

A Practical Guide to Self Defense for Women –Mini Version



***You may pass this FREE MINI E-BOOK on to a
friend or family member. This practical guide
might just save their life.***

This FREE mini guide includes just a few of the great insights from our brand new 76 page e-book release "A Practical Guide to Self Defense for Women" – available at the New Release price of just \$17. Get your own copy NOW it could Save your Life.

A Practical Guide to Self Defense for Women –Mini Version

“It can be frightening and very alarming to have to think about what you will do if you are ever attacked. And it is unsatisfactory that women have to be on guard all the time, even around people that they love. However, learning how to take care of yourself and knowing self defense is both empowering and life changing” – Jenni

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(Extracted from Full Edition)

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INTRODUCTION

There are stories on the news every day of assaults on women. Sometimes the women manage to fight back and get away, and sometimes they don't. Women can be assaulted in parking lots, in stores, in offices, or in other public places that might seem safe. Women also can be assaulted in their homes by strangers or even by loved ones.....

Even though attacks against women seem random usually they aren't. Low estimates by the National Organization of Women say that 1,400 women per year are killed by their spouses and there are more than 572,000 reported incidents of women being battered by a spouse. More than 100,000 of those reported assaults were so serious that the women ended up in the hospital.....

According to women's groups and the police more than 130,000 rapes are reported each year. Police estimate that the actual number of rapes is six times that figure but most rapes are never reported. More than half of the women raped every year know their attackers. Stranger rape and assault is far less common than a woman being attacked by someone she knows.

It's important that you know you know to defend yourself against an attack from a stranger, but it is also important to know how to stop an attack by someone you love. Most women think that they never will be assaulted but thousands of women are attacked everyday. Knowing how to stop an attack or how to survive an attack could save your life.....

It's also important that you talk to your children, especially your daughters, about self defense. Kids are especially vulnerable because they are usually taught by their parents to respect adults and to do what adults tell them to do. It's hard for parents to instill a sense of respect for authority in their kids while at the same teaching them that it's okay to scream or yell or make a scene in certain situations. Making sure that your kids understand the difference can mean keeping them safe so it's important that you learn how to talk to your kids about their own safety.....

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TEN REASONS YOU NEED TO LEARN SELF DEFENSE

There are a lot of great reasons that you should learn self defense. These facts should convince you to take the plunge and commit to some practical self defense training.....

1. Violence is real – It's easy to dismiss the stories of attacks against women and say that it would never happen to you but it can happen to you. Every day women get attacked who used to say it would never happen to them. All women are vulnerable and all women are at risk. Ignoring the possibility that you could be assaulted won't change the fact that you could be.....

2. If you don't know how to defend yourself you have no options in an attack – If you are attacked knowing how to fight back or having a self defense weapon could save your life, but if you don't know how to get away or you don't have a weapon you could be badly hurt or killed. Do you really want to take that risk?

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3. Anyone can be attacked – You might think that because you live in a certain neighborhood, dress a certain way, make a certain amount of money, or have a certain kind of job that you're not at risk of being attacked. But your lifestyle, income, and social status won't protect you. Any woman could be attacked.....

4. Self defense can save your life – Even knowing just a few basic self defense moves can be enough to scare off an attacker or get away from an attacker in time to save your life. You have the power to protect your own life during an attack if you have the knowledge and confidence to fight back.....

5. Women are raised to be passive – One of the biggest factors that make women targets for assaults is that women are raised to be docile and passive. Women are taught to not speak up, to not assert themselves.....

***How many times have you known a woman who was having trouble with something but couldn't speak up about it?
How many times have you done that?***

Women are taught to be quiet and subservient and to not complain. Predators take advantage of that. When women are attacked by people they already know it is often because the men who attack them know that women are not going to make a fuss and not going to make a scene. Most rapes go unreported because women can't bear to tell their stories. Most domestic assaults go uncharged because women are raised to think they should put up with spouses that hit them.....

Women need to learn to break through that passivity and make a scene when necessary. Could you yell and scream and try to get someone's attention if you were being attacked? You need to be able to do that and learning self-defense can help women learn to be more confident and less passive.....

6. Your children learn from you – If you want your children to grow up feeling confident and knowing how to defend themselves you need to know how to defend yourself. Teaching your kids to be aware of their surroundings and drilling them in self defense techniques will make sure that they won't panic in a crisis situation and forget everything they know about self defense. You can't teach them self defense if you don't know it.....

7. Predators are prepared and you need to be too - If you are assaulted chances are good that the person attacking you has previously attacked others. Predators usually have a plan, and they don't count on you fighting back. They count on the element of surprise to make the attack successful. Take away that element of surprise by being prepared and you can sometimes prevent the attack.....

8. You can't count on divine intervention - You have to help yourself. Have you ever heard the expression, "Pray to catch the bus, and then run as fast as you can"? Well that applies to being assaulted too. Pray that you make it out alive, and then fight as hard as you can and you might make it out alive.....

