



**PRETTY LOADED**  
STRONG • AWARE • CONFIDENT

## Safety Tips

### 1. Live in Condition Yellow

- Be alert, look people directly in their eyes, scan in front and behind of you, watch people, things, hands, eyes and anything out of place. Look for possible dangers and always be aware of where you could escape if you need to. Know where exits are in stores or restaurants.

### 2. Trust Your Intuition!

- This is your sixth sense security system! If your gut sends you doubt or suspicion, then you have all the information you need. Trust it.

### 3. Keep Your Personal Space

- Your personal space that you “own” is 21 feet. If you tell someone to get out of your space and they don’t then they have announced bad intentions. You need to be aware of your surroundings at least 30-50 feet around you.

### 4. Use Verbal Commands

- If a stranger is coming at you and starts to ask a question, remember to get your body in the fighting stance with your hands up (this is the universal sign for no) and say: “Stop!” “Sorry Sir or Mam, I can’t help you!” “Back off!” Remember to have strong command presence.

### 5. Body Language is Over 90% of ALL Communication

- Ominous signs are staring without blinking for long periods of time. Clenching and unclenching fists or jaw. Hands in pockets. Shaking and walking your way.

### 6. Remember Predator Tactics

- Forced teaming, charm and niceness, loansharking, typecasting, the unsolicited promise, discounting the word no.

## 7. Display Strong Body Language

- Walk with purpose, head up, walk fast, have hands free of bags, purse crossed over the body or on non-dominant arm, keys in your hand (not at the bottom of your purse), look ahead to your car and make sure no one is standing by it, and look people directly in the eyes. (\*Do the Power Pose every day☺)

## 8. Predator Strategy

- Target you (Do you look distracted and weak? This is not you! You are aware and strong, stare the person in the eyes. Remember this sends a subconscious signal to the predator that you are a fighter.)
- Position (Can the predator get close to you without you noticing? The element of surprise is to the predator's advantage. Do not let them get close. Remember to use your verbal commands and have strong body language.)
- Test or Interview (This is where they ask you a simple question. Do NOT answer the question because if you do it shows you are compliant or submissive to them and they will likely attack or steal.)
- Assault (This happens if you have failed the above.)

## 9. Carry Defensive Hardware to Protect You

- You need to "own" whatever you have to protect yourself and practice using it.

## 10. Physical Defenses

- You ARE STRONG! Palm strike, elbow strike, kick, use the back of your head, scrape their shins and stomp on their foot, wrist release, choke-hold release, fingers in eyes, break knee cap, and hammer fist. Take a class in martial arts or watch Krav Maga videos on YouTube. Remember, predators do not want a fighter. An amazing training tool that is world renowned in teaching how to use your body to fight is: [www.targetfocustraining.com](http://www.targetfocustraining.com)