

Prevention and Preparation—Still the Best Defense

KARATE

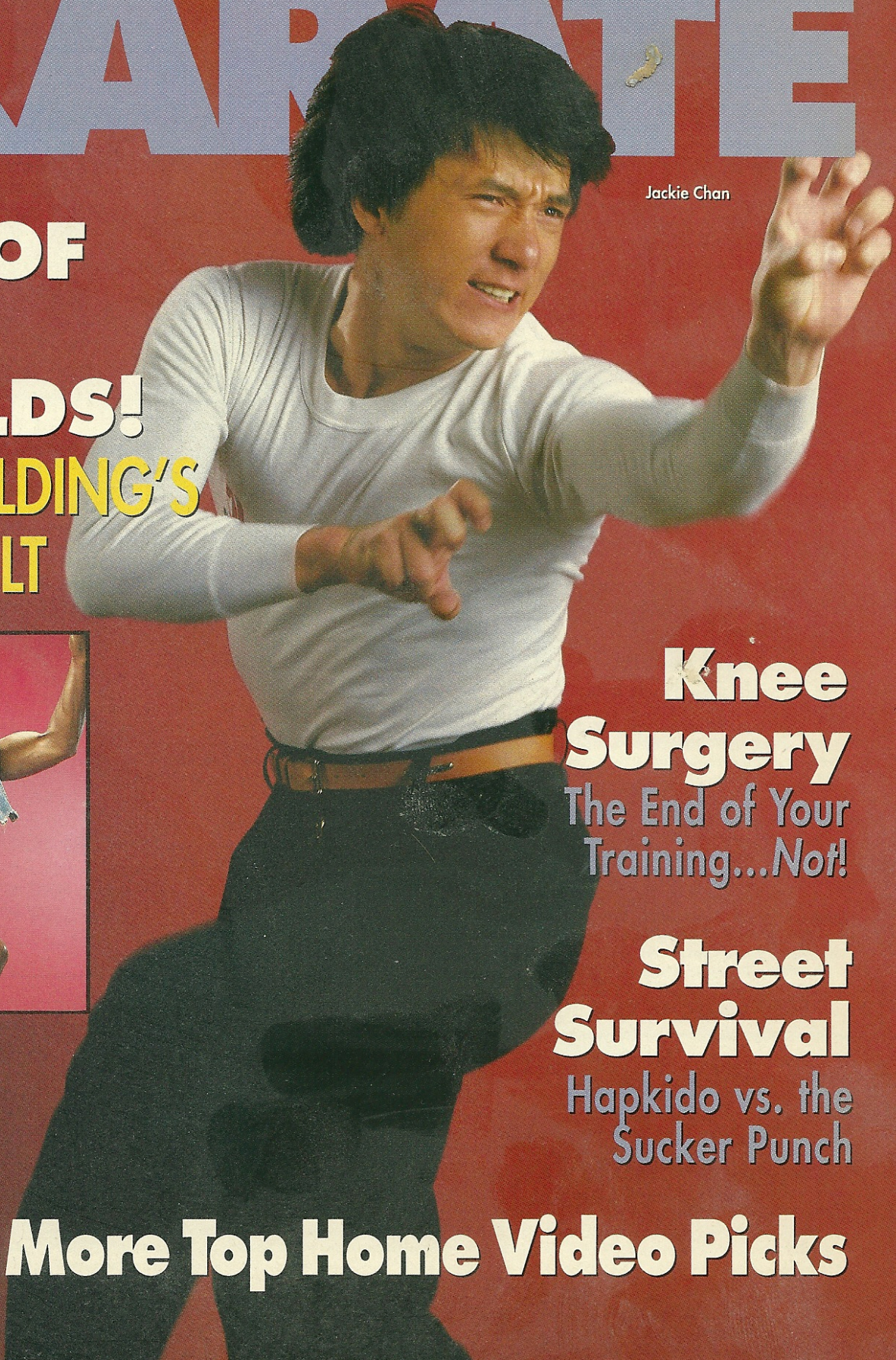


INSIDE

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# KARATE

**BEST OF  
BOTH  
WORLDS!**  
**BODYBUILDING'S  
BLACK BELT**



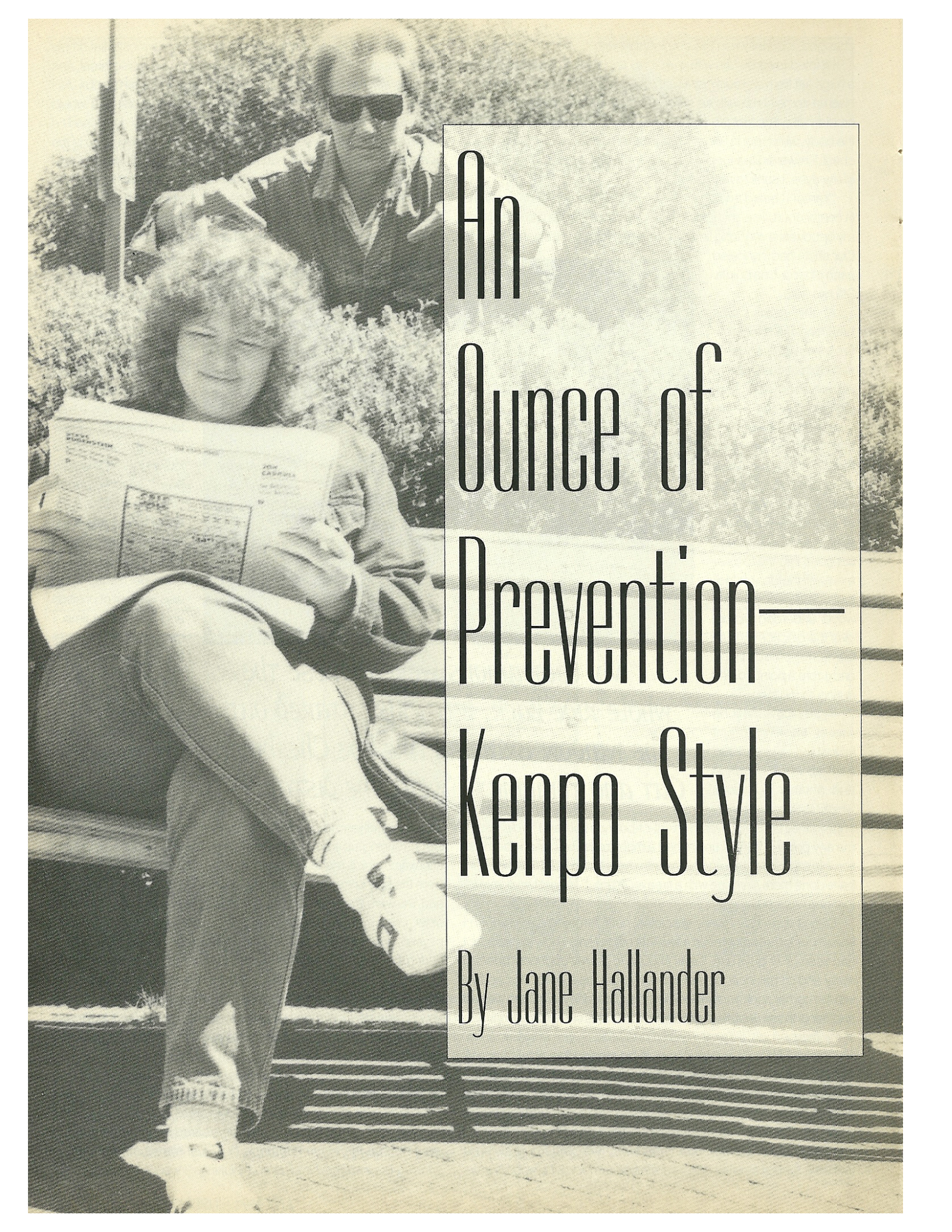
Jackie Chan

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An  
Ounce of  
Prevention—  
Kenpo Style

By Jane Hallander

men's self defense is just like a disease—the best cure is prevention. Just because you feel good, doesn't mean you won't catch a cold the next day. On the same line, studying martial art doesn't give you license to be foolish and reckless with your personal safety. Even having a male escort isn't a real reason to let your *awareness* guard down. Before they teach their students actual self defense techniques, smart instructors acquaint them with some basic rules of self protection—awareness and avoidance.

