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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Verbal Self Defense - A Critical Factor in Self Defense for Women**

**By Michelle Annese**

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Verbal self defense, the use of your voice in a threatening situation, is an extremely important tool in protecting yourself. How? Uncommon to popular belief, criminals do not pounce on an individual when the mood strikes them. They attack when they see an opportunity available to them. If it's easy, they will take it. They will prey on those who are weak, unaware, and an uncomplicated target. Criminals will act on premeditation, or stalk their victims ahead of time before attacking. If you show that you are familiar with your surroundings, walk with confidence, and give off the impression of strength, a criminal will not want to work to fight you.

Keep your eyes on everyone. Just because they might not 'look' like an attacker, doesn't mean that some guy in a business suit can't be one. If someone is approaching you, look them in the eye, hold out your hands in front of you and yell "Stay Back!" or "Stop!" Most sexual assailants interviewed say that they leave a woman alone if she showed that she wasn't someone to be messed with or wasn't afraid to fight back.

It's called putting up a verbal boundary or verbal self defense. Many who have used this as part of their self defense training say they were amazed when they stepped toward a threatening stranger and yelled "Back Off!" in a strong, assertive, projecting voice. And the would-be assailant did just that.

Using pepper sprays can work in the same manner. Just by aiming at a potential attacker and yelling, "I have pepper spray!" can be a deterrent. That's if it is in your hand at the time.

Pepper sprays are only effective if properly used. Telling your would-be assailant that you have pepper spray... and it's at the bottom of your purse is not effectively using it, or any weapon or self-defense product, for that matter. Whether its mace, a stun gun, or even your keys, have it readily available, in your hand. More self defense products can be found online at on this great website [www.safetyquestproducts.com](http://www.safetyquestproducts.com)

Knowing how to use these devices also plays a huge role in protection. You must know how the device works and be familiar with it. How? Practice. Practice. Practice.

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When using mace, go outside and shoot a tree. See how the pepper spray really works. See the distance it takes to reach a target. If you're going to use your keys, pre-plan ahead of time just exactly where on an attacker you would jab them. The eyes and throat are terrific targets. Tell yourself, "I will use this if I feel my life is in danger - No Question." and without hesitation.

There are places that actually have computer simulated mace practice rooms. They are extremely life-like. These are the same simulation rooms that police and security officials use for their own training. Check with you local law enforcement to see if they are available in your area.

This type of training helps to program the mind during adrenal-stress. Or another form is called Body Alarm Reaction (B.A.R). You must train the mind with a stressful situation or adrenaline response to

know just how you will react during an actual confrontation or attack. How you react in a B.A.R. moment will let you know if you'll hesitate in a life or death situation.

Knowing how verbal self defense works can be a terrific safety tool for woman in preventing them from falling prey to an approach of a stranger. Verbal self defense is also another way to build your confidence in yourself. It allows women to see the power of their voice, the protection they can have from their voice, and to not feel threatened by anyone.

Michelle Annese is a 3rd degree black belt with 15+ years experience teaching industry specific self defense and safety for women and children. She is author of The Realtor Survival Guide, Protection for Women, and The SafeGuard System for Kids. For more information on how to protect yourself and your family go to <http://www.protectionforwomen.com> Check out other articles by Ms. Annese and get her free safety tips e-newsletter.

### **Women's Self-Defense Against Men**

**By Marcus Grant**

When looking at the increasing numbers of reports about violence against women, it is clear that women's self-defense against men is becoming an important issue in today's society. There are many products and techniques designed for women's self-defense against men, from mace guns to judo and assertiveness training. Unfortunately, these things are becoming increasingly necessary, and it is essential to stay informed of the most effective strategies for women's self-defense against men.

Since more and more women are working overtime and at late hours, extra attention should be given to women's self-defense against men. Dark parking lots are among the most dangerous places, and it is good idea to walk into a parking lot with a special device, such as a small alarm, whistle or light, or where it is legal, a mace gun or stun gun. The mace or stun guns should not be shaped like actual guns, but should be disguised as cell phones, pens or key chains which can be carried by hand without attracting undue attention.

It is important to principle of women's self defense against men always to look straight ahead and

always to appear alert. Potential attackers are always on the lookout for women who seem unaware of their surroundings, so give an impression of confidence.

Before opening your car door, always inspect the inside to ensure that no one is there. A portable flashlight can be useful for this inspection. Make sure your car door is always locked, and, if you unlock your car door with a remote control, avoid locking and unlocking the door too far in advance of your entry. This will prevent someone from crawling into your car.

Women's self-defense against men is not always focused on strangers, but, more often than not, an attacker is someone the woman knows. Before making the attack, the person usually stalks the woman to find out her habits and where she is the most vulnerable.

It is therefore a good idea to change your route frequently if you jog or walk for exercise. Be on the lookout for people who are watching your activities and make sure that you are aware of potential dangers. Like fire drills, women's self-defense calls for identifying potential danger spots, so, as you go through your day, look for those places where a person can easily intrude.

Many strategies for women's self-defense against men include some kind of martial arts training. Although many critics complain that techniques learned in classes can not be adapted well to the street, martial arts give women strength and confidence to be able to ward off an attacker.

There are many varieties of martial arts to choose from, and it is a good idea to experiment with several classes before narrowing down your choice. Popular martial arts courses for women's self-defense against men include:

· Tae Kwan Do · Kenpo · Judo · Hapkido · Kung Fu · Karate

Tae Kwan Do is a good choice for women's self-defense against men, because it emphasizes punches and kicks that can repel attacks. Aikido emphasizes throws and joint locks, which are more aggressive techniques to deal with attackers. Kenpo and Karate were developed through principles of aesthetics

and spirituality, as well as a means of self-defense. Kung Fu focuses on the movements of five animals: the dragon, tiger, snake, leopard and crane. Martial arts give the added benefit of physical fitness and self-confidence to women's self-defense against men.

The most important principle to remember for effective women's self-defense against men is confidence. If a woman looks and seems aware and confident, a potential attacker is less likely to approach her, because he knows he will be unlikely to succeed. In addition, if she feels competent, she is far more likely to defend herself well and to prevent an attack.

Marcus Grant



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