

50 Self Defense **Tips For** **Women**

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Table Of Contents

<i>Table Of Contents</i>	3
<i>Introduction</i>	4
<i>Chapter 1: Basic Self Defense Education for Women</i>	6
<i>Chapter 2: Fight or Flight & More Strategies To Learn First</i>	15
<i>Chapter 3: Using Your Environment for Help</i>	24
<i>Chapter 4: Staying Safe in Vehicles</i>	34
<i>Conclusion</i>	50

Introduction

Self defense for women should be something taught to children as they grow up. It is that important and it can be life saving many times over. Here are some statistics that are a must for you to know as a women or someone that cares for a woman.

- Every two minutes, some woman, some place within the United States is being raped. That is 30 women every hour!
- Every year, over one million women suffer some form of abuse by their partner. While that abuse is not fatal, they often are repeatedly abused.
- For any twelve month span, it is shown that an average of four million women are abused in seriously abusing fashions, many more do unreported and unable to be counted.
- Nearly half of all women will face some form of physical abuse in their lifetimes. Many will face violent physical attacks. Many will die from the injuries inflicted on them during these attacks.

All of this should showcase the importance of having a well thought out plan and strategy for defending yourself in any given situation. It is a very large problem throughout much of the United States and as such should be something that you strive to protect yourself from.

The goal that this book offers is to educate you on simple and no so simple methods that you can learn to protect yourself from virtually any attack that can happen to you. Most often, these attacks will happy at the hands of someone that you know. Others will happen by complete strangers as random violent acts. You should be prepared for both, even if you believe that this could never happen to you.

Every woman that is attacked in some fashion, whether as a result of domestic violence or the result of a random attack will tell you the same sad story. They never thought that this could happen to them. It can and it did. Most importantly, it can also happen to you.

Prepare for the worst so that you can protect yourself from any situation that may arise. You will find that this is the very best method of surviving an attack on you, from anyone. Seek out the help and the guidance you need because you deserve it and you need it to see many more tomorrows.

Chapter 1: Basic Self Defense

Education for Women

For those that believe that learning self defense is not something that is necessary, think about. Think about two of your closest female friends. Out of the three of you, it is likely that one of you will be assaulted violently and sexually at some point in your life. The odds are stacked against you and for that; you need a self defense education.

This chapter focuses on the best basic self defense. This is the beginning of the journey to understanding how you can keep yourself safe, but is far from being the level that you need, which is covered later. If you learn nothing else, learn the methods here to protect yourself.

Tip 1: Do What Mom Taught You

The first and the most obvious tip is one that everyone needs to remember. Protect yourself at all costs by putting yourself in better positions. For example, it is likely that your mother, at some point, told you never to walk down that dark alley. Even if it is a short cut to the car, do not do it. Don't walk in the park alone at night. Do not put yourself in a situation where it is just you and very few other people.

This is a simple tip, but unfortunately, too many women take it for granted and end up facing horrible consequences. Remember that public and open places are the best places to be when you are alone.

Tip 2: Companionship Is Essential

While being alone is important to your sanity, it may be too risky in some situations. For example, during the day in a public park, a walk alone has no problem as there are others around that could help in a situation in which you need the help.

On the other hand, if you were to decide that a walk in the park is ideal for the middle of the night that may not be. If you do find the need to get out of the house or are going to be in an area where you will be alone, there are several things to do. First, bring along a dog if you have one. Even smaller dogs pose a problem to a possible attacker because they will defend you in a bad situation.

If you do not have one, be sure to let someone know where you are going and carry a cell phone with you. Keep it readily accessible, even in your hand so if someone should approach you can respond fast!

Tip 3: Keep Alert!

Another mistake that many women make is not staying alert. In this day and age of I-pods and ear buds, it is quite easy to lose track of what is happening around you even in some of the worst possible situations out there. A simple walk to the corner store with your ears covered could cause you to miss the rustle in the bushes or the car pulling up along side you.

This limited warning of someone approaching is prime time. This is the time that you need to make a decision about flight or fight, something we will talk about in a minute. Keeping your senses keen and aware of your surroundings is a very important aspect.

Another example of a potential problem here includes staying on the phone, lost in conversation. You may not be able to notice what is happening around you which could end up being deadly for you.

Tip 4: Pay Attention to Your Body's Signals

Your body has the ability to be aware of troublesome situations. This is best explained by an example, such as Melissa's. She had to walk home from work one evening about 8pm. This was not the normal thing but with her car

breaking down, it was a must. She was in a hurry to get home, but was walking at a normal pace.

As she was walking, a man approached her seemingly out of nowhere. He greeted her with a "Good evening. It's a beautiful evening, right?" He and she kept walking in opposite directions. But, Melissa felt a knot in the bottom of her stomach and the tingle at the back of her spine. She turned to glance behind her, only to find the man coming back towards her, walking faster.

Luckily, she paid attention to her body, turned and saw the man and cut across the street to a gas station where she was able to get into the shop away from the man. Had she not turned around, there is no way she would know what could have happened.

