

## Personal Security



One of the reasons people take a martial arts or kick boxing class is to develop an ability to defend themselves. One of the first key steps to being able to defend yourself is to develop habits that don't require you to defend yourself. Some things that you can do are:

### Be Prepared

- Be aware of the people around you
- Be aware of locations that make you vulnerable to crime, such as alleys and dark parking lots

### Street Precautions

- Travel with a friend when practical
- Stay in well lit locations
- Walk close to the curb and avoid doorways, bushes, and alleys where someone could hide
- Walk confidently and at a steady pace
- Make eye contact with people when you are walking
- Do not respond to conversation from strangers on the street
- If you carry a purse, carry it close to your body and keep your keys separate and preferably on your person

### Office Security

- If you work outside normal business hours, be sure that the outside door is locked - in some locations, you may also want to lock your office door
- If you work late, be sure that people know that you will be working late and try to find a friend or security person to walk with you to your vehicle
- In an elevator, it is best to be near the control panel so that you can ring the alarm should a person assault you in the elevator
- Know your building exits
- Before leaving a building at night, be sure to look around for suspicious activity

These tips were taken from the [Los Angeles Police Department](#), which has a great web site for personal security information, e.g. rape prevention, identity theft prevention, ATM safety tips, etc.

If one of your goals is personal safety, then as you train, try to focus on developing your strength and speed and practice your one steps. The one step and self defense techniques can work, but you must be able to execute them in a real defense situation and that confidence comes with practice.