

DON'T WAIT 'TIL IT'S TOO LATE

BE READY



LEARN SELF-DEFENSE

MENTAL & PHYSICAL TRAINING

FAITHFUL PRACTICE MAKES MOVES 2ND NATURE
YOU BECOME MORE EFFECTIVE & CONFIDENT

MOST PREDATORS ACT ...

***IN PRIVATE** ~ AWAY FROM THE PUBLIC EYE

***THEY SEEK THE WEAK** ~PREFERRING EASY TARGETS
LIKE THE UNSUSPECTING, IMPAIRED OR FRAIL

***THEY SHY AWAY FROM THE CONFIDENT, SELF-ASSURED**

STRATEGIES REGARDING
INITIAL PRESENTATION

BE WISE IN HOW YOU DRESS; TALK; WALK & ACT
AND WHERE

AVOID STRANGERS & *SHADY-LOOKING* CHARACTERS
CALM EYE CONTACT CONVEYS SELF-ASSURANCE
WARNS A POTENTIAL ATTACKER THAT YOU'RE AWARE
OF THEM & YOU'RE ALERT. AVOID CONVERSATION.
WALK WITH AN AIR OF CONFIDENCE & PURPOSE.

AVOID DARK, DESOLATE PLACES, LIKE PARKING LOTS.
IF A STRANGER IS IN YOUR PATH OR BY YOUR CAR
GO ANOTHER WAY. IF POSSIBLE, ASK A STORE KEEPER
OR FRIENDLY-LOOKING GROUP TO ACCOMPANY YOU.

AVOID FLASHY, SKIMPY OR PROVOCATIVE ATTIRE
THAT DRAWS ATTENTION TO YOURSELF.
DERANGED OR UNSTABLE ONLOOKERS MAY
MISINTERPRET IT AS SOLICITATION OR INVITATION.

BEING IN A GROUP IS USUALLY SAFER THAN ALONE .

David V. Cole

Steuben County Sheriff

Free Weekly Self-Defense Training Classes

Certified 6th Degree Black Belt
30 Years of Martial Arts Training
Sheriff's S.W.A.T. Team Defensive Tactics Instructor
Instructed NY State Police in Combat & Self-Defense



DEFENSE AGAINST

PUNCHES

KICKS

MULTIPLE ATTACKERS

RAPE

WARD OFF ARMED ATTACKERS
WIELDING KNIVES, CLUBS, GUNS & OTHER WEAPONS

Understand Criminal Thoughts
Common Predator Schemes & Patterns

TRAIN & LEARN
BREAK-FREE TACTICS
STANCES & BALANCED MOVEMENT
BLOCKS, PUNCHES, CHOPS, JABS, KICKS

ASSAULT & RAPE PREVENTION

AVOID, DISCOURAGE, DIFFUSE, PREVENT & THWART
CONFRONTATIONS AND ASSAULT PLANS OR ATTEMPTS

PEOPLE, PLACES & THINGS TO AVOID

WHAT TO DO *WHEN* YOUR CAR IS BROKEN DOWN
... FOLLOWED WALKING, JOGGING, DRIVING...

"PASSIVE" SELF-DEFENSE TIPS
SMART PRACTICES FOR SAFETY
AT HOME; AT WORK; IN CARS & PARKING LOTS;
IN PUBLIC, AT PARTIES AND SOCIAL EVENTS

MOST SECURE PLACEMENT
CHOOSE YOUR POSITION

IN ROOMS, BUILDINGS, ELEVATORS, BUSES, OPEN AREAS

Steuben County Sheriff
David V. Cole

Presents

Self-Defense

Free Classes Wednesdays
at the Sheriff's Office
Public Safety Building
4:15 pm - 5:15 pm



Steuben County Sheriff's Office
7007 Rumsey St. Ext.
Bath New York 14810
(607) 622-3901 x 3930
(800) 724-7777 x 3930



Keep your wits about you;
don't overindulge in drinks or other
substances that impair your judgment.

Perpetrators are often users who watch for
and prey on the weak and impaired.

Assaults are common at parties and
drinking and drug environments.



Don't leave drinks unattended
GIVING OCCASION FOR TAMPERING

Be sharp!

Stay alert!

Always on look-out

for lurking predators

seeking innocent victims



BE TRIUMPHANT IN THE EVENT OF AN ATTACK

PLAN AHEAD
TRAIN & PREPARE
MENTALLY & PHYSICALLY

Until moves become natural, automatic

**STOP ATTACKERS BY FAST, HARD HITS ON
ESSENTIAL, PRIMARY TARGETS**

Eyes Nose Temples Throat
Solar Plexus Groin Knees 7th Vertebrae

YOUR BODY IS EQUIPPED WITH COMBAT PARTS.
WITH PROPER TRAINING & PRACTICE THEY CAN
GIVE YOU THE VICTORY OVER AN ASSAILANT

YOUR VOICE, LOUD & FIERCE, IS A VITAL TOOL ~
ADDS POWER TO KICKS, PUNCHES, JABS, CHOPS.
CAN STARTLE ATTACKERS & SUMMON HELP.
MAY SEND THE ASSAILANT RUNNING.

STOP & INCAPACITATE CRIMINALS
RIP AWAY WEAPONS; SNAP & BREAK BONES

FEET CAN KICK, INJURE & HOLD OFF ATTACKERS

HANDS KNIFE EDGES OF HANDS CAN CHOP
FISTS CAN PUNCH & POUND
PALM HEELS CAN BREAK A NOSE

FINGERS CAN JAB & BLIND THE EYES AND
WOUND & CRUSH PRIVATE PARTS

ELBOWS CAN JAB & CAUSE GREAT PAIN



BLOCKS

**3 MAIN BLOCKS CAN SAVE YOU.
THEY CAN GIVE YOU A SHOT TO FIGHT OR RUN**

AVOID & ESCAPE STRONGHOLDS & CAPTIVITY

CHOKE HOLDS / HEAD LOCKS / WRIST GRABS /
BEAR HUGS / DOUBLE GRABS
KNIFE TO THROAT / GUN OR KNIFE TO BACK

Avoid trouble & troublemakers.
Get out & away whenever possible.
In fights keep head up, eyes on opponent.
Staying loose helps you maneuver better.
Try to stay calm; strike targets hard & fast.

When followed by a vehicle,
try turning and go the opposite direction.
Seek help; find people. Don't go home.
You don't want them to know where you live.
If possible go to a police station or other public place.

INFORM A TRUSTED FAMILY MEMBER OR FRIEND
REGARDING YOUR SCHEDULE & WHEREABOUTS

Drugs and drug dealers are dangerous.
To report narcotics activity, call 9-1-1
Anonymous callers call the Drug Tip Line
844-DRUG TIP (844-378-4847)
or e-mail
www.844DRUGTIP.com