Paying attention to your body is a key element to staying aware and reacting to your environment. In Melissa's situation, it could be that the man had no intention to do anything to her. But, there is no way to know that and for that reason, it was important for her to react, no matter if it seemed rude or out of place. Overreacting when it comes to your safety is something you should do.

Tip 5: React To Problem Situations

It is essential that when you find yourself in a problematic or potentially problematic situation that you get out of it.

For example, in our example above, Melissa recognized that this man could be planning to hurt her. Recognizing the fact is one thing. The next act you make is doing something about it. For her, it was to recognize that her current situation was less than ideal. She found herself a safer situation to be in.

You should do this in any case that you are in. If you are walking down a park path and notice that there is no one around you all of a sudden, turn back onto a path that is going to take you to a safer situation. Notice when and where you are in danger and take actions to move from it into a safer situation.

Tip 6: Prepare Yourself Correctly

While we live in a day and age where women have equal rights to men, that doesn't mean that we share the same body make up and that means that they are likely to be stronger than you, especially when they want what you have. A key element here is never presenting to them what you have that they could possibly want.

For example, wearing flashy jewelry, expensive clothing or even just carrying a designer bag can put you at risk of theft. Not only are those items likely to help you to become a victim, but also the premise that you are likely to be carrying a good amount of cash or credit cards.

Since there is no reason to have these items, don't carry them when you are going to be walking or being in a situation in which you could be alone.

Tip #7: Dress Conservatively

As women, we want to be beautiful and to have amazing looking clothing. The problem with this is that it puts you at a greater risk when you do have it on. For this reason, do not wear anything that is overly revealing.

Some men, the bad type of course, see provocative clothing as an invitation to touch or be near to you. Do not bring attention to yourself with the clothing that you are wearing. Keep yourself safe by avoiding these problematic situations and you are likely to find yourself in a safer situation overall.

A tip here is to keep those beautiful clothes for times when you know that you will be going some place where they are properly appreciated. Wear more conservative items when you could be put into dangerous situations.

In addition to this, plan your wardrobe appropriately. For example, if you will be going for a walk in the park after work, plan to wear light clothing that allows you to easily move around in it. This allows you the freedom of being able to move quickly in situations that require it. Problem types of clothing include tight skirts, tight pants and high heeled shoes.

All of these things keep you from moving easily and that means that you are likely to be put in a situation where you could be left in the hands of the attacker.

Nearly all strategies for escaping dangerous situations require that you run. If you can not easily run in the clothing that you are wearing, you will be at the hands of your attacker.

Tip 8: Don't Get Into the Wrong Car

It sounds simple enough, but when your feet are killing you after a long day at work and you think you know the person pulling up next to you, it may seem like a good idea. If you think that this could not happen, here's an example of a situation in which it did happen.

Laura was walking home from school. She was just 17 and looked like she was at least 25 as most teens her age look. She saw a car pull over to the side of the street. She

recognized the driver as someone that had been to her home. Later she found out he was a friend of a friend of her brother's. He was not someone that she knew nor did her family know. Yet, he was able to get her into his car.

Laura was able to get away from her attacker because she was in a fairly business neighborhood when he pulled to the side of the street. But, she is lucky because if he had gone just a few more miles, she would never have had the help of the neighbors to save her.

If you need a ride and do not have one, consider getting a taxi or taking public transportation buses. If you get into someone's car, even someone that you believe that you know, you could be putting yourself in a very dangerous situation and letting your guard down.

Tip 9: Look Confident

Being confident is a key element to distracting and convincing a possible attacker not to bother with you. Hold your head up high. Keep your chin up. Pay attention to your surroundings.

Those that are easy targets are much more likely to be a target than those that are confident and aware of their situation. Be that confident person and you are less likely to become a target.

Tip 10: Maintain Eye Contact

Another basic tip that you need is the fact that you can often keep aggressors at bay by holding their eye contact. You are seeing them and that in itself can be intimidating to those that consider attacking.

While we will go into more details about how to react to an aggressor, instead of putting your head down when someone looks at you or speaks to you, maintain their eye contact.

You should also do this as you walk past someone. Hold their eye contact so that they can see how confident and aware you are. This will help them to see you as a more problematic and hard to hit person. They are much more likely to find someone that is less prepared to care for themselves rather than to deal with you!

These tips can help you in their most basic form. Anyone that is faced with an aggressive target, though, needs more detailed instruction and for this we move on. Remember these basic things before moving forward:

- Don't be alone any time you can avoid it.
- Do be aware of surroundings and stay out of bad ones.

- Do be confident and hold the eye contact of others.

Chapter 2: Fight or Flight & More

Strategies To Learn First

There are many things that you can do to protect yourself. The first and most important thing to do is to make a decision about the situation.

- Is this situation a problem for you?
- If so, what is the right way to act in it to get yourself out of it?

