

101 Ways To Defend Yourself Without A Gun

Sarah lived in a decent middle class neighborhood. She has never really experienced crime. She does not particularly care for carrying a gun. She wants to know what experts say about preventing and defending against crime. Along with local police, and their neighborhood watch, she came up with a list of easy ways prevent or defend against crime if you do not want a gun. You will be able to grasp the significance of these tips without detailed explanation. Above all you must always be aware of your surroundings. Stay in the best physical condition possible. Carry your car keys in your hand and use them as a stabbing weapon if necessary. Keep your house key and car keys separate. A swift kick to the groin is a sure way to stop a male attacker. When shopping wear good running shoes for quick escape. If attacked, fight to keep from leaving the scene with the attacker. You stand a better chance of escaping while you are at the scene. If possible avoid parking next to vans and other big vehicles. When approaching your car, look around to avoid surprise attacks. Look inside your vehicle before getting in. An attacker could be hiding on the back seat. Look under your vehicle as you approach. If possible disable the attackers vision. Consider not carrying a purse. If you must carry a purse, carry it close to your body. Screaming loudly can bring help if threatened. Carry mugger money, which is a small amount you can use as a distraction. Never take the stairs alone. Do not shop alone. Park near the entrance of the store. Do not over load with packages. Chop the attackers in the throat. Do not walk too close to parked cars. Do not walk with your cell phone up to your ear. Make eye contact with people approaching. Be aware of who is behind you. Owning a cell phone is a must today. Do not sit in a disabled vehicle on the highway. Have an emergency auto kit. Have your keys ready when entering your house. Have an alarm in your vehicle. Wear loose clothing. If possible avoid underground parking garages. Carry something heavy in your purse. Take action first if threaten. The attacker will be surprised to see a victim fight back. Park in well lighted areas. Ask for a security escort. Place small items in your purse. Have a remote to unlock your car door. Do not show expensive jewelry. Loose the really dark tinted windows. Keep people out of your comfort zone. Give mechanics only your car keys not all keys. If you loose your keys have the locks changed. Make sure your spare tire is inflated. Make sure your car is in good mechanical condition. Do not use secluded ATM Machines. Do not leave your vehicle unlocked. Only stop for police cars in well lighted businesses. Keep your car filled with a half tank of gas. Guard your personal information. Be careful using online dating services. Meet all anonymous dates in a public place. Be able to get your own transportation on a date. Run away from an attacker as fast as you can. Trust your intuition. Carry an ink pen; they can be used as a weapon. Do not give out the time. Do not give money handouts. Do not wear identification outside of your job. Do not keep identification on your key ring. Do not carry loaded firearms. Loose friends who like to annoy others. Do not go to places, which are obviously dangerous. Drinking too much can be hazardous. Do not make threats to other drivers. Do not fight for property. Fight to stay alive. Realize that you are not immune from becoming a victim. Monitor your children. Do a background investigation on people you intend to date. Make your intentions clear on a date. Stay out of parks at night. Do not leave and come back to finish a drink. Notice the location of emergency alarms. If not in immediate danger, do accept help from strangers have them call for help instead. Stay out of convenience stores at night. Do not read receipts or count cash at ATMs. Crash the car if being kidnapped. Stay away from wooded areas when exercising. Do not jog alone. Check you rear view mirror frequently. Do not carry you purse on your shoulder. Use your shopping cart to put distance between you and an attacker. Roll up the windows and lock the doors before you start the car. Do not pull over if someone is pointing at you tires it maybe a trick. Avoid flagging taxis from the street. If you have to walk, walk against traffic. Do not walk with headphones covering your ears. Avoid using public telephone booths. Predetermine safe establishments. Regularly change your routine. Never get into a car because someone is pointing a gun at you from inside. Pay attention to building exits for a hasty retreat. Sit away from the main entrance in buildings. Carry an umbrella even if you do not need it. Be aware of cars slowing down beside you in parking lots. Pretend you are waving to someone behind you. Kick the attacker in the shins. Slam your head into the attackers nose. Know how ordinary objects can be used in self defense.

About the Author

Johnny A. Jenkins, Distribution Director of Repeller Technology, provides self-defense and safety products, tips and advice to fit most situations. Make your surroundings safer for you and loved ones today at: <http://www.repellertechnology.com>

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