



# PERSONAL SAFETY GUIDE

CONFIDENCE  ACHIEVEMENT  COMMUNITY



SERVING OXFORDSHIRE SINCE 2004

Dear Parent

Thank you for picking up this leaflet and reading it. As a parent myself I believe it is very important that both my children and family unit are aware of best practice for keeping safe and happy when out and about.

While we generally live in a very safe country and environment, there is a very small chance that one of our family members could come in to conflict with a person or group of people. In these instances it is important that there is a plan of action and steps we can take in order to keep safe.



CDMA Chief Instructor  
Ben Richardson & Family

## STEP 1 - REDUCE & MANAGE FEAR

Managing fear is one of our biggest problems when dealing with a situation.

Knowing **where to go** and **what to do** will make things easier for you. It will give you confidence and help to reduce & manage fear.

Fear is the anticipation of an unknown outcome or False Evidence Appearing Real.

The **more you know** where you want to go, and how to do it, **reduces the uncertainty**. You will feel less fearful and be able to **handle the situation better**.

**F**ALSE

**E**VIDENCE

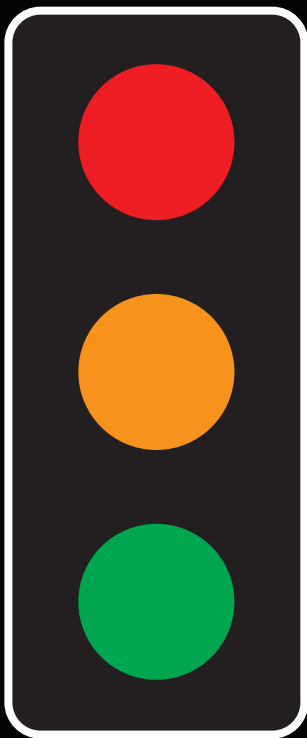
**A**PPPEARING

**R**EAL

## STEP 2 - BE AWARE

Often people get caught out because they are not paying attention when they leave home.

Use the traffic light system to determine your needed level of awareness when you are in different locations and situations.



**Red** - Visual, verbal or physical engagement with a person or group of people. I am taking immediate action to protect myself in this scenario.

**Amber** - I'm switched on, I'm paying attention to the environment, sounds, visuals, feelings. Basically anywhere out of your green space.

**Green** - Total relaxation, a place you can switch off completely e.g. at home.

# AWARENESS IS VITAL!



Awareness is the number one factor in personal safety.



Being 'switched on' will allow you to process information at both conscious and subconscious levels.



Information allows you to make decisions.



Electronic devices, books etc. can distract you unless you have thought about this.



Checking your blind spots is a good habit not paranoia.



If walking alone, walk with confidence and inform someone of your route and time of arrival.



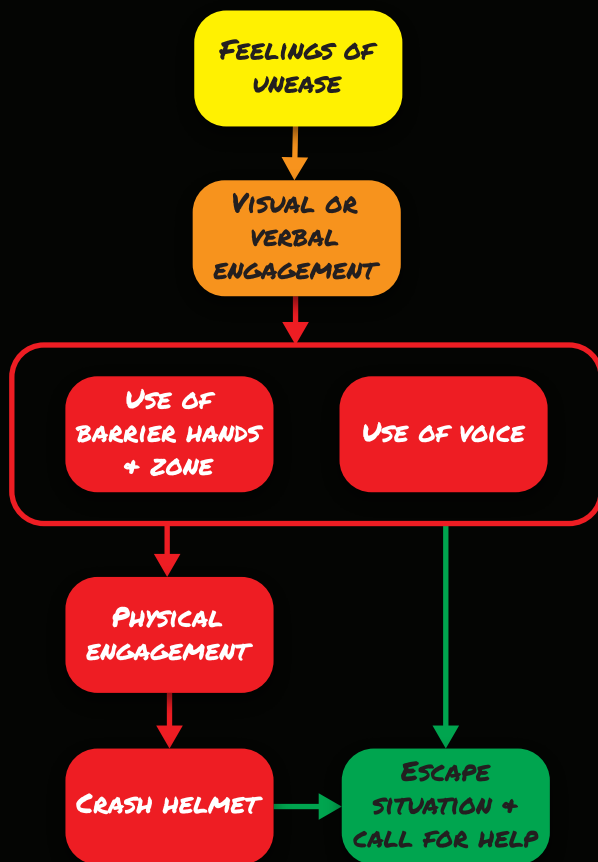
Stay in public and well lit areas.