Asking yourself this will help you to know what to do next. The following are methods that will help you to overcome the situation that you are in. Making decisions is part of being successful at protecting yourself. If you do not make the decision that you need to, or make the wrong one, you could become the victim of a violent crime, something that you can avoid or get out of many times.

Tip 11: Flight or Fight?

It sounds like a no brainer. Get out of there! But, that may not always be the best situation for you, believe it or not.

The fact is, though that you will have just seconds to decide on if you should fight this person or if you should run. For example, if you are in a location in which there is no help around you or you can not get away easily, there is a good chance that if you did run, your attacker would catch you.

The problem with this is that by running, you are showing your attacker that you are scared, which is often the first step in his knowing that he can have his way with you. Being scared is not being confident.

At this point, there is little chance that you can look him in the eye, confidently tell him to back away and see him do this. Now, he knows he has to do something with you.

The best time to run is when you can get to someplace that is safe or with other people that is within a very short space, such as across a street or into a store. If this is possible, running is the best method to get away.

Another important time to run is when you have hit him and he is down. If you have done something to distract him enough to disable him so that you can run, then you should definitely run.

If you can not accomplish this, stand your ground and tell the attacker to leave you alone. Then, use physical methods to hurt him so that you can get away.

Tips 12 to 16: Your Body Is A Weapon

Your body is a weapon and one in which you can gain some powerful use out of it. This tip is actually several tips. There are certain parts of your body that you can easily use to help you to get away from an attacker by fighting.

1. **Your Hands.** Your hands are an ideal tool that you can use to protect yourself. But, do not bother with the fist. If you punch someone, you are likely to just hurt yourself. Instead, use your hands wisely. For many this means using your hands to grab at the attacker's flesh (soft spots are ideal) and tearing away at them. This causes an immense amount of pain. Good locations including the inner part of the thigh and the underside of their arm. Grab and tear hard and they are likely to release you.
2. **Your Knees.** Your knees are a great example of a weapon that your body has. The fact is that your legs are the strongest part of your body as a woman. With that in mind, use the top part of your knee and use as much force as you can to jab him between the legs. The groin is an ideal location to take a man down.

3. **Your Elbows:** Using your elbow and your forearm are perfect for getting rid of the unwanted attention of an attacker. To do this, you want to aim for parts of the body like the diaphragm, the groin, the throat or the ribs. The sternum is also perfect. The proper method to attack with your elbow needs to be practiced. Twist your waist and use all of the strength from your lower body to hit with your forearm and your elbow. This gives an immense amount of force.

4. **Your Teeth.** Anyone can bite someone and that means that you are likely to have one of your best tools right at your disposal without having to do a lot of training for it. What's more, biting any location of the body is just fine to cause enough pain to be let go of. If you do bite, you are likely to draw blood which could end up in your mouth. Should you bite then? Do so when this is your only viable option to attack your attacker. Chances are good that you will hurt them enough to get away with a bite.

5. **Your Feet:** Your feet may be the only part of your body that you have free to attack with. The good news is that this is a great weapon to use. Use your feet the right way, though. You want to aim for the attacker's calf, ankle or their Achilles' Tendon when you are able to use the ball of your foot. If you can

only step down do so on the instep of the attacker for the most effect.

All of these methods are effective at helping you to stop your attacker or at least fighting back.

Practice using them, with less force, on a man that you know well. This way, you can see how you can use your body defensively.

Tips 17 to 21: Know Where to Hit Them to Hurt Them

Some areas of the body are more painfully hurt than others. Once you know which the prime target areas of hurting someone are, you can easily hit them, hurt them enough to let go of you so that you can get out of the situation.

There are several areas which are prime areas in which if you hit your attacker here he is most likely to let go of you so that you can get away.

1. **The Groin:** On a man, this is an ideal location to target your attacker. There are several key things to remember about this part of the body, though. First, if you try to kick your attacker, he will grab your leg or foot, push you down and you've lost the battle. There are several ways to avoid this.

First, hurt the attacker in one of the other ways mentioned here, and then kick them at a 45 degree angle right to the groin. Or, you will want to crush, step, or swat at the testicles instead of kicking. Use your knee to hit him when he approaches, too. This too will cause him to go down, while leaving you protected from his attack. It doesn't always take a lot of force but it does take hitting the right spot to get him down.

2. **The Eyes.** The eyes are by far the body's most sensitive and unprotected area. That makes it the ideal place for you to attack your assailant. The problem with attacking in this area is that you need to do it correctly to get the results you are after. To make the best move here, grab the attacker at the back of his head and pull back. Then, use your thumb to grind into his eye. Go for the inner portion of his eyes. He is likely to let go of you to get away and that's your cue to get away as well.
3. **The Throat:** The throat is the third prime location to hurt your attacker at. Your goal is to aim for the windpipe. You can do several things here but the most effective to get away with the help of is by striking the windpipe. If you place your hand against your own throat, you can feel where the vibrations center at which gives you a good indication of where

this is located on your attacker. Next, use all of your force to strike at it. But, do not make a fist. Instead, keep your hand open as if you are holding something. Go for the front of the throat in a hard movement.

