

The **LETHAL LADY'S** Way

of Combative Personal Protection

Defense Strategy Plan
Street Smarts
Situation Assessing
Potential Danger Spotting
Vehicle Safety
Home Safety Security
Grab Escapes
Lethal Combat Strikes
Pepper Spray Use
Knife Use for Defense
Firearm Use for Defense
Self-Defense Legalities



Written by Hall of Fame Inductee - Jermaine Andre'

I wrote The Lethal Lady's Way to provide all women with the same lethal, combative advantages as me, to protect yourself & destroy he who attempts harm towards you.

The Virtue of Woman IS NOT the servant for bad men. Many of you have allowed your fierce power to be replaced with fear, and a label as incapable, unsure prey waiting to freeze & surrender for an attacker!

Lethal Lady will empower you to re-discover & seize back your divine, power as a woman of pride with a unspoken, universal, plan for attackers of ladies. To unleash on them all that which God himself has warned of!

"Hell hath no FURY! Like a woman scorned."

The Lethal Lady's Way

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The Value of Self-Defense



Self-Defense Preparation



Many *choose to have* to count on self-defense when it could've been avoided. From the woman attacked in the alley to the fella who gets jumped leaving the bar or the elderly couple who gets attacked in their home, all of these attacks more than likely could have been avoided. Prevention is the first step in self-defense better noted as AWARENESS.

One of the biggest complications with everyday people choosing to learn awareness or Personal Protection is that they think they will have to change their lives after learning it. This is not true. Basic awareness is simple. All we have to do is take the time to attend a 1-2 hour course and our minds will be programmed to look out for certain situations that could lead to a potential attack. We have to place our priorities correct in life in regards to ourselves and loved ones. If we would just take 10 seconds to think about how horribly things would have to change if we or someone we love fell victim to an attack, we would have no problem choosing to

take the time to learn. Here are some things to consider if we or someone we care for gets attacked.

- Imagine waking up bound and gagged to an unknown person who was about to do God knows what to you.
- Imagine someone you love missing and not knowing where they are or what is happening to them. This will affect not only your personal and home life. How could you perform your daily job?
- How would intimate relations continue to play out if a sexual assault occurred?
- If you or someone you cared for survived an attack:
 - Hospital bills
 - Unwanted media attention
 - Permanent injuries and/or scars (5-10lbs of pressure can knock a tooth out)

It is important for us to protect ourselves and loved ones at all times. One slip up or mistake can lead to an eternity of pain and sadness.

For an attack to happen, a stage must be set. This stage is set by the attacker and there are several things that this attacker needs in order to execute his attack. Let's go into the criminal's mind for a second and learn what some of those things are:

He requires a hiding spot for himself so he can surprise his victim.

Understand that a hiding spot doesn't necessarily have to be a dumpster in a dark alley. It can be a man in a suit who is pretending to be an insurance agent at your front door. In this case, your home would be the secluded spot. It could even be a neighbor who has been acting kindly. Attackers don't have to necessarily *look* like attackers. In this day and age, criminals are savvy and manipulate to make their attacks.

He requires a secluded area away from the public eye to execute his attack.

No one is going to attack you in the middle of the shopping mall while it's busy. *(Of course this excludes purse snatchers and/or Pick Pocketers. Crowded areas are best work areas for them.)*

He requires a person who is alone and seems vulnerable.

Attackers choose people whom they feel they can intimidate and scare easily. They don't want a fight because that would be a risk of being caught and going to jail.

When we use our awareness to stay off of an attackers' stage and not play the role of the type of individual that they're looking for, we destroy their set. Basic awareness can be easily understood if we always keep the 2 basic requirements that an attacker needs in order to execute his attack in mind. 1. A secluded area. 2. A person who

seems vulnerable and is alone. Here are some tips to aid you in awareness.”



Some martial arts instructors will try to convince you that they can make you do Supergirl type things if you keep coming to their classes and giving them your money.
Don't be their fool!

STREET DEFENSE



Preparing to readily defend yourself begins in the mind. If you expect the techniques that you are learning to be effective, you have to first commit in your mind that you will use them when needed. Self-defense techniques will do you no good if you're not prepared to fight back with everything that you have when the situation calls for it. Drill it in your head that it is either going to be you or him. Train so you are comfortable and confident with the techniques. Then, be prepared to use your weapons when needed.