Bill and Pati Grossman teach kenpo karate in San Bruno, California, on the heavily urban San Francisco Peninsula. In these urban areas are high crime areas, the Grossmans place the emphasis of their initial self defense training on prevention, rather than a cure. "No matter how good your martial art ability, if

## OUTSIDE AREAS

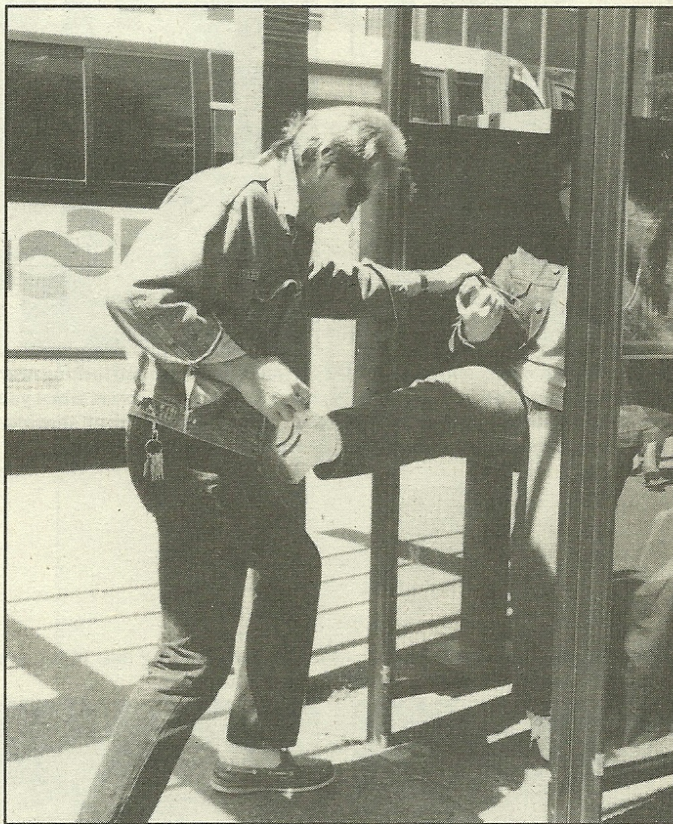
Here are some *dos* and *don'ts* that may save your life or valuables outside on the street.

First and foremost, be aware of your surroundings. Just because you study martial arts doesn't mean you shouldn't avoid street toughs loitering on street corners. While it's true that martial art training gives you more self-confidence, making you look and walk less like a victim, don't push your luck. Think like a potential attacker. Which location is the best for an assault? Then avoid those areas.

When you approach your car at night or on lonely streets, have your key out and positioned to insert in the door lock. Use the car's window glass as a mirror, checking for any reflections of dangerous looking people nearby. Always check your car's



Don't use a phone booth with your back exposed where you cannot turn quickly and defend yourself.

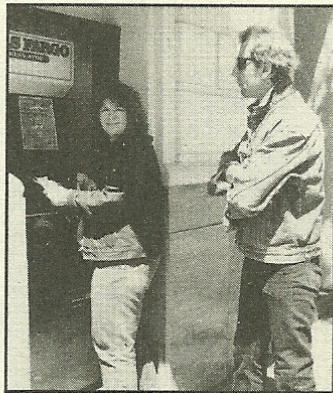
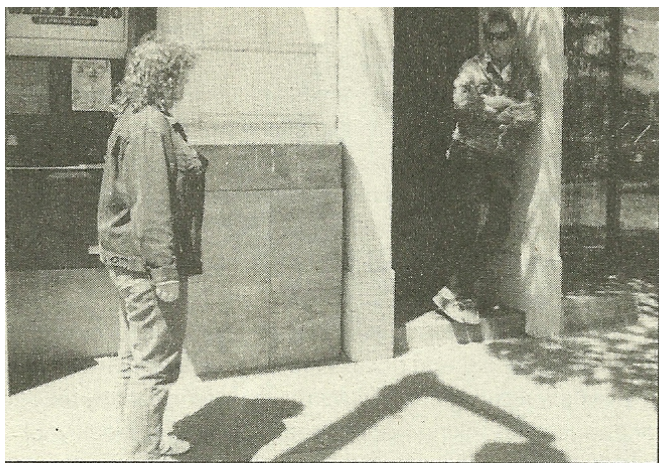


someone gets their hands on you or gets close enough to reach you with a knife, you stand a good chance of being injured. Why take that chance, when with good awareness, you can avoid an unfortunate confrontation?" says Pati Grossman.