4. **The Flesh:** Remember that the flesh of the softer areas of the body is prime locations for hurting and it only takes the action of tearing to make an attacker stop. Look for areas on your own body where there is soft tissue, such as your underarm. Grab at it now and see how much it hurts to simply pull there. If you were grabbing, it would hurt even more.

5. **Dig at The Face:** Another area that is a great choice for attacking your assailant is the face. You want to be sure to go for their face with your nails out, looking to scratch, pull and grab anything that you can. This is often easy to do because he is likely holding you near to him. Not only do you get to scare him off this way but you may get some DNA in the process.
(Although it is never a good idea to do anything to try and identify your attacker.)

These tips are ideal methods for you to hurt the person coming after you. With just the right weapons on your body and the right movements to his most sensitive areas, you are likely to really do enough damage to let him release you.

Remember to act as soon as you realize that he is letting loose so that you can get away from him while he is coping with the pain you have inflicted!

Now, put this together to get a good start to your self defense methods. First, know how to attack and know where to attack. Then, add these additional methods to your plan to help improve your likelihood of getting away.

Tip 22: Practice Using These Methods

Just knowing what to do is simply not enough. You also need to practice how to use them so that you can be the most effective possible. That means having the right number of practice moves under your belt. Work with someone that you trust on them.

Practice using them and tell the other person to try and defend themselves. Of course, movements should not be nearly as powerful here as you do not want to hurt anyone at this point! In fact, many do not take much effort to actually cause pain. That means that you should dedicate your practice to being non forceful movements with no potential for harm.

The reason to practice is very simple. Practicing allows you to actually instill in your body the right way to react to these

situations. This way, you can overcome the situation out of habit rather than trying to remember what to do.

No one can easily do that! Allowing your body to simply react is the best course of action to take, which means you need to teach it what to do.

Tip 23: Keep Learning

While this book will provide you with some great tips and instruction, you need to keep learning and practicing what you learn if you are to see a real investment in protection become effective for you.

It is often a good idea to take an in depth course, whether in person with a trainer or with an instructional manual right here on the web. Learn what you need to in order to attack your attacker thoroughly and effectively so that you can get away from the situation.

Take these tips and work on them now. You want to be sure that you know how to do each movement to be effective. Put yourself in the situations that could happen to you, such as we will do in the next chapters, so that you can react to them in the most effective way possible. Doing nothing is a sure what to become a victim.

Chapter 3: Using Your Environment for Help

Using your environment may be one of the best tools that you can have for self defense. The biggest problem with this, though, is that your mind is not likely to come up with ideas at the time of the altercation. That means that you need to explore, imagine and practice using the items in your environment before you ever get into a situation in which you will need them.

This will ultimately help you to use those movements, weapons and the situation in general to help you. Without this practice in your mind, you are less likely to find yourself in a place of safety.

These next tips are meant to help you protect yourself in various situations with what's around you at the time. Take a look at your daily life and the situations in which you could be put at risk.

Tip 24: Everything Is Your Weapon

The key start to this section is this tip. When you are put in a situation in which you are being confronted or attacked, it

is up to you to see everything near you as a potential weapon. That weapon is what you need to be well aware of.

What you need to think about is how can those items near you actually help you or even prevent an attack from happening? For most people, this takes some practice. But, stop now and look at the things around you.

If you were caught in a deadly situation or off guard, what items around you could be used to help you to hurt and get away from your attacker?

Remember that when someone attacks you, it is ultimately up to you to survive the attack. Therefore, you need to do and use anything that you can to make that happen. Your surrounding environment is a good place to start especially when you can not use your body as a weapon as we have discussed.

Anything and everything is a weapon and a potential tool to you to use.

Tip 25: Things You Can Hit With

There are several tools that you can use in many of the most frequented areas to help you to attack with. Things like stones can be very potent when it comes to attacking

someone. Your surroundings may include items that can be used like stones, coins or even sand and dirt.

Using these items is simple as it only takes a handful of dirt thrown in the eyes of an attacker to get him to release you so that he can grab at his eyes. When you can use stones or rocks with sharp edges, you can hit into the calf of the attacker or even better aim for the groin area where you can do even more damage.

Whatever is within reach can be used to really cause enough force for your attacker to back off, leave you alone or at least provide you with release so that you can get out of the situation.

Tip 26: Sprays That Can Be Used

It is important for any woman to carry some type of spray in their purse that can be used to hurt or even blind her attacker long enough for her to get out of the way. A good option is pepper spray. Other options that you may have in your purse include any type of aerosol can, tear gas, hair spray, perfumes, or even a can of spray paint sitting near enough to you.

Using sprays can be difficult, especially if they have a lid on them. You should practice using them, for this reason. With

just one hand, try to get the lid off of the can using the ground or any other method that you can.

Practice getting the spray can in the right position and aiming for a specific target. This will help you to know that you have the skill to use this tool. You should also practice opening up the zipper of your purse to get the can out of it so that you can use it. Or, practice carrying a smaller can of pepper spray on your keychain to use.