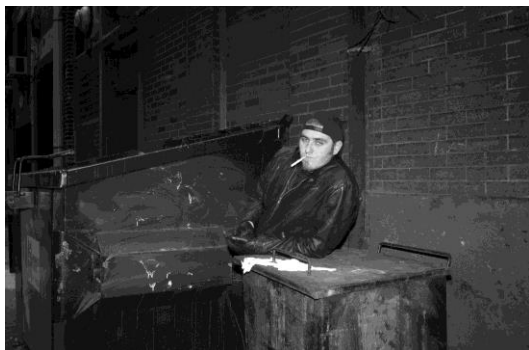
Most attacks are made in secluded areas. Heighten your senses when you are entering areas that hide you from the public eye. Scan and predict where you think a person may hide and avoid those areas. Stay totally away from suspicious looking characters.

You are most vulnerable for an attack when you are alone. When you are alone be prepared to defend yourself with a defense

tool that is accessible (Pepper Spray, Kubaton, etc...).

Attackers usually choose people who appear weak and vulnerable. Carry yourself with confidence. Keep your head up and don't be afraid to make eye contact.

Attackers require seclusion to make their attacks. They may attempt to hide their faces and sometimes even body before making their attack. If you spot a person who seems to be attempting to hide himself, expose him by speaking to him (from a far and safe distance). Let him know that you see him. You may not have only saved yourself from an attack; you may have saved the next person. We must not be afraid to take a united stand against attackers. If we all look out for each other and expose suspicious characters, a lot of attacks will be stopped.



Notice and avoid suspicious characters that look out of place. Ask yourself, “Why is he there?” If you can’t think of a good reason, avoid them or contact police or security to investigate.

Don’t allow strangers to get closer than 10 feet to you when you are alone or in a secluded environment. The closer that you allow a stranger to get to you, the less time that you will have to react to their attack. If they have something to say they can say it from a distance. You don’t owe them a conversation.

Notice and avoid suspicious cars. If there is a suspicious looking vehicle parked near yours or near the area that you have to walk through, DON'T go near that area. Contact police or security to investigate.

Many women have been kidnapped by the van with dark windows that is parked right beside their vehicle. These women ignore the suspicious vehicle and approach their own vehicles regardless. As they open their car doors and turn their backs to load their packages, the door of the van swings open and they are grabbed.

If an attacker draws a weapon on you and tells you to go with them, DON'T! Never go with an abductor! There's a better chance of surviving because he most likely won't shoot or stab you in public do to fear of being exposed. Furthermore, if you allow him to get physical control of you and go with him, you most likely won't be let go.

VEHICLE DEFENSE



Always park in well lit areas. Avoid parking in the dark or in areas away from ample activity.

Beware attackers under your vehicle who may try to grab your feet and pull you to the ground.

Beware strange pieces of paper on your vehicle that block your vision. *(This was a trick used in parking garages to force women to get out of their vehicles and remove the paper while backing up. They were then attacked while out of their vehicle.)*

Always check inside your vehicle by peering into the backseat before entering it. Very important for SUV drivers.

Immediately lock your doors when you enter your vehicle.

Maintain drive off space between other vehicles to avoid car-jackers. Leave yourself room to cut the wheel and immediately

speed off if you feel danger approaching.
Don't trap your vehicle between other cars.

Check your mirrors at stops. If you see a suspicious individual approaching your vehicle, carefully drive off.

Dispense cash from the ATM during the daylight hours to discourage robbers.

Gas your vehicle during daylight hours to avoid car-jacking incidents and car theft.

Beware strangers who approach you pretending as if you dropped \$ or other items. *(An attacker would wait at gas stations for women and as they got into their vehicles to drive off, he would play good Samaritan and approach their vehicles waving a \$100 bill. When the ladies rolled their windows down to communicate with him he would issue his attack.)*

Never leave your house keys on the key ring when dropping your vehicle off for service or cleaning. *(An incident occurred where a mechanic was matching home keys on the key*

rings for vehicles with the addresses in the shop's database. He would get copies of the keys during his lunch break then later break into women's houses and attack them.)

