



REAL-WORLD SELF-DEFENSE

How to Take Back Control Of Your Life

By Chris Sutton

About the Author:

Chris Sutton, author of *The Psychology of Self Defense*, is a lifetime professional martial artist with over 15 years of training and teaching experience. He has also served as a law enforcement officer, a corrections officer, and a boot camp drill instructor.

Men are also often victims of crime.

Crime is everywhere. You've heard the statistics and seen the stories on the TV news. Perhaps someone you know has been a victim of robbery, rape or assault. Perhaps you yourself have been attacked by someone attempting to take away something you've worked hard for – maybe even your very life.

You may be asking yourself, "What can I do to protect myself? To keep from becoming just another fifteen-second spot on the evening news?" Fortunately, there is a lot you can do to protect yourself and your family. It starts with becoming familiar with the principles and techniques of basic self-defense.

This report's objective is to guide you through the pros and cons of various methods of self defense, and to help you choose a program that will take you to the next level of preparedness by turning theory into practice.

Is Anyone Safe?

When we think of crime, we most often think of the victims being women and children. For example, a single woman living alone might be seen as an easy target for a home invasion. Or we worry about date rape, or children being abducted on their way home from school.

But the unfortunate truth is, anyone can be vulnerable. Men are often the victims of robbery, assault, or carjacking. Even domestic violence isn't strictly a crime against women. Sometimes men, too, are beaten and abused by their wives or girlfriends. You just don't hear about it very often, because men are often too embarrassed to report it.

Let's illustrate the problem we all face with an example:



The ways people choose to try to protect themselves often have more to do with personality type and temperament than effectiveness.

A 37-year-old man named Bob finishes dinner at a local restaurant and walks out to his car, which is parked on the side of the building.

It's about 6:30 p.m., not even dark yet, and danger is the furthest thing from his mind.

As he rounds the corner of the building, he notices a suspicious-looking man sitting on the car next to his. Bob doesn't make eye contact, hoping that if he ignores him, the stranger will go away.

As Bob is fumbling with his keys, the stranger comes over and asks him if he can have five dollars for something to eat. Without looking up, Bob apologizes and says no.

Still struggling to get the car door unlocked and open, Bob pretends not to notice as the stranger gets closer. The stranger grabs Bob, takes him to the ground, and strikes him repeatedly, knocking him unconscious. Bob wakes up to find his wallet, watch, and car all gone. The perpetrator is never caught.

This scenario, in one form or another, happens a hundred times a day, every day, and it can happen no matter where you live.

What could Bob have done to change the outcome of this scenario, or even avoid it all together? What would you do if confronted by such a situation?

Common approaches to dealing with crime

We all know we live in a dangerous world. So how does the average honest citizen deal with that fact?

There are several methods people commonly employ to either avoid danger, or deal with it if it occurs. Which one an individual chooses often depends more on their own personality type and temperament than on an objective evaluation of its effectiveness.



Owning a gun can give you a false sense of security.

- ★ Buy bigger locks – Securing your home is an important part of personal safety, but it isn't all of it. Some people live in almost constant fear. They're nervous and looking over their shoulders every time they leave their house or apartment. Some go so far as to never leave their home at all. This is obviously not how most of us want to live our lives. In fact, some might argue that it's not living at all.
- ★ Pretend it can't happen to you - A lot of people cope with the violence in our world by living in denial. They prefer to see crime as something that happens to other people. Rather than live in constant fear, they choose to believe that it can't happen to them. This is a normal, understandable defense mechanism, but it is also dangerous. The problem is real, and refusing to face it won't make it go away. Every day, acts of violence are committed against innocent people just like you.
- ★ Call the police - If you are able to get to a phone in an emergency, by all means call 911. This should be the first thing you do, if you possibly can. But simply calling the police may not be enough. The police can't be everywhere, all the time. And the five minutes it takes them to get to where you are can be an eternity when your life is in danger.
- ★ Buy a gun - Many people see this as the best way to take charge of their own safety. Owning a gun makes them feel empowered. They think they've leveled the playing field and are now ready to fight back. However, there are several obvious drawbacks to this strategy:
 - ☆ In some places, gun ownership is illegal. This is especially true outside the U.S., but even some American cities have chosen to pass ordinances prohibiting the private ownership of handguns.
 - ☆ Safety issues. This is a particularly important issue if you have children in the home. Also, statistics show that citizens often end up being shot with their own weapon after an intruder takes it from them.