Tip 27: Weapons to Strike With

There are many additional weapons that you can use that are likely to be in your area when you are attacked. These are things that you can use to strike your attacker.

Items like pencils and pens, knives, any type of pointed object or even using your cell phone can help you. To use these items, reach for them, and use all of your force to hit the most sensitive areas of a man's body. This will help you to get the most result for the one or two strikes that you can take. Once you hit someone like this, get out of the area as fast as you can.

Again, practicing is necessary here. Pick up your cell phone now. How can you hold it and use it as a weapon? While you do not want to break the cell phone now, realize that in

a bad situation, it can prove to be an ideal weapon that allows you to get away!

Tip 28: What Objects Do You Have?

Often times, the best weapons are those that you already have on your body that can be used to help you to get away from someone by inflicting pain on them.

One thing to note about weapons of this nature is this. Today it has become increasingly common for women to carry some type of actual weapon on them and even noticeably so in an effort to protect themselves. This could be a risk that you are taking, though. There are many laws about concealing these weapons and when you do not conceal them but place them on your body, they can be used against you.

The good news is that there are many weapons that can be used successfully that are fully legal to carry and that provide you with the same benefits as many of the weapons that you have found otherwise.

Some of these weapons we have talked about such as using the coins in your pocket or your cell phone. Many more objects are on your body potentially.

For example, whip off your belt and use it to defend yourself. You can use it as a whip with the buckle being the largest benefit to striking someone.

You can use your clothing to help you. By taking off your jacket, you may be able to get away. If not, you can wrap the jacket around the attacker's neck to choke them so that you can get away. Or, you can use the same jacket to blind them so that they can not see what you are doing or where you are.

Tip 29: Use Your Purse

A good option for you to use that you may be carrying is your purse. Your purse itself can be a weapon that works in your favor. You can easily swing and hit a man with it. When you do this and hit his groin, you can hit in hard enough for him to fall to the ground while you escape.

Also, look inside your purse; do so right now. What is in there that can help you to get away from an attacker? Things like your hair brush, your eye liner pencil, and your perfume all can be used. Use a hair brush to scratch at the attacker's eyes. You can use your lipstick case as a tool to hit the eyes of the attacker.

Again, all of these tools can be aimed at the groin to cause additional damage to their body and cause them to fall. When they fall, you can get out of the situation fast.

Tip 30: Using Various Angles to Attack

Now that you have some idea of what you have on you that can cause you to attack your attacker, plan on how you can use them in the best method possible.

For example, let's say that you have your cell phone in hand. How can you hold in it various ways to inflict the damage that you need to? This may be in such ways as holding the antenna outwards, or flipping the phone over so that you can use the flat side of it to hit with.

Hold your phone in your hand now. Turn it around and around and see which options you have that can offer you the help that you need in this situation. As you can see, there are many potential ways for you to use one item to your benefit. Try this with several of the objects we have listed so that you can see how they will benefit you in the right situation.

Tip 31: Where Can You Strike?

All objects that we have talked about can be used to your advantage. But, where can you use them? There are often

various ways that you can do so to get a good strike in any type of confrontation.

For example, start with that cell phone again. You can use the pointed antenna to stab the attacker in the eye, in the gut or even in the groin to inflict maximum pain on them.

Or, if you can get it flat in your hand, try to use it in an upward jab to their nose area. That's more effective than you hand can be but ideal for getting them to the ground quickly.

Again, take the other items on your person or in your purse and look at the various ways that you can use them to attack someone. You may find that you can do this with great force too. The more objects you practice with the more likely you will be successful at defending yourself against the attacker.

Tip 32: Teach Yourself To React

One of the keys to being successful at defending yourself from an attacker knows that you have to react. If you simply sit there and let them do what they want, they realize that you are scared of them and that gives them the power over the situation.

Studies show that if you fight back and if you do try to get away you are more likely to live through the attack that you are facing. Sitting there makes you the victim.

For this reason, you need to do whatever you can to prevent yourself from being that victim and knowing what is surrounding you that can help is the prime method for making this happen. Take the time to see what you have in your environment and react to it.

Practicing can help you to become prepared in this manner. It gives you and your body the chance of escaping when desperate situations happen.

Tip 33: Practice in Your Situations

Go through your normal days. What do you do on an average weekday or weekend?

Step by step you should think about the situation and even live in it. For example, if you usually head to work at 6 am and you park your car outdoors, then one of your first potential problem areas is walking from your home to that car.

What objects are in your area or on your body that can be your weapons of defense in this type of situation? Could you

take an umbrella with you to the car to use to hit someone? Perhaps you can carry sprays in your hand to protect you?

Do this same thing throughout your day. At each step of your day, have a mentally prepared plan of what you could do to get away from an attacker should they attack you in that place.

Determine which weapons are in the area that you can grab and use. Be sure that you have the tools and the practice in play in each of these situations to see yourself moving from being the victim to being the successful woman getting away from the attacker.

