

TONG IL LO MARTIAL SCIENCE SAFETY AWARENESS

A very important part of self-defense is termed "Safety Awareness". Please review the following list with your child until he/she has it memorized. Answers to these points may be a part of the "verbal" section of the testing phase of our program.

1. **OUTSIDE:** Most attacks occur outside, on the street, in a park, playground or school yard. Be alert to your surroundings and the people around you when you're outside...particularly if you're alone or it's dark.
 - a. Stay in well-lit areas as much as possible.
 - b. Walk confidently, directly, at a steady pace. An attacker looks for someone who appears vulnerable
 - c. Walk on the side of the street facing traffic.
 - d. Walk close to the curb. Avoid doorways, bushes, and alleys where attackers can hide.
 - e. Wear clothes and shoes that give you freedom of movement. Don't burden yourself with too many packages.
 - f. If you think you are being followed, walk quickly to areas where there are lights and people. If a car appears to be following you, turn and walk in the opposite direction, or walk on the other side of the street.
 - g. Be careful when people stop you for directions. Always reply from a distance and never get too close to the car.
 - h. If you feel you are in danger, do not hesitate to **scream and run**.
 - i. If you are in trouble, attract help any way you can. **Scream**, yell for help, or yell "**Fire**" OR "**KIA!**"
 - j. A common approach for most attackers is to act as if they lost their dog and ask a child to help look for it. Remember, stay away from strangers, even if they seem nice! Never ever get into a stranger's car for any reason!

2. **AT HOME:** Some attacks occur at home. Follow these tips:
 - a. If strangers ask to use your phone in an emergency, offer to make the call yourself. Ask them to wait outside while you make the call.
 - b. If strangers telephone or come to your door, don't admit that you are alone.
 - c. If you come home and find a door or window open, or signs of forced entry, don't go in. Go to the nearest phone and call the police.