Criminals count on you being unprepared.

☆ You have to have it available at all times, or it does you no good. If the weapon is properly locked away to keep it out of the hands of children (as it should be), it's probably out of your reach, as well, in an emergency. Also, many jurisdictions prohibit or greatly restrict your right to carry a concealed weapon outside your home. If you don't have it, you can't use it.

☆ A gun gives you a false sense of security. Perhaps the biggest drawback of all is one that most people don't even know about, much less consider. In a real-world situation, by the time an attacker tips you off as to his intentions by making a move, it's already too late for an untrained person to do anything about it. Criminals count on this.

You can prove this for yourself: Have a friend start on the other side of the room; then when they're ready, they suddenly come toward you to grab you. As soon as they start to move, you try to get a weapon out of your purse, or out of your waistband from under your shirt.

(NOTE: Please do not use a real gun for this! For the purposes of this demonstration, any safe object will do as a pretend handgun.)

How did you do? Did you get your weapon out, aim it, and (pretend) fire before your friend reached you? Don't feel bad if you didn't. Most people can't, even with specialized training and a LOT of practice.

Now you understand why owning and carrying a gun isn't necessarily the answer to all your problems.

★ Carry a cell phone - A cell phone is very handy to have, and it can help you stay safe. Say your car breaks down at night. If you have your cell phone handy, you can call for assistance instead of having to walk somewhere or flag down a stranger. However, if an attacker is bearing down on you, it's even harder to find and accurately dial your phone than it is to draw and fire a weapon. (Try it,



There's something you can do to protect yourself and your family.

Learning self-defense skills helps you avoid getting into an actual fight in the first place.

if you don't believe me.) And remember that it will still take time for the police to arrive, which in some situations may be too late.

So what else is there?

Nothing can protect you 100% of the time. But learning self-defense has advantages over the other ways of dealing with crime and violence listed above.

- ★ Once you learn the techniques and skills of self-defense, they become a part of you. You always have them available when you need them. No special equipment is required, so you don't have to worry about forgetting to bring your cell phone or having a weapon taken from you and turned against you.
- ★ The sense of empowerment you gain doesn't eliminate all fear (nor should it), but you no longer have to live in fear. Knowing you can take care of yourself if you have to enables you to go through life with greater confidence and independence.
- ★ You learn tactics and techniques that will help you avoid conflict and greatly reduce your chances of ever getting into an actual fight.
- ★ Your training is something you can share with friends and loved ones, either by teaching them what you've learned, or by being the one who knows how to handle a situation when it goes bad. (Imagine your relief and pride if, when someone comes up and tries to take your child, you have the ability to effectively protect that child!)
- ★ As an added bonus, you can get in shape at the same time. Studies have shown that kickboxing (where you actually hit a bag) and martial arts are two of the best workouts in the world.

Let's go back to Bob, and see what might have happened differently if he'd been trained in advance to handle the situation.



In a crisis situation, being prepared makes all the difference.

No one is born knowing how to defend themselves – but you can learn.

The scenario is the same. Bob walks out of the restaurant and goes around the building to his car, where he sees a suspicious looking man sitting on the car next to his. This time, Bob looks directly at the stranger as he walks to his car.

As the stranger gets up and asks Bob for the five dollars, Bob continues to make eye contact while he apologizes and says no. As the stranger gets closer, Bob moves around the car to keep distance between them. The stranger lunges at Bob, and Bob yells “Get back!” and “Help!”