In conclusion to this chapter, realize that it is up to you to defend yourself. Yet, most women already have all that they need to do that in their purse, on their bodies and in their environment. There is little need then to carry weapons that can cause problems legally or even physically for you.

Protecting your body is up to you. Practicing what methods and ways you can do this is an essential part of getting away from your attacker. Take the time right now to plan how you can get away from an attacker at each step of your normal week day and weekend day. You'll be more likely to survive an attack when you do this.

Chapter 4: Staying Safe in Vehicles

Cars and vehicles of all types can be one of the most problematic situations for the unprepared woman. There are many potential problems surrounding getting into the car, allowing someone else to get into your car, or when you are attacked in your car.

Being prepared for these situations is extremely important because, unlike other situations, you are in a confined area and are less likely to be able to get away without being prepared from the start.

The good news is that there are many ways that you can get around and get out of problem situations in this type of environment. Again, you need to be prepared by imagining yourself in these situations and practicing how you will get out of them.

Tip 34: Look For Others When Getting On A Bus

Whenever you are using public transportation, such as a bus, you need to be prepared. The best route to take to do this is to actually board the bus where there are other people.

For example, if you are getting on the bus in a remote area, there could be someone lurking nearby.

But, if you were to walk a block down where there is a more trafficked area, you are less likely to find yourself the victim. This is based on the fact that there is safety in numbers. When you have other people around you, you are less likely to fall victim in these situations.

Use a bus stop or other type of public transportation methods that are busier than those that are not. Get on them when there is a group of people getting on with you. That way, you know that an attacker is less likely to target you because there are too many around.

Tip 35: Sit On the Aisle On The Bus

When you are getting onto the bus, stop and look for an aisle seat. This will allow you several key benefits. First, you can easily get out of the way if someone that you would rather not be near approaches you.

You can also be in a better position to protect yourself if the attacker decides to sit near you. If you are on the window seat, you are likely to be blocked in. He can easily sit down near you, do what he wants and you have virtually no way of moving to get out of the way.

Always choose the easiest route to get out of in order to protect yourself!

On the bus, especially when you are alone or with a group of people that may be with your attacker, being able to get away or get the attention of the driver can be difficult if you are pinned to the back of the bus or some place where you can easily be hid.

Tip 36: Sit Near the Front

If you are on a bus, always sit as near as you can to the exit or by the driver. Sitting behind the driver is an ideal place if you have easy access to getting out of the bus.

It can be a problem if the bus driver can not see you or if there is a lot of room between you and the bus exit. In this case, sit next to the exit door just opposite the bus driver. This way, in an emergency, you have the quickest route out of the bus and it is much more likely that the bus driver will hear you call for help should someone approach you.

It is also likely that the assailant will not bother with you, because someone else on the bus is likely to be a better, more successful target to them. This is a very important yet frustration situation for many people, but you have to protect you first!

Tip 37: On Train and Railways, Sit With Others

When you are riding subways, trains or other such situations where you can get into various types of sitting areas, always look for the location that offers other people like yourself.

For example, if you are boarding a subway car after work, get in the compartment with others that seem to be doing the same thing. You do not want to be the only person in a car with just a few men or even just one man.

Again, company helps protect you from an assailant's possible attack. One thing to remember here is just how easy it can be to forget that you are in the position you are in. If you do the same thing every single day, you may not even realize that no one else is in that compartment with you.

It is also important to realize that the same route home during later hours may not be as crowded and therefore it may not be the best place for you to go to get home. After dark or when there is too little of a crowd, find an alternative means of transportation or ride with someone that you know.

Tip 38: Be Careful When Getting Out Of Your Car

No matter what time of the day or night it is, it is very important to be aware of your surroundings when you are getting out of your car.

When you are getting into or out of your car, pay attention to the surroundings. What numbers of other people are around you? Can you be protected by enough light and crowds?

Even in areas where you think that there are a lot of people, for example a shopping parking lot, you are likely not to be in all that safe of a situation. Each year, many women are taken right out of a shopping mall parking lot, even though there are cars and cars around them.

How does this happen? It is easy to force a woman into a car when she has already opened the door and is getting into it. No one is likely to hear her or see what is happening.

For this reason, it is very important for you to pay close attention to your surroundings when walking to your car. You should park as close to the doors to the location as you can and be sure to have your full attention on what is happening around you.

Other problem areas where you need to be careful getting into and out of your car include your home, your place of work or other locations where you are virtually alone.

Tip 39: Have Keys Ready When Approaching Car

As you leave the location you are at, you want to walk out of the door with your keys in hand and ready to go. First off, if you wait until you have gotten to the door of your car to shuffle around in your purse to find your keys, you have given the potential attacker the ability and time to come up from behind you to attack and you have no idea he is there.

For this reason, stop inside the door, wait until you have your keys in hand and then leave the building.