Beware Bumper Benders! Car Jackers and kidnappers may ram into the back of your vehicle just enough to cause minor damage. Once you pull over to inspect the damage and collect insurance information they initiate their attack. If you are hit in a suspicious area by a suspicious vehicle DO NOT pull over until you have reached a populated area.

BEWARE FALSE POLICE!!! Red & Blue Police vehicle lights, decals, uniforms and badges can be purchased by savvy & connected criminals. If you are being signaled to pull over, drive until you make it to a populated area. DO NOT GET OUT OF YOUR VEHICLE! Even if the officer tells you to get out of your vehicle inform him that in regards to your own personal safety you will get out when his back up arrives. If he is a *real* police officer he will be understanding of

this. And if he is a real police officer who gets mad and decides to use unnecessary force on you, then you will easily win the case that he pulled you over for when you go to court. If this person gets *extremely* forceful and decides to bust out your window, drive off! If he's a real Police officer his back up will arrive and that's when I would pull over. This kind of action would be out of line for a police officer if he is real and when the video footage from his vehicle reveals this action, charges will be cleared and he will be ripped a new one by his superiors and the media.

MANY people (mostly women) have been kidnapped by criminals posing as police officers. It is best to keep your door locked and talk to the police officer through your window which is partially raised down. The LAW doesn't require any more than that.

This section WAS NOT written to encourage you to be disrespectful to real police officers. They are there to protect you.

HOME DEFENSE



Choosing a quality neighborhood to live in.

There are many tell-tale signs that can inform you of the kind of neighborhood that you are about to move into. Even though many may feel offended by statistics... most of the time, they speak the truth. Furthermore, my life experiences of living in low income neighborhoods and higher income neighborhoods, has proven to me personally that low income neighborhoods have a higher crime rate than high income. Regardless, there are low income neighborhoods in the world where a close community relationship is maintained and the crime rate is even lower than that of many high income neighborhoods. Here are some key things to look out for that give signs of potential problems when selecting a place to live:

Broken down, or dented vehicles parked in the neighborhood.

Destroyed and dirty parks or basketball courts.

Un maintained schools and/or community centers.

Unkempt lawns. Weeds growing between the cracks on the sidewalks. Hedges not trimmed.

Numerous stray animals running around.

Lots of vehicles still parked in housing units during regular daytime work hours. This could mean a lot of the housing rents to people who may not work. *(Some people who don't work may spend most of their time hanging out in the neighborhood. This leads to an idle and bored mind which in turn leads to the devil's workshop.)*

Spend an afternoon watching the type of traffic that comes through the neighborhood. Are there a lot of cars making fast stops at one house? This could

mean drugs are being sold out of that location.

Check the street gutters and lawns for crushed up beer cans and/or bottles. If you see a lot of bottles and beer cans that means the community morality is low. This reveals that people drink openly on the streets in front of children etc...

Drive through the neighborhood during the weekend nights between 11pm and 3am to see what type of activities are happening and what your potential neighbors are doing. If there is loud music blaring and wild parties, keep this in mind when choosing your living area.

Make an attempt to speak with several neighbors to see how their attitude is towards you. Act like a tourist looking for directions to see if the neighbors are rude or polite and helpful.

If you are choosing to move into an apartment it is best to pick one on a floor

where the windows can't be accessed outside from the ground. This will allow only 1 way in and offer you better home protection. It will also allow you the option of leaving your windows open on those beautiful nights for fresh air without the worry of someone walking through your screen. *(This happened in South City of St. Louis for well over 10 years. A rapist known as the South Side Rapist busted through the screens of open windows and attacked hundreds of women.)*

Pre-check the living quarters that you are moving into. Check the locks on the windows and doors to assure that everything locks well. Sliding glass doors should have a support bar that lowers to better secure the door. All entry ways into and out of the house should have a deadbolt. It's best to have a peep hole at the front door so you can see whose knocking. Check the lighting of the entrance way. You don't want the entrance to your home to be a dark secluded area.

Moving In

Move into your location during night time hours. You never know who may be watching you and your belongings. It's best to cloak your property under the darkness of the night instead of allowing peering neighbors to see *everything* that you have as you unload the truck.

Try to keep it as confidential as possible with strangers and even neighbors if you live alone.

If you are a single woman ask for frequent visits from your brother, father or trusted male friends. Never allow neighbors or strangers to pin point a schedule on your visitors either. Make the visits random and spread out.

