

Self Defense

Presented by: MMA Academy

Michael Mihalkanin
and
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Michael Mihalkanin

- ▶ Training and teaching for over 30 years and ranked 6th Degree Black Belt with the World Martial Arts Ranking Association (WMARA)
- ▶ An expert instructor with Krav Maga Worldwide and a certified Force Training Division instructor teaching Law Enforcement Officers and Military tactical defense.
- ▶ FAST Defense Senior Instructor teaching reality training from open hand to weapon defense.
- ▶ An on going expert adviser for television and radio on personal protection.

Anne Marie Mihalkanin

- ▶ 25 years of experience in Personal Safety, a 3rd Degree Black Belt and an expert instructor in self defense.
- ▶ FAST Defense Instructor teaching scenario based reality training from open hand to weapon defense to civilians, law enforcement and military.
- ▶ Krav Maga Worldwide instructor
- ▶ A Dedicated expert adviser on self defense and safety issues affecting our community.

Owner's of MMA Academy

- ▶ A full time Self Defense Academy that caters to personal safety for:
 - ▶ Law Enforcement
 - ▶ Military
 - ▶ Civilians of all ages

What We Teach

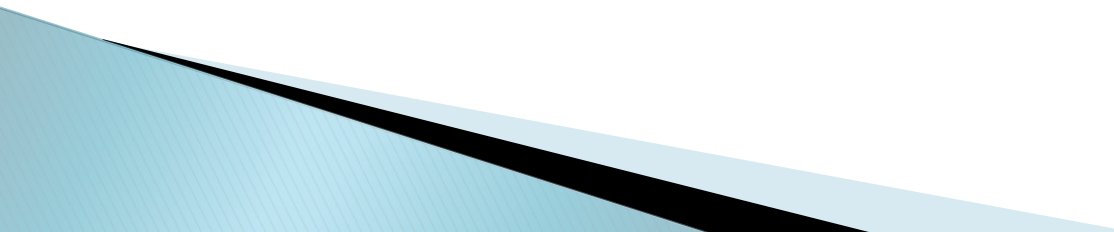
- ▶ Protection
 - ▶ Empowerment
 - ▶ Therapy
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Our Approach


AWARENESS

BOUNDARIES

COMBAT

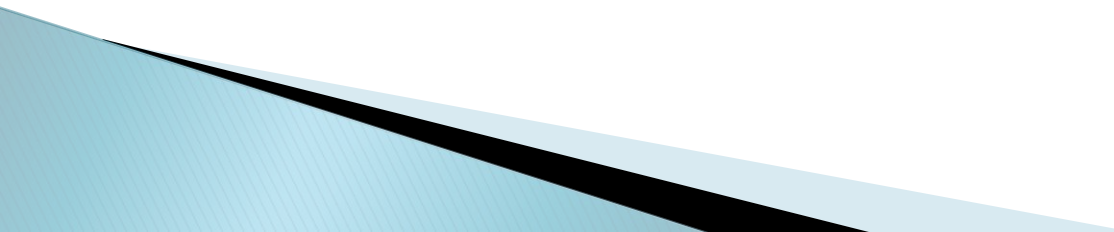


SELF-DEFENSE SPECTRUM

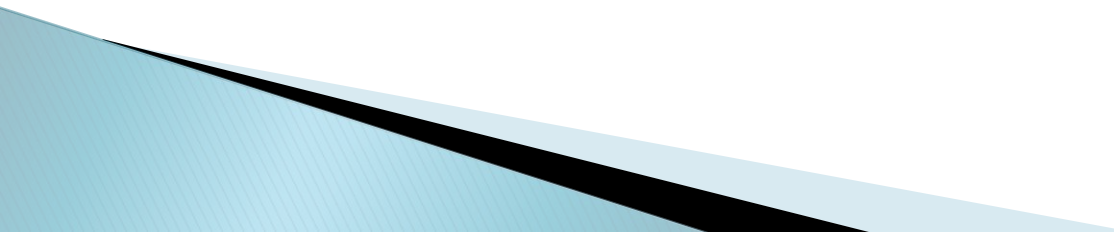
- ▶ Self-defense operates on a continuum
 - ▶ If a situation leads to an assault there is usually a progression of events that led to that level of aggression
 - ▶ Good awareness of the various cues preceding an assault are necessary to neutralize situation before it becomes threatening
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AWARENESS