In addition to doing this, you also want to be ready with the keys in a defensive position. If you hold the keys in your hand, close your fist around them. Each of your keys on your key ring is a weapon that you have. Each key should be individually placed between your fingers. This way, you have a very deadly weapon in your hand ready to strike at any given time to anyone that approaches you.

Carry your keys like this anytime that you are moving from your car to your destination and then back to the destination again. It will protect you from many negative situations that could arise.

Tip 40: Keep Your Doors Locked

On today's newer cars, this is not a problem. There are several things you want to do here to protect yourself. First, be sure that when you get into a car, you get in quickly and shut the door behind you. Second, be sure that when you get in, you lock the doors to the entire car. This means that fewer people are able to get in.

When you are getting into the car, only open the driver's side door, instead of unlocking all car doors. You do not want anyone to get into the car with you through another door.

Now that you are in the car and driving, be aware of intersections. Keep your passenger windows up so that no one can reach into the vehicle when you stop at an intersection. Also, keep the passenger doors locked. There is no reason for any door to be unlocked as in most new cars you can get out of a locked door from the inside, but you can not get into that door from the outside.

In older model cars, on the other hand, this may not be the case. For this reason, you want to keep yourself aware, drive with passenger windows and doors up, but do leave your own door unlocked. This can help you to protect

yourself in case of an accident. You can still get out of the car.

Tip 41: Approach Your Car with Care

One of the most likely locations for someone to attack you is in your car. It does not have to be hard to get into a car and for that reason you should never assume that your car is so safe that someone can't be lurking inside it.

As you walk to your car, pay attention. Notice what is happening around you, of course, but around your car as well. If you notice that something is wrong with your car or you notice someone around the car itself, walk back into the store, ask for security help or call the police. Do not approach your car alone.

One problem that often can happen is when you approach your car only to find that someone is hiding behind the seat of your car or is otherwise in the car. You may even approach your car to find someone that is pointing a knife or a gun at you from inside your car.

If this happens to you, do not get into that car! Run as far from the car as you can and scream as you do it. Ask for others to call 911. Run in a jagged line so that you are less likely to be hit by a bullet should one come at you.

The attacker is very unlikely to pursue you. Instead, he is likely to flee realizing that you are now in the position to identify him. If you get into the car, there is very little chance of getting out of this situation. Never get into the car!

Tip 42: Don't Leave the Car Unlocked

Stopping for gas is one of the most often times that people do this. They leave the car unlocked just because they will be gone for only "30 seconds!" The problem here is that anyone can get into the car as you have your back to it. You get back in the car, they put a knife to your throat and you are not in a very dangerous situation.

Instead, plan to be safe by keeping the doors always locked on your vehicle. In addition, never leave your car running while you pick up the mail, drop off your child or in any other situation. It is very likely that someone will get into the car and take off with it (even if there are children in the car!)

Tip 43: Don't Pull the Car Over

If you are driving along on your way home and someone pulls next to you to tell you to pull over because you have a flat tire, be cautious. This is a prime way to get you alone and vulnerable and it may not even be true!

What you need to do instead is to pull over only onto a busy street or a location where you can see other people. If you pull over on the side of the road, especially where there are few people, he can easily pull up behind you, pretending to want to help and attack you.

Always continue as far as you can before stopping to make sure that you are in a well lit, safe location before getting out of the car. In many cars, when a tire has a flat, it will signal this to you, in which case you know you should pull over. If you do not have that advantage, you will want to pull to the side of the road and call for help.

Tip 44: Avoid Dark Parking Lots

You went shopping and without realizing it, it got pretty dark outside. This can be a real problem for many people as darkness can descend very quickly in the winter time especially. But, do not be afraid to ask for help.

Most retailers have extra people on hand during these hours because of security reasons. This is why you can easily call on them to help escort you to your car. In many cases, this is no problem at all and they are more than willing to do so.

If you are in a rougher neighborhood and just do not feel safe, and no one can help you, do call the police and ask for

an escort from them. They are committed to helping to protect you from unwanted attackers!

Tip 45: Be Careful With Taxi Drivers

You are getting into a car with a taxi driver. You are the only other person in the car with this person. It is very easy for him to take advantage of you. For this reason, be very cautious when using a taxi service of any type.

When you approach a taxi to get in to it, stop and ask the driver for his identification. Most of the time, this is actually displayed on the visor or near the mirror. Look at the identification and the driver. Do they match? If not, do not drive in the taxi with the person.

Be wary of any taxi driver that does not feel right or that you simple do not like. This could be someone that your body is reacting to. Remember to listen to your body!

Tip 46: Call the Taxi

You have two choices when you need to use a taxi. You can go outdoors in a busy city and wave down a taxi to take you where you want and need to go. Or, you can call on them from their hub.

If you want to be safe, the best thing to do is to call the taxi company directly, ask for a taxi and then wait for it.

If you do approach a taxi by just waving him down, there is no record nor is there any way to know who is actually approaching you. On the other hand, if you were to actually call the station, ask for a cab and then wait for it to come and pick you up, there is now a record of who is picking you up and when.