9. You can't rely on anyone else to save you - If you are attacked hopefully you can get someone else's attention and hopefully some one else will step in and help you or call police to help you. But you can't count on anyone else coming to your rescue. If you are assaulted you are all that you have, so you need to know how to save yourself.....

10. You could die - Just think about that for a moment. *You could die.* Your life could end as a result of an attack. Isn't that reason enough to learn how to protect your self?

If you are attacked and you don't know any techniques to defend yourself statistically your chances of survival aren't great. Knowing how to defend yourself and knowing how to survive an attack can be the only things that keep you alive through a serious attack.

Learning self-defense is more than just taking a class or reading a book. You need to know how to not panic during an attack and how to read a situation and an attacker instantly. You need to be able to know how to disarm an attacker and how to use a weapon yourself. If your attacker has a gun and you manage to get it away from him but you don't know how to fire a gun having that gun isn't going to do you much good. Only continued self-defense training can give you the ability to respond with a clear head in an attack situation. You can never know if you will be targeted by a criminal at some point. All you can do is know how to defend yourself if you are. And if you know how to defend yourself then you have a much greater chance of fighting off that attack or surviving that attack. When you're assaulted even if you are injured if you survive that attack then you win and the attacker loses.....

THE FOUR MAIN STRATEGIES OF STAYING SAFE FOR WOMEN

Learning how to protect yourself from an assault involves more than just learning a few techniques to get away from an attacker. There are four main areas that you need to work on if you're going to be truly able to defend yourself in any situation. Using these strategies to learn how to protect yourself could mean the difference between surviving an attack and not surviving an attack.....

- 1. Know how predators lure you in.....
- 2. Learn to Diffuse a Confrontation.....
- 3. Know when it's time to get physical and how to get physical.....
- 4. Switching to Survival Mode.....

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SELF DEFENSE CLASSES

There are different types of self defense classes that you can take to learn techniques that might save your life in an attack situation. Some self defense classes are based in martial arts traditions and teach a lot of martial arts moves while some classes are pure self defense and combine the grabs, punches and other moves from a wide variety of martial arts and fighting disciplines so that students learn the best moves that could keep them alive.

PADDED ATTACKER CLASSES

A large number of self defense classes feature some padded attacker work but only classes that focus on "real impact" self defense training are built around students interacting with a padded attacker.....

SELF DEFENSE CLASSES FOR KIDS

If you're a parent you already know that the world can be a dangerous place for children. Like most parents you probably breathe a sigh of relief every single time they come

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back through the door and are home safe. But when it comes to self defense for kids it's important that you teach kids how to deal with realistic situations without making them scared or afraid of everyone. Preparation and preparedness are the keys to teaching kids self defense. Don't pretend that your kids could never be assaulted or kidnapped because realistically they could. But if your kids know how to defend themselves and know how to keep their presence of mind they could successful get away from an attacker.

MARTIAL ARTS AND SELF DEFENSE

Are martial arts really good for learning self defense? A lot of people want to know because there has been some controversy over martial arts and self defense.....

THE BEST MARTIAL ARTS FOR SELF DEFENSE

Some styles of martial arts are better than others for women that want to learn self defense. If you are interested in taking martial arts so that you can learn self defense and get your body in fighting shape these styles of the martial arts will be the best for you to consider.

- Sport Karate
- Aikido
- Judo
- Kung Fu

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TIPS FOR CHOOSING A SELF DEFENSE COURSE

Because there are so many different kinds of self defense classes out there it can be hard to know which one is going to be right for you.....

SELF DEFENSE PRODUCTS

Sometimes a working knowledge of how to avoid dangerous situations and how to use martial arts and self defense techniques might not be enough to protect you from an attacker. That's where self defense products come in, as a second line of defense against being attacked.....

- Pepper Spray
- Tasers and Stun Guns
- Personal Alarms
- Self Defense Products for Kids

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Something to Think About: You should also consider having your child fingerprinted if you have not already had that done.

PRACTICAL WAYS TO PREVENT AN ASSAULT BE AWARE OF YOUR SURROUNDINGS WHAT AN ATTACKER LOOKS FOR IN A VICTIM

Even though it might seem like attackers choose their victims randomly there are things that attackers look for when they are choosing a victim. If you don't look like a victim your chances of becoming one are a lot smaller.....

STAY SAFE AT THE ATM

Going into an ATM at night or even using a drive up ATM can make you vulnerable to being robbed or attacked. If you use the same ATM all the time you might think that you don't need to take any extra safety precautions but you should always think of safety first.....

DRIVING AND ROAD SAFETY

Women can be especially vulnerable when driving or on the road. Crimes against women like car-jackings and abductions are on the rise.....

SHOPPING SAFETY

When you're out shopping at a clothing store, a grocery store, a mall, or any other type of store it's easy to get distracted. There are ads everywhere that were designed to get your attention. Chances are that you're thinking more about what you need to buy and how much money than about your personal safety. Criminals know that, and they're ready to strike when you're unaware.....

PARKING LOT SAFETY

Parking lots are one of the places where women are most vulnerable. Abductions from parking lots are happening more and more, several high profile abductions make national news every year but there are hundreds more that occur. Any woman can be abducted from a parking lot at any time.....

