

EVADE

extreme violence & aggression - defense & escape

the only self defense program in india with simulated crime attacks

self defense workshop series for women

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www.survivalinstincts.org

01

Know Your Equipment

The tools that you carry, are only as good as your ability to effectively and efficiently use them during imminent danger. This ability can only be acquired with consistent training and practice.

02

Improvise Weapons

Be ready to use anything at your disposal to defend yourself - pen, umbrella, flashlight, your nails, heels, hand bag etc. EVADE program trains you how to utilize common objects for your protection.

03

Aersol Sprays

Pepper sprays are the most effective aerosol sprays, although a can of body spray can also be used to blind a criminal. Invest in a good pepper spray and practice often until you can retrieve and discharge the pepper spray from your hand bag within three seconds.

04

Stunning Devices

Stunning devices temporarily incapacitate the criminal by compromising his central nervous system. They can be devices of contact such as a stun gun or a firing device such as a taser gun. Both devices have their own advantages and disadvantages.

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equip for safety

Training

Your ability to fight stems from your presence of mind and techniques to deter, disengage and counter attack. Invest in a safety program such as EVADE (with crime simulations) to ensure the success of

Right

Remember you have the moral and legal right to fight even if the criminal is only threatening you and has not struck first. Be loud when you fight, repeatedly shouting words such as 'police' or 'help', so you can

Hesitation

Many women hesitate to attack because they fear it will provoke the attackers anger and the attack will get worse. Statistically your odds of survival are far greater if you do fight.

fight in need

F

gut instinct

Whatever you call it, "gut instinct or sixth sense", trust it. It is a powerful subconscious intuition a key survival instinct. Women especially have it, but many sadly do not pay attention to it. If you get a "feeling" that a person or situation is not safe, avoid it - most probably you are right.

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heeding is dangerous

A victim who complies to the demands of the criminal to move to a secondary location is statistically 20 times more likely to end up dead.