This may seem to be an inconvenience and a time waster. But, the element of safety is something that you do need to pay close attention to. Realize that you must take whatever precautions are necessary to protect yourself if you are to survive and avoid a negative situation! Inconvenient or not, it is the best way to protect yourself!

Tip 47: Be Careful Where You Sit

When you get into a taxi, you are at the hands of the person that is driving you. Good or bad, this is the very scary truth. Most cabs and taxis will have measures taken to insure that you are protected such as a locking system that allows you to get out of the unit whenever you want to.

Some do have central locking systems which you need to be aware of. Again, keeping your cool is important just as

being able to notice what is happening around you. By doing this it will ultimately help to protect you.

It is also important to notice where you sit. Do not get into the cab on your own and sit behind the driver. He is now easily able to reach behind and lock the door. This means that you can not get out of the vehicle and he can take you wherever he wants.

Instead, sit on the passenger side of the car. Always keep yourself aware of where you are going, what he is doing and what is happening around you. If you notice that you are going the wrong way, ask him about this. Do not assume that it's just a short cut. The sooner you know that there is a problem, the easier it will be for you to get out and get into a safe situation.

Tip 48: Beware Of Cars Following You

If you are walking or perhaps even have had to walk to a phone because your car broke down, be well aware of what is happening. Walk in opposite direction of traffic. When you do this, you provide yourself with the additional benefit of being able to see what is coming at you rather than to have someone or something approach you from behind.

This is particularly important when you are on a dark street or on a freeway at night time when it can be hard to hear someone approaching from behind.

Cars often will approach a woman walking along the side of the street, open the door, grab her and pull her in. Within a matter of minutes, you are gone and there is no trail left to help you.

If you walk against traffic, though, the car would be coming at you, you could see it, run or get out of the way, before it got anywhere near to where you are. This keeps you out of harm's way more often than not.

Tip 49: Jogging and Car Safety Is A Must

One of the many times when a person is out on the road in a potentially dangerous situation is when they are jogging. Let's say that your plan is to get up early in the morning and get a run in before you have to leave for work.

You wake up before dawn, get dressed and head out. As you are running you commit your first mistake. You have on a walkman or an MP3 player which means that you can not hear what is happening around you. This drops your level of alertness and capabilities of protecting yourself from dangerous situations.

Now, you are at risk in a number of ways. What you do not notice is the car that is shadowing you. This car is coming up behind you, following you down the path and you have no idea that they are even there.

If you were paying attention, though, you would know exactly what to do and what you need to react to. For example, you would have heard the car approach and turned to see that they were indeed shadowing you. You can know react in the right manner, before the driver even has the time to do anything to you.

To react in the proper way in this situation, turn your body around and run back into the direction that you came from, avoiding the passenger doors of the car. This way, if the attacker does want to come after you using his car, he has to turn the car around and then pursue you. That takes time and enough time for you to get out of there.

If the person gets out of the car, use the methods we've described for hurting them so that you can then get out of the potential problem. Get as far away from the car as you can because stepping foot inside of it means that you are likely not to come back out safely.

Tip 50: Never Be Too Routine

A big mistake that people make when it comes to jogging or even going to work; is being routine about it. If you follow the same path every day, you are more likely to become a target. Attackers often take the time to stalk their victims until they can actually know what you are going to do next, even if you do not realize that is what you are doing.

In the case of the jogger, you want to be sure to go different routes that are well lit and whenever possible, have houses on them of people that you know. These are called safe houses or locations where you are likely to get help if you need it. If you do not know anyone, then do plan to meet them or at least take note of homes where there are other women, children or families living where you are likely to be protected in situations.

Not following a routine can help you to be someone that is not an easy target which means you are more likely to remain safe throughout your jog or your trip. Do this with your car, too!

When it comes to vehicles, you are very much likely to be attacked if and when you are alone. Cars are very dangerous in all forms and it is up to you to protect yourself from these situations.

Conclusion

Throughout this book we have pinpointed some 50 tips (plus much more) that can help you to remain safe in various situations. This is just the tip of the iceberg in protecting yourself but it can be the best tool available to get you to open your eyes to see just how vulnerable you can be as a woman.

Did you know that more than 70 percent of victims know their attackers? Did you know that the chances of getting out of a car that you have gotten into with an attacker are very low? Perhaps it is very easy for us to forget about the "what if" situations that are out there because there are so many other things to think about and to do.

Yet, what is so important for your safety is realizing that anything can happen to you at any time.

Follow these important tips, then.

1. Always be aware of what is happening around you. This alone can help to protect you from problems by dissuading attackers.
2. Always have a companion when possible.

3. Always avoid strange cars that approach you at any time.
4. Do know how to use your body as a tool to protect you.
5. Know where on a body is the prime location for hurting someone that attacks you.

By doing these things, you put yourself in a better position to protect yourself from anyone that should attack you. With the risks of problems increasing every year, it is up to you to do whatever it takes to protect yourself.

Do not look like, act like or be the victim.