



## Basic Awareness for Self-Defense

**Awareness: *Pay attention to myself, my surroundings and others!***

Effective Self-Defense training provides awareness and preventive skills, not just physical techniques. Paying attention to yourself, your surroundings and others is a critical step to being able to avoid dangerous situations and individuals.

1. **Pay attention to myself:** Evaluate your mental and physical capacity to fight or flee. Take note of your general demeanor, appearance and any injuries or conditions that may affect your ability to escape a violent scenario. Also, consider any helpful tools or weapons you may be carrying.
2. **Pay attention to my surroundings:** Evaluate your current environment and any areas you plan to travel through. Note hazards, escape routes and any useful items or weapons.
3. **Pay attention to others:** Evaluate the individuals and groups around you. Take note of the general baseline behavior and pay special attention to any deviations of behavior. This could include someone acting in an unsafe way or in possession of a potential weapon.