

☉ *Do NOT allow yourself to be surrounded*

There is no danger signal more obvious than being surrounded or criminals "splitting up" as they approach you. If you see this developing LEAVE!

Once you are surrounded you are trapped. There is very little you can do to prevent from being assaulted and even if you are a martial arts grandmaster, the odds are that you will be overwhelmed and beaten.

Once you know the significance of this behaviour it is both easy to spot and easy to avoid. It also sends a serious message to the would be robbers that you are aware of what they need in order to successfully rob you, and you are not letting them have it. In that message is also the news that there are easier people to rob, people who will not pose as much of a threat as you do if they insist on cornering you.

☉ *If despite all of this, a criminal still closes in on you, don't stand there and argue.*

Although this sounds asinine, you would be amazed at how common it is. Simply stated, since most people don't recognise the developing danger, it does literally "jump out of the bushes" to them. Sometimes they stand there in total shock and disbelief (which works well for the mugger, and in fact, usually saves their lives). However, other times the victim's don't accurately assess the threat, nor do they have time to shift out of their normal mind-set. That means they try to stand there and argue as though this were just a rude waiter in a restaurant. There is no better way to get hurt.

If you go berserk and physically attack, you might survive, but at a cost. If you run you might survive. If your reaction is to verbally assault him though, he will attack you. You may have an attitude, but he has one too...and possibly a weapon. When faced with this situation, it is not the time to argue.

☉ *NEVER allow yourself to be taken to a secondary location.*

Most muggers only want your money or valuables, if you give them to him without resistance you will often be fine. However, if a mugger tries to force you into a car or take you to another location, the situation is now very serious.

Secondary locations are death traps. If you are a woman and you allow yourself to be taken elsewhere the 'absolute best' you can hope for is that you will only be raped. This should tell you how bad it is, if being raped is the best that will happen. While there is something like a 3% chance that you won't be raped, assaulted and/or murdered, this is still kidnap. In the eyes of the law, very few crimes are worse than kidnap (premeditated murder). The law severely prosecutes kidnapers, so there is no reason for the criminal NOT to rape and kill you.



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Self Defence

Robbery & Mugging Prevention

Robbery, by definition, is to take something from an individual by direct use of, or threat of, violence. This is different from theft, which is committed through stealth (i.e. a pickpocket) or when you are not present (i.e. burglary).

It cannot be stressed enough that with robbery the criminal has come prepared to commit violence. There is no "warm up time" for the criminal. When they walk up to you they have already escalated it to the point where using physical violence makes sense to them.

This makes such encounters extremely dangerous from the start. The victim seldom has a chance to "change mind-set" fast enough to effectively defend themselves. This is why it is critical for a would-be victim to recognise the developing danger signs of such an attack. And, having done so, take evasive manoeuvres BEFORE the attack occurs. A common tactic is for the robber to just walk up and strike, stab or shoot a victim without warning. As the person is laying on the ground screaming in pain, the criminal takes what they want.

This is why knowledge, awareness and avoidance are your best chances for staying safe from robberies. With these you can prevent yourself from being put into a position where you can be robbed. The good news is deterrents that successfully prevent a mugging also work against rapes by a stranger.

☉ *For a week, pretend to be a mugger.*

Pretend that you are the criminal and are planning to ambush someone. Where would you stand in order to observe people entering and leaving in areas you regularly go? Where could you stand so they approach you or you could approach them without you being seen?

Criminals seldom actually hide. It takes too long to emerge from a real hiding space. They most often position themselves in locations where they are not immediately seen. For example, many car parks have areas where people exit the elevators and don't look around. People stepping out of the lift usually look toward their cars, not into a cubby-hole near the lift or stairwell. By standing there, criminals can watch a parade of potential victims. These areas are located where they can easily intercept a person or approach from behind. By playing this game, you acquaint yourself with such spots in areas where you regularly go. By being aware of these spots, you also tend to unconsciously check them. If you see someone loitering in such a location, it is a serious danger sign.