Listen to your feelings, if it doesn't feel right, don't risk it.

# THE CONFLICT ROAD MAP

Conflicts almost always follow a standard path. Knowing this makes it easier to deal with a problem in a way which avoids physical engagement. However, if the worst happens, it will also enable you to handle the situation more effectively.



To see this in action check out the video at [www.CanDoMartialArts.co.uk/PSA](http://www.CanDoMartialArts.co.uk/PSA)

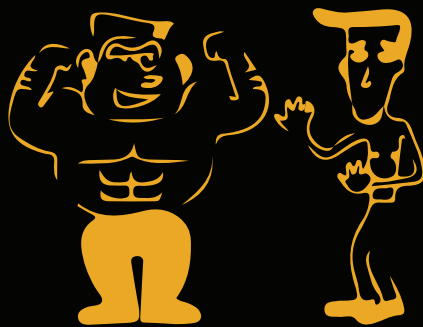


## KNOW HOW TO ACT

How confident you act in a problem situation has a massive impact on the outcome. The important part to remember is that you don't need to feel confident, you just need to act it!

## CREATE A PERSONA!

When engaged by another person or group it is important we start to create a new persona. We need to take on strategies and principles that will quickly define us as a confident individual who clearly has some desire to protect themselves.



**PROJECT CONFIDENCE AND STRENGTH,  
EVEN IF YOU DON'T FEEL IT!**

## YOUR FIRST LINES OF DEFENCE: VISUAL & VERBAL ENGAGEMENT

We immediately need to engage our opponent both visually and verbally, these constitute the first 2 lines of defence. **Physical defence and protection is always our last resort.**

### STEP 1: SET UP A VISUAL BARRIER & IDENTIFY YOUR EXIT ROUTE

Using awareness of our surrounding we need to **identify our exit route**, and **present a “fence” or “barrier hands”** that funnel to our centre line and look to all intents and purposes like a stop sign. We need to shift our weight to a rear leg and match our lead hand to our lead foot.



**STUDENTS LEARNING THE “FENCE”**



To see this in action check out the video  
at [www.CanDoMartialArts.co.uk/PSA](http://www.CanDoMartialArts.co.uk/PSA)

## STEP 2: USE VERBAL COMMANDS

Our next point is to **verbally engage** the aggressor with a statement of action “**stay back please**”, “stay where you are guys” etc. and move off the line 90 degrees circling back towards the path we have left.

Our aim here is also to “**stack**” **our opponents one in front of the other**. That way we only have to deal with one person at a time in that second.

If our aggressors move on great! If they come again, we need to verbally escalate our voice volume. Repeat more forcefully “I SAID STAY BACK!!”, and zone away 90 degrees back on the path and stack our assailants.

Any further movement will result in a pre-emptive strike or crash helmet crush.

## LAST RESORT: PHYSICAL ENGAGEMENT PRINCIPALS

When you have **no option** to escape or disengage, you must **take pre-emptive action** when possible.

This relies on confidence and range.

You may be caught early or off guard as the aggressor attacks and throws punches at you, or for kids the aggressor may grab your chest or clothing.

### USE YOUR “CRASH HELMET”

You instantly need to form a **crash helmet** and **drive this forward (not back off) into the chest of the attacker.**

Do this with a dropping action to increase the power of the crush or “push” for kids.

The crash helmet is formed by placing one hand on top of the head near the crown and one hand on the wrist, bunch up the shoulders and look forward through the front window that should be small.



**INSTRUCTOR DEMONSTRATING  
THE "CRASH HELMET"  
(SIDE VIEW)**



**THE "CRASH HELMET"  
(FRONT VIEW)**



To see this in action check out the video  
at [www.CanDoMartialArts.co.uk/PSA](http://www.CanDoMartialArts.co.uk/PSA)

## PRACTICE OFTEN & GET GREAT COACHING

The confidence gained from learning and being prepared for tough situations can help not just with self-defence but with almost all other aspects of life

At Can Do Martial Arts we have a thriving community of members who are learning new skills, building confidence, getting fitter and making friends.

For more information, or to ask any questions of our skilled and friendly coaching teams pop into our dojo in the heart of Abingdon, or contact us using the details at the back of this guide.

We even offer free taster sessions, so there has never been a better time to move forward.



*Be confident and stay safe!*

*Ben Richardson  
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