

Three Steps to an Assault

Personal Safety

Ask yourself. Am I prepared if I find myself in a dangerous situation? Where will I go? What will I do?

Know the three steps to an assault.

1. Targeting

An assailant is looking for someone who is not aware of their surroundings. Such as people leaving the store with their arms filled with packages. Or someone distracted with a cell phone or text messaging. A person wearing clothing or shoes that restrict movement is an easy target. How about someone wearing an iPod or headphones or looking at the ground while walking?

2. Testing

An assailant will test you in order to see how you react when someone you don't know approaches. He might ask for the time, or to use your cell phone. He might make vulgar comments. When someone is testing you, they are closing the distance between themselves and you. It takes less than 10 seconds for someone to drag you into a car.

3. Assault

If you have been targeted and tested, the assailant may decide to continue to the third step. Be ready to gouge the assailant's eyes. If this doesn't work and you are in danger, go to the attacker's throat. Reach up just under the chin and squeeze the throat as hard as you can. This can crush the windpipe and cause serious injury or death to an attacker. Focus on escaping. Yell, shout, kick, do everything possible to escape.

So now that you know the 3 steps to an assault, make yourself a tough target. Walk with confidence, look up and be aware of your surroundings. Carry your keys in hand with pepper spray attached. Avoid dangerous situations. Don't walk alone, or enter alleys or secluded areas. If it feels uncomfortable after stopping for gas, go back inside the store and have the security guard escort you back to your car.

Plan ahead on what you should do if.....