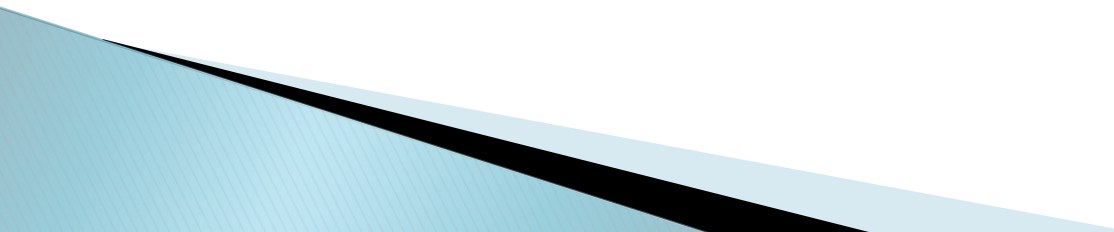
Two Types of Awareness:

- ▶ Awareness of your External Environment
 - ▶ Awareness of your Personal Communication Style
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EXTERNAL AWARENESS TIPS

- ▶ Become More Observant
 - ▶ Always pay attention to what is going on around you, whether you are walking, driving or standing still.
 - ▶ Many assault victims have reported their attacker looked familiar to them.
 - ▶ Trust your inner alarms (your instinct)
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EXTERNAL AWARENESS TIPS

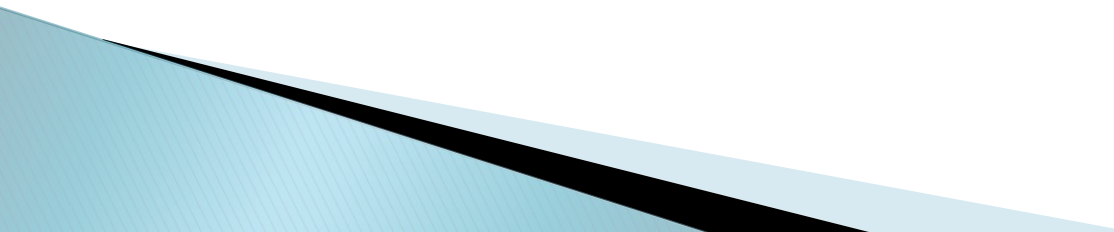
- ▶ Do not make yourself an easy target.
 - ▶ Make it a habit to look around you periodically.
 - ▶ Take away the element of surprise and you take away opportunity!
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AWARENESS OF PERSONAL COMMUNICATION

- ▶ Experts tell us over 80% of communication is Non-Verbal
 - ▶ What Message are you Communicating?
 - ▶ Walk With Confidence (assertive)
 - ▶ Head High, Shoulders Back
 - ▶ Assailants are looking for timid, compliant victims, don't show them one.
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AWARENESS OF PERSONAL COMMUNICATION

Three Types of Communicating Styles

- ▶ 1) Passive = Easy Prey
 - ▶ 2) Aggressive = A Challenge - Escalation
 - ▶ 3) Assertive = Strong Non-Compliant & Under control
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BOUNDARY SETTING

Spatial

- ▶ Keep potentially threatening people at least 6 feet away from you.
- ▶ Ready Stance – Plant your feet
- ▶ Always keep your hands up (no fists)

Verbal

- ▶ Use assertive “BAD DOG” voice

BOUNDARY SETTING

- ▶ The Interview
- ▶ Criminals often ask questions to gauge potential victims
- ▶ It's OK to say "**NO**"
- ▶ When confronted, speak firmly and assertively.
- ▶ Good verbal skills can keep most situations from escalating.

BOUNDARY SETTING

- ▶ Do not engage in conversation
- ▶ Get progressively louder and firmer if they do not get the message

Sample Response:

- ▶ “WHAT DO YOU WANT”
- ▶ “BACK OFF”
- ▶ “BACK OFF, NOW”
- ▶ “I SAID, BACK OFF”
- ▶ “NO” or “Stop” – must be natural

COMBAT

If there is no other solution

- ▶ Keep techniques simple
- ▶ Use gross motor skill to defend yourself
- ▶ Mindset is very important!
- ▶ Defend and Escape
- ▶ Never go to the ground (if possible)

ABC's of Personal Protection

- ▶ The best form of self defense is to prevent an attack from happening by avoiding the situation in the first place.
 - ▶ The best physical self-defense technique in the world is the one that doesn't get used because you have used awareness to keep yourself safe from harm.
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