Awareness of potentially dangerous situations is a vital part of the kenpo system. With a typically modern kenpo outlook, the Grossmans break awareness down into two specific danger areas—outside on the street and inside your own home. They start with the basic advice—don't form habits. For instance, don't come home at the same time every night. Don't walk down the same street at the same time on your way home or to work. Avoid shopping at the same market, the same day and time every week. Habits are easy and convenient, but a significant number of crimes are committed against people who habitually follow daily routines.

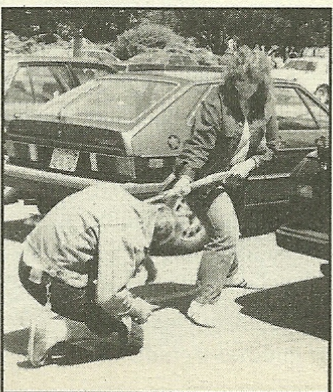
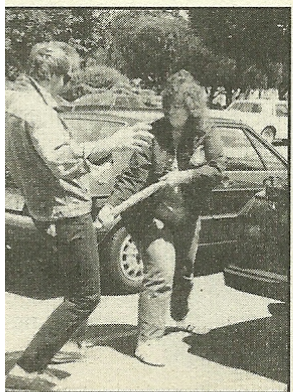
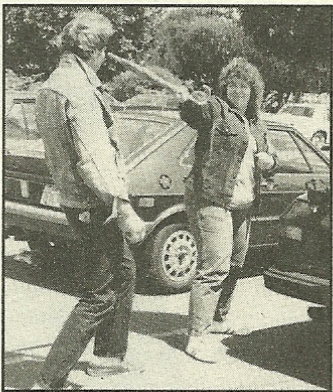
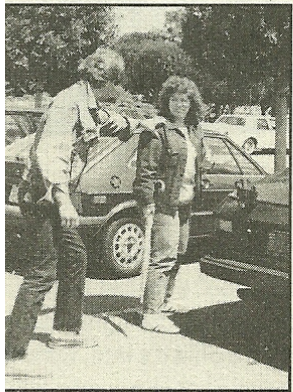
Always check the back seat before you get into the vehicle. Sometimes intruders hide in the back seat, waiting until you're inside before they spring their attack. In parking lots, park under lights, as close as possible to a building entrance or exit. If it's late, walk out to your car with a friend. Make sure your car is in good working order when you drive after dark. If you're driving in dangerous areas, keep your windows up and your doors locked.

Automatic bank tellers present many opportunities for enterprising muggers, so treat the auto teller as a potential crime site. Try to use your auto teller only during daylight hours. There shouldn't be much reason for it after nine PM, since stores are closed by then. Select a teller in a well lit, safe neighborhood, in view of a main street. However, if you must approach an auto teller when it's dark or isolated, park your own car as close to the teller as possible. If you see someone idly waiting nearby in another parked car, go to another teller.



Grossman warily notices a strange person (Bill Grossman) lurking near an automatic teller. Have your card out and ready to insert when you reach an auto teller, especially late at night. Look over your shoulder occasionally, checking for suspicious individuals near the auto teller.

Approach your car carefully in crowded or dark parking lots. If you are threatened, an umbrella makes an effective weapon.



teller. If you have a friend with you bring he or she up to the teller. There's always safety in numbers. While you wait for your money, glance occasionally over your shoulder, checking for suspicious looking individuals.

Purse snatching is all too prevalent on today's city streets. So use your purse more as a fashion accessory than a storage place for money and valuables. If she has large sums of money with her, Pati Grossman carries it somewhere other than her purse. She also carries only one major credit card with her at one time.

Shoulder bags are best held close to your body, with one hand on the purse itself. Holding the strap won't do you much good if a thief cuts the strap with a knife. If someone grabs your shoulder bag, Grossman recommends letting it go. Most purse snatchers only want your purse, then they run away. If you hang on, you could get hurt from a fall to the pavement or a blow from the thief. Hold clutch bags under one arm, close to your chest.

