

KARATEWEST

LEADERS IN PERSONAL ACHIEVEMENT

Karate West has been teaching their Five Step Defense program for nearly 20 years. The program is non-intimidating and easy to learn for children of all ages. Karate West, one of the largest martial arts schools in the country, provides monthly workshops in the community free of charge. To schedule a workshop for your school or club, contact Karate West Training Centers at 425.391.4444.

Five Step Defense

1. Step back away from the stranger. You must keep a “bubble of safety” of at least 15 feet from the stranger. Once you are over 15 feet away, the chances of them re-engaging (getting you again) are small.
2. Scream (loudly). Draw attention to yourself by yelling as loud as you can. Yelling “Stranger!” rather than “Help!” lets everyone within earshot know that this is not a game.
3. Get Slippery. This means to pull your arms into your chest. By keeping your arms close to your torso, you are harder to grab by the arms.
4. Run to Safety. Safety is any place where there are other people. First choice is to run to adults (known or not). Second choice is to run to children. Never run and hide. You need witnesses. The rules to running: look where you are running; you are not allowed to get tired until you are safe; run to safety (people).
5. Bite. If the stranger grabs you, fight back! You do not need to become a victim. The best weapon for everyone is biting. The human bite has between 100 and 200 pounds of pressure. Rules to biting: step in; bite whatever is closest; bite as hard as you can; don’t stop biting until they let you go. Run to safety!

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