STAYING SAFE WHEN YOU'RE OUT RUNNING, WALKING OR EXERCISING

A lot of women prefer to work out in a gym or at home because they feel safer, but there are still millions of women who enjoy running or walking or biking or hiking outside to stay fit..

TRAVEL AND VACATION SAFETY

When you're on vacation security and safety are often the last things on your mind but you should always think about your safety when you travel, especially if you are traveling to another country. Traveling abroad can be tricky for women because the customs and attitudes towards women are very different in some other countries than they are here. Tourists are always at risk of being robbed or worse but women need to be extra careful.....

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STAYING SAFE AT HOME IF YOU LIVE ALONE

Any woman that lives alone is concerned about staying safe at home. Home invasions are on the rise and a woman living alone is very vulnerable to assault as well as robbery.....

WEAPONS ARE ALL AROUND YOU

You don't have to feel powerless or unprotected in your home. If you are ever attacked in your home and your stun gun is upstairs in the bedside table or your pepper spray in your purse don't panic. There are hundreds of weapons that you can use to protect yourself from an invader in your home all around you if you can think quickly.....

STAYING SAFE ON THE TRAIN, BUS OR PUBLIC TRANSPORTATION

Most women have had to deal with some type of unwanted advances when riding the subway, the train, a bus or other public transportation. Many women just shrug it off and accept it as just part of riding public transportation. Others are traumatized and some eventually become the victims of more serious assaults. You should always speak up or defend yourself if you are being approached in a way that makes you uncomfortable on public transportation.....

HOW TO SURVIVE AN ASSAULT

No one wants to think about being assaulted but the fact is that sometimes no matter how careful you are or how hard you fight you will be attacked by someone who is bigger than you and stronger than you and is really intent on assaulting or even killing you. When you have been attacked and you have fought back as hard as you can but you can't stop the assault you need to go into survival mode. At that point the attack is imminent, and there is nothing you can do to stop it. All you can do is focus on surviving it.....

- **Get ready to get hurt.....**
- **Use your peripheral vision.....**
- **Look for a car or a van.....**
- **Notice details.....**
- **Never let yourself be taken to another location.....**
- **Keep fighting.....**
- **Leave something behind.....**
- **Don't let yourself be tied up.....**
- **If you can run, you should run.....**
- **Use soothing words.....**
- **Try to get attacker to see you as a person.....**

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SELF DEFENSE AND THE LAW

You might think that if you injure or kill someone who is trying to hurt you that legally you won't be held responsible for that because you were acting in self defense but that isn't always the case. The prisons are full of women who were acting to defend themselves but still were put in prison.....

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ONLINE SAFETY

Being online is a big part of people’s social lives these days. There are online games, social networking sites like MySpace and Facebook, online dating sites and lots of other sites where people can meet and network. Unfortunately, being very visible online can put at risk for being assaulted. The number of cases where women are being assaulted and even killed by people that found them on the Internet is growing every year. Do you do enough to protect yourself when you’re online?

DATING SAFETY

More than 75% of the women who are assaulted each year are assaulted by someone they know, usually on a date. Dating safety is very important. Naturally when you are dating someone you want to give them the benefit of the doubt. Most women let their guard down on a date because they think their date would never hurt them or that if the date was untrustworthy they’d be able to see it. Unfortunately most predators don’t come with a sign identifying them as predators, and by the time you figure out they are predators it’s too late...

SAFETY IN A RELATIONSHIP

You might think that your relationship is perfectly healthy when really your partner is someone that might assault or hurt you. Most women are attacked or killed by someone they know and often someone they love. Domestic violence is the single largest cause of injury to women. Millions of women are beaten or assaulted by their partner every year and thousands more are murdered by their spouses.....

It doesn’t matter what your job is, how much money your have or where you live, how much education have or what your social status is. Domestic violence occurs in 60% of all marriages and can be found in every type of family.

TEN WARNING SIGNS YOUR PARTNER MAY BE ABUSIVE

- 1. Your partner is overly jealous or possessive.....
- 2. Your partner is controlling.....
- 3. Your partner acts superior.....
- 4. Your partner is manipulative.....
- 5. Your partner has violent mood swings.....
- 6. Your partner breaks promises.....
- 7. Your partner punishes you.....
- 8. Your partner is unwilling to acknowledge a problem.....
- 9. Your partner is disrespectful to women.....
- 10. Your partner has a history of abusing women or was abused himself.....

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CONCLUSION

“It can be frightening and very alarming to have to think about what you will do if you are ever attacked. And it is unsatisfactory that women have to be on guard all the time, even around people that they love. However, learning how to take care of yourself and knowing self defense is both empowering and life changing. Violence happens. It happens every day. You need to really accept that and be prepared, but you can’t let that rule your life. You can’t hide inside your house or cower every time someone passes you on the street. Learning self defense is about learning to take control of your life, your safety and your body.” - Jenni

Good luck to you on your life journey, and stay safe!

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