Walking and running in dimly lit public areas requires some amount of caution. Don't walk too close to buildings. Someone might pull you into a poorly lit doorway. Stay out of public parks after dark. That includes jogging through parks late at night. Women wearing shorts and lightweight running clothes often incite potential rapists as they jog alone at night. Avoid wearing clothes that stimulate rapists. Some people even run with sticks or umbrellas in hand to ward off unfriendly dogs or humans.

*"Don't walk too close to buildings. Someone might pull you into a poorly lit doorway."*

If you're wearing high heels and someone attempts an attack, kick the shoes off and run away in your bare feet. You can't move fast enough wearing heels. If you're trapped or cornered, take your shoes off and use one as a weapon. Anywhere you strike someone with the pointed end of a high heeled shoe will hurt.

When waiting for a bus don't stand too close to the curb. An assailant can easily grab you or your purse. It's much safer to stand close to a building, with your back to it. After you get on the bus, if it's late at night, sit as close to the driver as possible. Keep your purse straps contained and in your lap, not dangling out away from your body. Avoid sitting next to an exit door, where a purse snatcher might grab your purse, running off with it at a bus stop.

Keep any expensive jewelry covered inside your blouse or coat when you're on busy crowded streets. It's easy for a thief to rip a gold chain off your neck and disappear into the crowd.

Elevators are potentially dangerous places. Don't enter an elevator if someone suspicious looking is already inside. If you're inside and a threatening looking individual gets in at a floor stop, get out at the same stop and wait for another elevator.

If someone threatens you, don't tell them you study martial arts. Don't jump into a traditional stance either. You want your assailant off guard, not prepared for a knowledgeable defender. Besides, if you have enough martial arts training for a good defense, you won't need to fight from a traditional martial stance. You should be able

to move quickly in any direction.

There are numerous weapons available to you when you're on the street. If it's raining, your umbrella is a perfect poking, clubbing, or hooking tool. Rolled newspapers or magazines make good striking weapons. You can also hit assailants with your purse, hairbrush, briefcase, or shoe. Your keys strengthen your striking fist. Some people carry can openers or whistles on their key chains for use as weapons or attention calling devices. A small flashlight on your key chain will light your way through dark foreboding areas.

An aerosol can of perfume or hairspray sprayed in an attacker's eyes will stop them long enough for your escape. Don't carry mace. Many states have legal restrictions on the use of mace or other irritating chemicals.

Your jacket or coat thrown into an assailant's eyes can give you enough time to run away. If the attacker has a knife and is serious about using it, wrap your jacket around one arm for protection while you find a way to escape.

### AT HOME

Your home may be your private domain, but it's still susceptible to outside infiltration. Besides arming it with alarms and attack dogs, there are a few things you can do to make your home more secure.

When you're out late at night, with no one at home, leave a light or radio on. Many times this is all that's needed to discourage

*"Don't give an attacker an extra chance by fumbling around in your purse for house keys."*

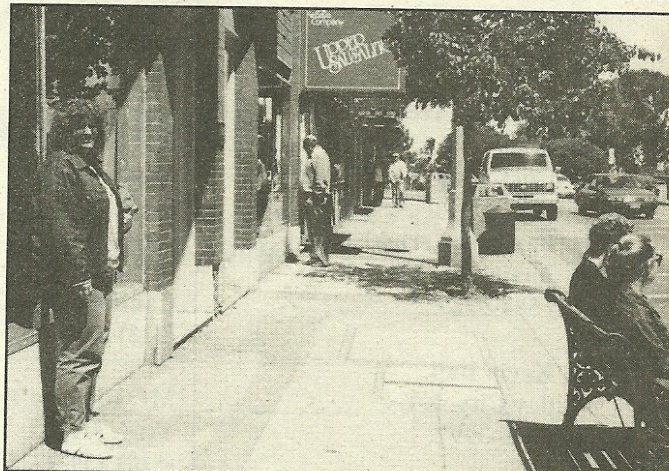
someone from breaking into your house. Grossman recommends that if you have an answering machine, don't leave a message with your name, telling everybody that you're not home. Record your message saying that you're *not available* to come to the phone. Keep any potential intruders guessing and they may well stay away.

