

# **FAMILY-DEFENSE SEMINAR OUTLINE**

## **PART I CRISIS CONTROL starts with MENTAL Power - SELF-CONTROL**

- ▶ Accept **100% responsibility** for personal safety at all times, school & home
- ▶ Learn three specific choices that **break the freeze of fear** for immediate self-control and peak performance in any crisis (including crime, confrontational dialogue, public speaking, selling, test taking, medical emergencies, driving emergencies, sports performance, etc.)
- ▶ Turn **emotional strength** into extraordinary **physical strength w/adrenalin**
- ▶ Replace old safety rhetoric and guilt oriented safety tips with new understanding of rights, duty, courage and **personal freedom**.

## **PART II Realistic VERBAL Power**

- ▶ Learn to distinguish *true verses false intuition and feelings* about a possible threat
- ▶ Identify the **4 personalities** of criminals
- ▶ Identify the **3 ultimate goals** of criminals
- ▶ Understand **need to “test” odd behavior** with movement of your **space**
- ▶ Use **verbal strength** to test & confirm a accelerating crime set-up
- ▶ Understand when you have the **right to strike** legally – one sentence self-defense law

## **PART III PHYSICAL POWER to Fight *Right* & SURVIVE, even an ARMED ATTACKER**

- ▶ Learn the best **ONE physical strike** that stops enraged and/or intoxicated assailant
- ▶ Learn exact few words to say on **recorded 9-1-1** call for help
- ▶ Learn exact few words to say immediately to **responding** police officer(s)
- ▶ Learn specific verbal guidance to **talk down an armed assailant**
- ▶ Understand complications created by guns held at a distance (Active Shooter)
- ▶ **See proof** that books and book bags can be used as “shields” to stop bullets and/or significantly reduce injury if trapped with active shooter
- ▶ **Learn ONE physical choice** to survive an unstoppable armed assailant  
(Learn why the same ONE choice is right to survive a variety of weapons including: guns, knives, razors, bottles, clubs, etc.)
- ▶ Learn importance of **leaving/gathering physical evidence** for investigators
- ▶ Learn why **everyday objects** already in your hands (like cell phones, highlighters, pens, water bottles, etc.) are absolutely your best, subtle and effective *defense* weapons.
- ▶ Learn how other household objects (books, TV remote, picture frames, candle sticks, computer tablets, etc.) can be used as effective weapons
- ▶ Feel confident, mentally rehearsing these new, life-saving principles when crime is depicted in movies, TV shows or news reports. Unlike *media-victims*, see yourself making **RIGHT** choices and saving your own life ... in similar situations!
- ▶ Share your new, empowering beliefs with friends and family because **courage is contagious—and feels good!**