At the same time, Bob steps to the side to deflect the stranger’s attempt at a grab. Bob then delivers two strikes to the head and one to the groin. By this time people have heard Bob’s yells and have come out to see what’s going on. One of them calls 911.

The police show up and the stranger is taken into custody and charged with battery. Bob is not injured, and nothing was stolen.

The difference is clear. In this second version of the story, Bob is prepared. Instead of turning his back on a potential attacker, he knows to put space between himself and the stranger and to maintain eye contact. He knows to yell and is skilled enough to defend himself. He can also identify his attacker.

Which “Bob” would you rather be?

So how do you get prepared?

No one is born knowing how to defend themselves. It takes training and practice. You need both physical and mental conditioning.

These aren’t skills you can learn from reading a book or something off the Internet. A book can give you valuable insights and psychological principles, but to make self-defense useable in real life, you have to practice the moves. The best way to do that is with an instructor by your side,



All self-defense courses are not created equal.

teaching you what to do and making sure you're executing the moves correctly and safely.

What to look for in a program

There are a lot of self-defense courses and martial arts schools out there. How do you find the one that's going to give you the kind of training and benefits you're looking for?

You want to look at several things when choosing a program:

- ★ Instructor qualifications – You're looking for more than a fitness instructor. Ideally, the program will be lead by someone with on-the job or other real-world experience, such as a former police officer or someone with special military training. At the very least, the instructor should be fully qualified to teach a program that has been developed by such a person.
- ★ Realistic approach – Will what you're taught be useful on the street? Some programs, especially in martial arts, are geared more toward sports and competition, which is fine. But for purposes of staying safe, what you want is to learn practical, real-world methods of self-defense, not how to win a point match.
- ★ Safety – A lot of people think that taking a self-defense course automatically means getting hurt. It doesn't. A good instructor will have designed the program to be as safe as possible for all students. He or she should encourage students to do their best, but never push them past their physical limitations.
- ★ Flexibility – Is the program designed in such a way that it will be beneficial to students of all ages and fitness levels? You don't have to be a top athlete to learn how to defend yourself. Make sure the instructor knows how to adapt the training to each individual student, when necessary.



- ★ Variety of techniques – Every situation you encounter will be different. You might face an attacker who has a gun, or a knife. Or maybe it's just some drunk who decides to take a swing at you. You want to have a variety of skills at your disposal, so you can know how to respond appropriately and effectively no matter what the scenario.
- ★ High level of motivation – The best program in the world won't do you any good if you don't stick with it. Look for a positive, supportive attitude in both instructors and fellow students. If you enjoy your training, a few sore muscles won't stop you from coming to class each week. It also helps if you will be working toward some sort of goal, such as an award certificate or a special, graduates-only t-shirt. Such rewards give you incentive to complete the program.
- ★ Individual attention – Is the class small enough for the instructor to interact with each student individually? Or are there enough assistant instructors or advanced students there to give individual coaching and help? You don't want to end up stuck at the back of the class feeling lost. You want someone beside you as often as necessary, making sure you're doing it right.

Where to go from here

This report merely touches the surface of the subject of self-defense. If you'd like further information, or if you're ready to sign up for a premier self-defense training program, consider the COBRA (Combat Objective Battle Ready Applications) Program.

COBRA teaches realistic and effective self-defense techniques for all participants, from average citizens to law enforcement and military personnel.

Students train in a highly-structured and safe environment, utilizing scenarios, drills, and seminars to learn a wide variety of offensive and defensive techniques.



The program includes many psychological and verbal combat tactics related to self-defense. The training also breaks down the mental barriers that prevent you from functioning in a stressful situation.

The COBRA program was created based on years of real-life experience and training in the areas of law enforcement, corrections, martial arts, and reality-based, hand-to-hand combat.

For further information

If you'd like to contact us directly, we can be reached at (727) 791-4111, or via e-mail at info@cobradefense.com.

Or check out the COBRA website at www.cobradefensesystem.com.

The Last Word

Thank you for your interest in this free report. We welcome your comments, feedback and suggestions. Please consider sending us a note about how this report has helped you.