As you approach your house or front door after dark, look around carefully, checking for anything unusual. Have your house key out and ready to insert in the door lock. Don't give an attacker an extra chance by fumbling around in your purse for house keys. If you have a garage, electric door openers with automatic lights are great protective devices. Then just stay in your car until you're in the garage with the door locked behind you. Of course, you should watch that someone doesn't slip unseen into the garage behind your car as you drive in.

Keep any bushes or shrubs that might hide an assailant trimmed low enough for you to easily see over. Be aware of any strange people loitering near your house. Subtly let them know they've been recognized by letting them see you jot down the license number, if they're in a car.

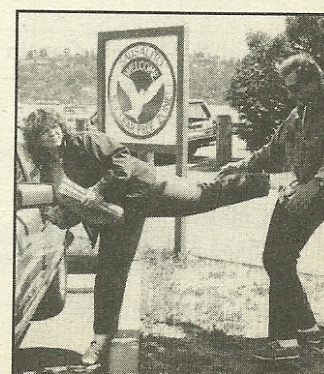
Women at home at night alone might consider keeping something for a weapon. Just make sure it's something that isn't likely to be turned against you by an overpowering intruder. Some women

*Continued on page 76*



At a bus stop, don't sit in an exposed place unaware who might be lurking in the bushes behind you. Keep your back to a building.

Rolled up newspapers also make good weapons. Use your car's side mirror or window reflections to spot potential attackers.



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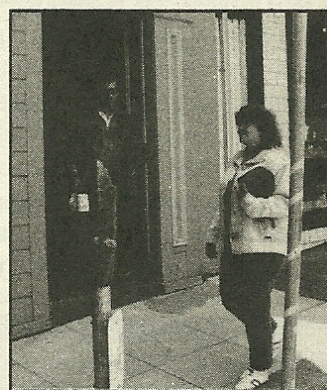
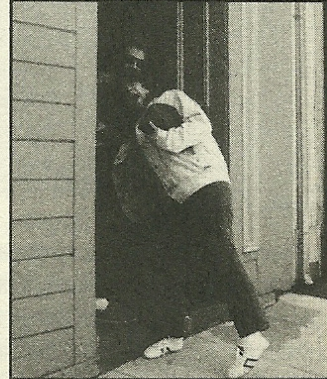
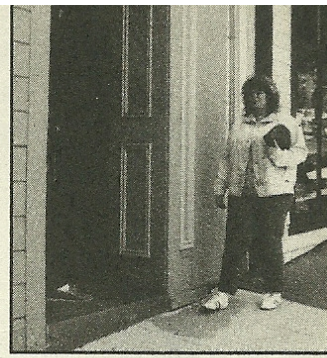
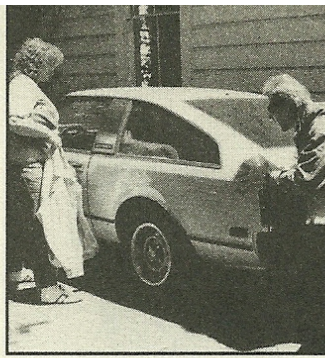
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Even your jacket thrown in an  
 attacker's face can surprise and stop  
 him long enough for your escape.

Don't walk too close to dark  
 doorways—you might be forcibly  
 pulled into one. Walk out a safe  
 distance away from dark doorways.

**PREVENTION**

*Continued from page 67*

keep small fire extinguishers next to their beds. Imagine an  
 assailant's surprise at being met head-on with a pressure foaming  
 fire extinguisher. Also, have an escape plan already mentally  
 mapped out should you wake up to an intruder in your house or  
 apartment. Then get out as quickly as possible. Don't play heroine  
 unless you're trapped and have no other choice.

Pati Grossman has a simple acting routine she uses if she's  
 home alone and someone rings the doorbell. She says, in a loud  
 voice—"Stay where you are, Bill. I'll get the door." Now that the  
 unknown visitor thinks you have someone with you, don't forget to  
 ask who they are before you open the door. If it's an unexpected  
 repairman, ask them for their office phone number so you can verify  
 their visit and ask them to slip some identification under the door,  
 before you let them inside.

Before you say this sounds so paranoid, remember you aren't  
 going to need all of these precautions every day of your life.  
 However, each awareness has its useful time and place. You may  
 be a competent black belt fighter, but your chances of injury are  
 much less when you avoid potentially dangerous situations. An  
 ounce of prevention is a lot better than time spent in a hospital. 