☉ *When entering a "fringe area" glance around to see if anyone is about*

This especially means looking behind you. By simply glancing around in certain areas you can reduce your chances of being raped or robbed by 90 percent! It takes no more than two seconds when stepping out of a lift into a car park, when approaching a Cash Machine or stepping onto a train platform to assess if there is potential trouble present.

It lets you see trouble BEFORE it can position itself. If you don't see anyone, return to your thoughts or the task at hand. You have guaranteed your safety -- with no more than a three-second investment. If someone is present, see if they are engaged in normal activities for that area. In a car park, a family walking to their car is engaged in normal activity for that area. In that case, return to what you were doing. However, a shady looking individual loitering against the wall is not acting normally for someone in a car park. This is a potentially dangerous situation, but unless he begins to move towards you, you are probably safe. If it is a group of loiterers, steer well clear of them or return to where you came from and request assistance.

If an individual or group of such characters begins to move towards you, leave the area. One of the most common forms of robbery, car hijacking and kidnap for rape involves the criminal(s) loitering near the shopping centre entrance and following the victim to her car. By just looking behind you as you enter a parking area, you can prevent this by knowing to circle back to the entrance.

Simply stated, this glance allows you to see what is occurring. Very seldom will the criminal be in perfect position to attack you when you enter an area. They must move into better position to attack you. By glancing around you will see them while they are still in this pre-position and take evasive measures before they get into attack position. If the criminal can successfully position himself he will attack.

☉ *Do NOT walk through (or pass close to) a pack of loitering youths.*

Nearly half of all personal robberies are 'strong-arm' robberies. That means a group of teenagers surround you and demand money or they will physically assault you. Don't show off your shiny white iPod earphones or new phone.

You are literally walking into the lions den. The pack mentality is a small version of the mob mentality, and that is not good. Numbers give the pack members both safety and anonymity. This makes them far more aggressive than normal. They can attack you with little risk to themselves. While this does not sound as bad as being threatened with a weapon, ten people "stomping" you can, and probably, will put you into hospital for quite some time.

Many strong-arm robberies are NOT planned. Unfortunately, they are a result of a golden opportunity falling into the pack's collective lap. This is because someone entering an area where the group is, decides not to be intimidated (or feels they will leave him/her alone) and walks right into the pack's midst.

Unless you are able to casually gouge out another person's eye with calm disregard to the pain and suffering you are causing, you will NOT be able to bluff a group. So don't even try to intimidate them or convince them that they would be making a big mistake by "messing" with you. They have the numbers on their side and that means they have more force than you do. And if they call your bluff, you will be in some deep trouble.

☉ *Trust your inner alarms, even if there is no apparent reason.*

If you don't like the 'vibes' someone is giving off, don't let that person approach you. Withdraw from the area and return to "the lights and the noise."

Trust your instincts. Your unconscious mind has recognised something amiss. If your alarms go off, something set them off, even if you don't consciously recognise what it is! If something isn't right, don't wait to find out exactly what is wrong - by then it will be too late. Your subconscious is picking up "non-verbal leakage". That is when someone's body language tells you what is really going on in spite of their words. There is a part of you that recognises the intent.

☉ *Insist on a buffer of at least five feet against people who set off your internal alarms.*

In wide open areas fringe areas, make it fifteen. You have the right to tell someone "that's close enough" and it is NOT rude.

No stranger has a legitimate reason to approach you closer than five feet. Part of the 'interview' process is to see if you will allow them to develop positioning. Often the criminal's approach is hidden behind the guise of asking for something. Even if you have the item, LIE! You're out of cigarettes, you don't have jumper cables, you don't know where Lubards Farm is, etc. This removes his 'excuse' to approach. Insist that the person stay away. If he continues to approach, he has announced his intention, and real danger is another step closer.

A common ploy at this stage is to challenge you with the question "why you being so rude?" Do NOT fall for this tactic! It is the criminal testing to see if they can intimidate and confuse you! Usually this is said while the criminal is still advancing. As such they are still closing the distance so they can successfully attack you! Get your hands up.

The response of "I'm not being rude, but you have no business coming closer" informs him that you are aware what they are trying to accomplish.