It is also good as a single woman to tell anyone who questions your living arrangements that some family member or close friend is some sort of a law enforcement agent.

Single women (and probably men) should own an alert dog with a vicious bite. (Miniature dogs that don't possess a threatening bite may be good as an alarm but that is as far as their protection will go.)

Have your dog trained and certified to attack in a foreign language at your command only.

Don't allow others to pet and pacify your dog. This may get him used to strangers and he may not attack when required.

Have a home alarm system installed.

Purchase renters insurance. It is very cheap and worth it.

Living secure

If you move into a home that you are renting or that was sold to you, immediately change the locks.

If you live in an apartment complex where a key to your apartment is kept in the main office, change the deadbolt lock on your door so that you have the only key to the deadbolt. Leave the door handle key lock as is so management can have access through that lock if ever needed.

(Maintenance people are allowed access to all apartment keys for the complexes that they work in. Most apartment complexes do not run back ground checks on the maintenance men that they hire. Having a deadbolt on your door that only you have the key to allows you to lock everyone out at important times such as when you are sleeping or leave home. If there comes a time where management or maintenance needs access to your apartment while you aren't there, they can 1st contact you for approval then you can leave the deadbolt unlocked and the handle locked. This will give them access to

your apartment through the handle key lock to do maintenance or whatever they need to do.)

If there is a neighborhood watch program, familiarize yourself with it. Learn how it operates and who the participants are.

Keep all doors of your house locked at all times. *(It doesn't matter how nice you think your neighborhood is. Criminals go where they want. You don't want to end up as the tragic story in your neighborhood that everyone thought would never happen.)*

Hide self-defense tools near your bed, entrance doorways and in the bathroom. *(Self defense tools at entry ways allow you immediate access to protection when entering your home. Many attacks have been made on people as they were entering their homes by an attacker who was already in the house. If your home is broken into and you are in the bathroom, you may not hear it. A running shower or sink, flushing toilet, blow dryer etc... all of these can play part in drowning out the sound of a window smashing or a door being opened.)*

Close curtains/shades at sunset so outsiders cannot see inside your house. *(Whenever you can't see out of your windows due to the dark of night, others can see in. Stalkers use peering into your windows to excite themselves to attack you.)*

Lock ground level windows before sunset. *(Screens can be easily pulled out for breaking and entry. If you want to enjoy the air of the night, do it through an upstairs window that is difficult to access from the outside.)*

Never open the door for a stranger even if he is claiming injury or desperate need of help. *(This is a trick that many have fell for. Don't fall for it! Tell them that you will call 911 for them and DO IT! Remember that you're not a cop or medic so the only way that you can help them is by calling 911 for them.)*

WEAPONS OF HOME DEFENSE



It is advised to own an effective weapon that you know how to properly use and safely store. (Important!: “A weapon has no loyalties to its former owner.” This means if you allow your weapon to be taken, it will work against you. It is recommended that you seek proper training in the use, storage and concealment of any weapon or self-defense tool that you choose to use, prior to use.)

Highly recommended home defense weapons

FIREARM



- Be sure to receive proper training in the use & storage.
- Be sure to purchase a good working firearm.
- Be sure to practice using your firearm.
- Be sure to be familiar with the local firearm ownership laws of your city & state. Contact the State Police or your Sheriff for info.

Firearm Good points:

- +Gives great confidence to its wielder.
- +Can be very intimidating when seen or heard.
- +Can have massive man stopping power and cause extreme damage when used.
- +Covers long distances so you don't have to get close to your attacker when using.
- +Can be used repeatedly against attacker.

Firearm Bad points:

- Can be difficult to aim at target when under pressure.
- May jam or backfire if not properly cleaned and taken care of.
- The firearm itself may be intimidating to the user to use.

-Recoil can be too much to fire an accurate second shot.

-Shooter may miss target and bullets can travel through walls & windows possibly injuring an innocent individual. *A LOT of responsibility extends when you choose to fire a bullet in the air. Be aware of your background!*

-May be complicated to store in an accessible area if children are present in the household.

-May cause serious legal complications when used.



OC PEPPER SPRAY



- Be sure that your canister is operational
- Be sure that it is not expired (2years is normal life)
- Be sure that you know how to store & properly use it.
- Practice Spray so you will know your distance capabilities.

