

## **Quick Self Defense Tips**

This is the type of information that is important for everyone to know, but hopefully never needs to be used. Unfortunately, the fact is that most attacks usually happen from behind, and when we least expect them. If you find yourself in this type of situation, here are some simple tips that can help get you out of a dangerous situation:

- Stomp on your attacker's foot
- Throw the back of your head into your attacker's face
- Kick your heel between the attacker's legs, making contact with the groin
- Kick your heel into the attacker's shin
- Throw elbows into attacker's rib cage
- Scream as loud as you can
- Use items that may be in your pocket or purse (pen, keys, hairbrush, etc.) as a weapon

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