☉ *Never be too proud to retreat or to walk wide of someone.*

If you don't like a situation, it is better to err on the side of caution.

Most people are victimised not because the criminal is competent, but because they stay in an area where violence could be used against them. Literally, Dead Hero, Living Coward. Don't think you will intimidate a tiger by sticking your head in its jaws. Nor should you worry about showing the criminal that you are afraid. If the criminal can get close to you in a fringe area, he will be able to successfully use violence.

Another reason people fail to remove themselves from danger is almost exclusive to women, and that is they don't want to hurt the criminal's feelings. They don't wish to insult them by indicating that they don't trust them. This is just one of the many down-sides of Politically Correct thinking. People who subscribe to this kind of thinking do not wish to offer insult or imply to the criminal that they do not trust them.

Violent and dangerous people come in all colours, races and creeds. Being born into an ethnic group doesn't automatically mean a person is violent. Nor, however, does it automatically mean that the person isn't violent.

Learn the difference. Once you know the signs of violent, angry people they are easy to spot no matter what race they are.

It makes perfect sense to walk wide of a potentially violent person...and to ignore their feelings. They don't care about your feelings as they are robbing you, raping you or assaulting you. And yes, this does require work on your part. It means you must learn the body language, clothing and behaviours common to violent people. If you don't then you are going to either be paranoid about everybody who is different to you or suicidally foolish about walking into the spiders web.

☉ *Watch to see who is watching you.*

An integral part of a robbery is the "interview" it is during this time that the criminal selects someone and then decides if he can successfully rob that person.

Even if you are the most drop-dead gorgeous person on the planet, there are cultural rules as to how long another person can acceptably look at you. Too much attention is a danger sign. While many women regularly deal with unwanted attention by looking away and pretending not to notice, this behaviour can also set you up for a crime. By turning away from someone, you can also fail to see if they start approaching you. If someone is paying too much attention, walk wide, but check out of the side of your eye to be sure that they have not decided to follow you.

☉ *Don't run from danger, run to safety*

Firmly entrench the difference in your mind.

Many people worry that showing fear will provoke an attack. On the other hand, many make a far worse mistake by insisting on a "no fear" approach. And in doing so, such people refuse to retreat from a dangerous situation. This is a pendulum swing to the other extreme based on poor communication by many so-called "experts" on the subject of self-defence who insist on telling people to walk with confidence as though you are heading somewhere.

Violent criminals are dangerous.

Even with years of training and experience these people pose a threat. This is why you need to understand the difference between running and a strategic withdrawal

If you are blindly running from danger, you WILL provoke chase. And, unfortunately, the odds are that your pursuers will catch you. That is because you are just running with no specific goal in mind. The path you take will reflect that. When you run like this, there is no reason for your pursuers NOT to chase you. In fact, there is a good chance in your blind panic that you will run into a better, more isolated area - which will increase your chances of being assaulted and/or raped.

If on the other hand, you look at it as a strategic withdrawal to a better position you are less likely to make such a mistake. The best example of 'running towards safety' is to head to the police station. Run fiercely to the security guard. With every step you take, the risk to your pursuers increases. Now, chasing you endangers them.

☉ *Head for the lights and the noise. If someone tries to follow you, get close or is loitering in an ambush area get to an area where there are people.*

Where you have lights and noise, you have people. Where you have people, you have witnesses and often people who's job it is to arrest criminals. In a similar vein, if you have a job where you drive home at night, know where the police stations and all night shops, burger bars etc. are located. If followed, drive straight to them. Do NOT go home. If you are on foot, go back to an area with people, report the incident and ask for an escort.

Do NOT head for areas of perceived safety that are in fact, traps. These are things that will in fact slow you down like lifts, stairwells, your car or the door of your home. In car parks, head for the ramp. or head back to where you came. In a block of flats the stairs are better than the lifts and anything is better than your door. People are your best source of safety, not things. Don't go to your own home knowing nobody is there. Go to a neighbour's home, and seek help. Work on your fitness, you need to be able to out manoeuvre and out run the criminal.