaired)
2. The elbow is the strongest striking surface on the body; if close enough, USE IT.
3. General Punching Principle: Use closed fist to strike soft surfaces (solar plexus, nose, stomach, throat, groin etc.); use open cupped-hand to strike hard surfaces (jaw, ribs, head, etc.)
4. Your knees and feet are also effective weapons, learn to use them.
5. Practice proper punches, rolling back-fists, knee strikes, front snap kicks, and hip kicks.
6. Don't be afraid to bite, grab, scratch, rip, tear, etc. These actions are very effective in a male's groin area.

### Know Your Targets:

1. Vital Points: Eyes and throat are the most vulnerable; solar plexus; groin (downward punch on a male is more effective than an upward knee strike; be willing to grab, tear or bite--there is no reason why a woman should be forced to perform oral sex on a man).
2. Pressure Points: There are more than 400 pressure points on the entire body; these are about the size of a quarter and lie on different organ-related meridians. Pressure points can be assaulted in half the time, aren't naturally shielded when an opponent flinches, and can shock or disrupt the balance of an attacker just enough to create an escape route. Familiarize yourself with human pressure points.

### Some Key Pressure Points to Remember:

- A. The neck (2 Small Intestine Points, 2 Large Intestine Points, 5 Stomach Points)
- B. The ear (multiple Triple Warmer Points)
- C. The underside of the jaw (Stomach #5, #6)
- D. Inside of shoulder (Lung #2)
- E. Top of foot between pinky and fourth toes (Gall Bladder #43)
- F. Inner Gate above or below the inside of the knee (Spleen #9, #10)
- G. Leg Paralyzing Point high on the middle front of the thigh (Stomach #31)
- H. Muscle on top of the arm and below the elbow (Large Intestine #8, #9, #10: when struck, these control the fist, buckle the knee, and expose the neck)
- I. Directly above the groin and below the navel (5 Kidney Points)
- J. Above and to each side of the groin near the crease of the leg (Spleen #12, #13)
- K. Point in crease above upper lip, just below the nose (Governing Vessel #26)
- L. The inside of the shin midway between the ankle bone and the bottom of the calf muscle (Spleen #6); kick in and downward to disturb balance and create great pain
- M. The center of the abdomen just above the navel (4 Conception Vessel points, including 3 organ alarm points)
- N. The edge of the rib cage near the 6th and 7th intercostal spaces (Gall Bladder #24, Liver #14); this is a dangerous point cluster that can be affected by striking the edge of the rib cage outward to drive the rib cartilage into the actual points.

For comprehensive diagrams showing all human pressure points, follow this online link:

<https://static1.squarespace.com/static/590b39f7cd0f6826f9f26a5e/t/5a9464794192028c2cec794a/1519674496907/Pressure+Point+Manual+Online.pdf>

3. Other Effective Targets: trachea, sternum, rib flesh, inner thighs

### Some Cheonjikido Core Principles

1. The human body is finite, always vulnerable, and governed by the laws of physics.
  - A. The kinetic energy of an object is directly proportional to the square of its speed (i.e. move 3x faster, hit 9x harder): **FORM OVER SPEED OVER STRENGTH**
  - B. Newton's 3rd Law of Motion (For every action, there is an equal and opposite reaction)
  - C. 1st Law of Thermodynamics (Energy cannot be created or destroyed, only redirected or transformed): **THE BIGGER THEY ARE, THE HARDER THEY FALL**
  - D. 2nd Law of Thermodynamics (Everything moves from a state of order to disorder): **CREATE DISORDER ASAP**
2. Natural and compact motion trumps that which is tense and protracted. Large motion, unnatural positioning, and tension require strength and only work against a weaker opponent.
3. A weapon is not an enemy: reckon hands as swords and swords as hands:
  - A gun or a knife, in terms of physics, is just an extension of the hand. Moreover, weapon is a lever, and the one wielding it is the fulcrum. The same self-defense techniques that work against a punch or a grab will work if the assailant wields a weapon, sometimes with more effectiveness.
  - The consequences of failure are far more grave when a weapon is involved.
  - Never watch a weapon, let your gaze fall on the whole opponent
4. One who cannot control his own spirit is like a defenseless city, broken down and without walls (Proverbs 25:28):
  - Panic and stress are the victim's worst enemies in a conflict situation: **AVOID**
  - Panic and stress are the assailant's worst enemies in a conflict situation: **CREATE**
  - A Key Aikido Principle: **LIVING CALMNESS**