

# Runner Safety Tips

## 1. Be Prepared

Think now about how you might respond to an attack. We always say in our self-defense classes, *"The body can't go where the mind has never been."* By practicing—even just in your head—your response time and actions will improve. Even better is to physically practice getting away from an attacker by taking a basic self-defense course. Being mentally and physically prepared allows you to respond with fight or flight, not freeze.

## 2. Be Aware

Be aware of your surroundings and your posture. Being aware allows you to identify potentially bad situations environment before it's too late. Plus, being aware naturally gives you a more confident posture — your head and eyes are up and your shoulders are back. An attacker is less likely to target someone who is confident and aware.

### Key Awareness Tip

It's hard, we know, but avoid headphones. They take away your sense of hearing, which can be critical in detecting danger. Can't live without music? Use only one ear bud or try "bone conduction" headphones that sit outside your ears.

## 3. Run Away

When something does happen or you just get the feeling it might, get out of there.

We're runners, that's our superpower. Use it. Sounds obvious, but it isn't always that easy—and not just because there can be something physical stopping you. Running away from a situation you're not comfortable with can feel rude or offensive, which is something many women in particular are conditioned to avoid. Give yourself mental permission to "be mean" or offensive, so when you when you get uncomfortable, you're not afraid to react.

## 4. Use Your Voice

If you can't run away, get as loud as possible. Scream, yell. What should you yell? Anything that accomplishes two goals:

- Lets bystanders know you are in trouble, and
- Intimidates your attacker.

## 5. Fight Back

Fighting is a last resort but might be necessary. In studying attacks on women, we've learned that those who fight back are generally more likely to get away and get away safely. Ideally, take a self-defense class to develop some skills and practice.

### What Should You Yell? Some Options:

1. "Back off! Leave me alone!"
2. "Go away!"
3. "Police Officer, I'm over here!" (And put your gaze just behind your attacker.)
4. "Dave (Carl, Mike, Dan, etc.) come over here!" (Invent a buddy to call to come help you.)

## Runner Safety Tips

In our classes, we teach four main weapons: how to punch, kick, use your knees, and use your elbows. In all, you want to cause enough pain and surprise in your attacker to get away. Below are four tools that can help you protect yourself if you run into trouble. Think about using hard, bony parts of your body and target soft, fleshy parts of your attacker.

### *Elbow Strike*

Elbows are pointy, hard, and able to move in multiple planes—backwards, forwards, cross-body, up, and down—making them our favorite in close-range weapon to use in grabs and bear-hug situations.

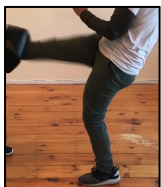
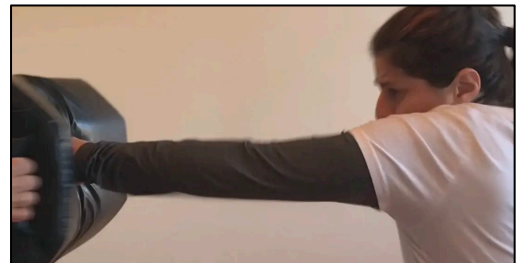


### *Knee Strike*

Knees are another great “close range” tool. Use the top, bony part of your knee and target the groin or inner thigh on your attacker.

### *Hand Strike*

If there's some space between you and your attacker, a punch can be a very effective way to generate a powerful blow. Keep your thumb tight close to your fingers (not under them), then keep a straight wrist as you punch with the top two knuckles. *Better yet, use an object to strike your attacker.* Whatever is in your hand works — a phone, water bottle, sharp end of keys.



### *Lower Leg Strike*

Go for the classic groin kick. Strike the groin using your foot or mid-shin—the boniest and, therefore, hardest part of your foot and leg.

Want to learn more? Check out our website at [www.TrainYourRoar.com](http://www.TrainYourRoar.com) where you can find more tips or sign up for a workshop near you.