Pepper Spray Good points

+Pepper Spray is extremely effective and non-lethal.

+Can be easily used by any sized person.

+User can spray one attacker or multiple attackers.

+User can gas rooms or a vehicle with Pepper Spray. Furthermore, Pepper Spray presents no lethal danger to the innocents. It's okay if you accidentally spray a good guy while attempting to spray the bad guy. It all washes out later.

+You don't have to get close to the attacker to hit him with Pepper Spray.

+Won't cause permanent damage on someone who accidentally comes into contact with the spray.

+Won't cause legal complications when used for self-defense.

Bad points

- No knock down power.
- Can blow back into users face when sprayed into the wind.

Low recommended home defense weapons

KNIVES



- Be sure that your knife has a good, comfortable handle.
- Practice swinging your knife in the air & cutting a cardboard box for practice.

Knife Good points

- +Can be intimidating when seen.
- +Can sever arteries and tendons and poke holes in organs causing serious damage.

Knife Bad points

- Knives lack knock-down power. It is very possible for an attacker not to feel cuts and stabs even when repeatedly issued if his adrenaline is going.
- You have to get close to your attacker.
- It takes an aggressive mentality to cut or stab someone.
- If you cut your attacker and his blood gets on the handle of the knife, it may make the knife slippery to hold and control. Sweat from nervousness can also make the handle slippery.

BATS & CLUBBING DEVICES

Good points

+Can knock a man unconscious when the proper target area is struck with the correct amount of power.

+Can break and shatter bones when the proper target area is struck with the correct amount of power.

Bad points

-You have to get close to the attacker.

-You may not have room to swing in hallways.

-You usually only get one swing and the hit may not be damaging enough.

-Personal strength is required to make clubbing tools operate. You may not be strong enough to be effective or so nervous that it affects your strength.

Self-defense techniques

*Instructional Videos at
JermaineAndreMartialArts.com*

Andre's Self-Defense techniques differ from the MMA techniques used for competition and fitness. These techniques were designed to help you defend yourself in a life or death situation by providing you with the weapons to immediately shut an attacker down. Andre's Self-Defense techniques are very easy to learn; designed so that anyone can use & master them; and more effective than the techniques taught for competition and/or fitness. Most of the techniques that you will learn in self-defense are banned from the competition arena because they are *too* effective. The use of them would end the match quickly while inflicting irreparable damages to the person that they were executed on.

SPIN OFF (Wrist Grab Escape)



TWIST (Wrist Grab Escape)



KUNG FU/KARATE' PALM STRIKE

The Palm Strike is excellent for self-defense and can be thrown from just about any stance or even a normal standing position. A target can be struck with a Palm Strike when it is in front of the body and/or beside it. The Palm Strike can even be executed while falling backwards or while on the ground. When executing the Palm Strike from a stance or no stance, simply open the hand of the palm that you intend to use. "Push" your hand hard and fast at the target and strike with the lower, fatty part of the palm. Be sure to hit *through* your target! The nose is the best target for this technique. In regards to whether you can push someone's nose through their brain and kill them, NO YOU CAN NOT! The nose is made of soft cartilage and the skull which sits between the nose and brain is made of bone. Cartilage CAN NOT go through bone. However, it still is possible to cause death upon someone with this strike due to the trauma of the brain smashing against the skull if the strike is hard enough.

With this strike it is possible to crush the cartilage of the nose; dislocate the jaw by hitting the chin; injure the solar plexus & floating rib.

-Target areas are nose, chin & solar plexus.



GROIN STRIKES

Groin strikes are effective. The groin can be the weak spot of any attacker. When a man accepts a strike in the groin it knocks the wind out of him and drains all of his strength.



When striking the groin you are aiming for the testicles. A correct strike on one or both of these may cause pain, loss of breath, disorientation and loss of strength. You can strike the groin with any type of strike that you choose. Just be sure to hit the right area. The groin may also be grabbed. Be sure to grab the testicles and squeeze hard.

It is now time to get into the many uses of your lower limbs. We will start with a simple kick, which is probably the most effective self-defense kick in the world. Understand that it is never necessary to throw kicks at someone's head unless you are a highly trained Martial Artist. Keep your kicks below their chest. You do not have to kick high to be effective with your feet in self-defense.

