

SELF DEFENSE ESCALATION

AWARE

Be aware of your surroundings and any trouble in the area

AVOID

Avoid fringe areas, people loitering in those areas, people acting inappropriately

ESCAPE

If approached, run away. If grabbed, escape and run away

STRIKE & ESCAPE

If you cannot escape, strike until released, then escape

THROW & ESCAPE

If you are not released after striking, throw your attacker down, then disengage and escape

GRAPPLE & ESCAPE

If when throwing you are dragged to the ground, use ground grappling techniques to subdue your opponent, then disengage and escape