

WHAT YOU **LEARNED TODAY**

— MEAN GIRL SELF DEFENSE | SEMINAR REVIEW —

YOU TOOK THE FIRST STEP. NOW LET'S REINFORCE WHAT YOU LEARNED.

Self defense is more than fighting. It's recognizing potential threats, understanding your options, making informed decisions, and developing the skills to protect yourself when necessary.

PART 1 **VIOLENCE PREVENTION**

RECOGNIZE. RESPOND. AVOID. ESCAPE.

01

SITUATIONAL AWARENESS

Pay attention to your surroundings, recognize concerning behavior, and identify available options before a situation escalates.

02

PERSONAL BOUNDARIES

Recognize boundary violations, communicate clearly when appropriate, and understand that you don't owe anyone continued access to you.

03

DISTANCE CONTROL

Understand the importance of personal space, positioning, and maintaining distance from potential threats.

04

ESCAPE OPTIONS

Identify exits, safe locations, available assistance, and opportunities to disengage before physical force becomes necessary.

05

PERSONAL PROTECTION PLAN

Consider your daily routines, potential risks, emergency contacts, and practical steps you can take to prepare for unexpected situations.

06

LAWS OF SELF DEFENSE

Understand the fundamental legal considerations surrounding self defense:

INNOCENCE | IMMINENCE | PROPORTIONALITY
AVOIDANCE | REASONABLENESS | AFTERMATH

Self defense laws vary by jurisdiction. Understanding when force may be legally justified is an essential part of responsible personal protection.

KEY TAKEAWAY

THE EARLIER YOU RECOGNIZE A POTENTIAL PROBLEM, THE **MORE OPTIONS** YOU MAY HAVE TO AVOID A PHYSICAL CONFRONTATION.

WHAT YOU LEARNED TODAY

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BUILD YOUR SKILLS. CREATE SPACE. GET TO SAFETY.

PART 2

PHYSICAL SELF DEFENSE

PROTECT. RESPOND. ESCAPE.

01	STANCE & POSITIONING	Stay balanced, keep your hands ready, and position yourself to move.
02	DISTANCE CONTROL	Manage space and recognize when someone is too close.
03	VERBAL DE-ESCALATION	Use a clear, calm voice and firm boundaries to reduce tension.
04	WRIST GRAB ESCAPES	Practice the escapes you learned, then move toward safety.
05	PASSIVE VS. AGGRESSIVE	Recognize behavior and match your response to the situation.
06	DAY 1 STRIKES	Review palms, elbows, knees, and kicks to create an escape opportunity.
07	BREAKFALLS	Review how to fall with control and protect yourself on impact.
08	TECHNICAL STAND-UPS	Get back to your feet while protecting yourself and maintaining space.
09	GROUND DEFENSE: GUARD & MOUNT	Protect yourself, create space, and work toward getting up and away.
10	IMPROVISED WEAPONS & FORCE MULTIPLIERS	Recognize how everyday objects may help you create space to escape.

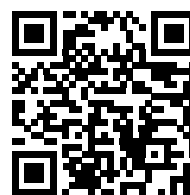
KEY TAKEAWAY

CREATE AN OPPORTUNITY TO ESCAPE.
GET TO SAFETY. DO NOT STAY AND FIGHT.



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