FRONT SNAP KICK

The Front Snap Kick is the kick that you are going to learn. This kick is easy to throw and hard for attackers to block. Striking areas for this kick consist of the shins, knees, groin and sternum.

1. Chamber your knee.
2. Strike with the ball of your foot not your toes.
3. Rechamber your knee.
4. Back to stance





Strike with the ball of your foot, not your toes.

KNEE STRIKE

Learning to use your knees is a must for every woman. Knees are short ranged, powerful and hard to block. Throwing a knee is simple. Just raise your knee to strike your target. Keep your hands up to protect your head and point your toes to add power. Knees work on the groin, stomach areas and if he's bent over, the facial areas. You can also grab your attacker by the back of the head, or hair, and pull his face down into your knee.



Throw your knees hard and quick! They are hard to block.

TOE STOMP

Your next technique is a toe stomp. Toe stomps can be very uncomfortable as we all know. I'm sure that you remember how it feels to bang your toes on the corner of the bedpost early in the morning. Toe stomps are best to use when someone grabs you from the front or behind and your feet are still on the ground. Stomp the tips of your attacker's toes with your heel. Realize that toe stomps are good only for confusing your attacker and putting him in a little pain so that you can execute a more effective technique. They are not *man stoppers*. Be prepared to execute another tactic after delivering a toe stomp.



Stomp your heel on his toe like it's a big,
ugly cockroach!

BUTT KICK

Butt Kicks are good for injuring an attacker who has grabbed you from behind. When grabbed from behind, position one of your feet so it is between your attacker's legs. Raise your foot as if you are trying to kick yourself in the butt. Your heel will strike your attacker directly in the groin.

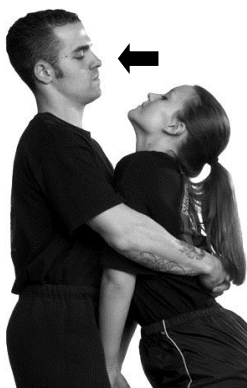


1. Base down first so he can't pick you up.
2. Put your heel in his testicles!

HEAD BUTT

It is now time for you to learn how to “use your head”. One of the hardest bones in the human body is the skull. It is also one of the least expected weapons to be used in a fight, especially by a woman on a man.

Head butts are simple. Just move your head forward to strike with your forehead. Be sure to strike your attacker in his face, not in his forehead. Using your forehead also works great if you are grabbed in a bear hug from the front and both of your arms are trapped. You may also head butt with the back of your head if you are grabbed in a bear hug from behind. Simply lean your head as far forward as you can and then slam your head backwards into his face.



1. Lean your head back as far as you can.
2. Slam your forehead into his face!



Your head is like a bowling ball. You'll hurt him way more than you'll hurt yourself.

WEAPONS

“The lady’s advantage against the barbaric.”

Weapons are a very important aspect to understand today. It can be assumed that most attackers will use a weapon when choosing to attack an individual. You must understand the use of weapons and not fear them. Weapons allow many advantages such as intimidation, spacing, the ability to hit your target from far away, & man stopping power. Knowing how to properly use a weapon IS the advantage.

An important factor to keep in mind in regards to weapons is, “a weapon has no loyalties to its former owner.” This means if you allow your weapon to be taken from you it can be used against you. Furthermore, if you take someone’s weapon away from them, it can be used against them.

Looking back into the history of the war of man, we are told that the first battles of the caveman days were most likely fought in a close range, wrestling manner. It then evolved to striking with the fists & feet adding the advantage of distance as a key factor. Fighting then moved into the stick and stone, sword and spear, arrow and gun, cannon then missile. Mankind was always seeking a way to develop a weapon that gave him more power and most importantly, more distance. Our ancestors did not choose to go backwards from weapons to wrestling. Weapons play a key role in the outcome of a battle or fight. And this is why you must also understand the proper use of weapons.

Many may fear owning or learning to use a weapon due to a rumor that it may cause something bad to happen. Well as a person who has been surrounded my whole life by weapons I assure you that I have never seen a weapon cause harm to any person or thing without a human being controlling it. There are no possessed or

bad weapons, only bad people with weapons. And we don't want them to have them all. It is comfortable to keep in mind also that just because you own and know how to use a weapon, doesn't mean that you have to use it. Weapons are manmade items that and should be kept under the control of honorable men & women at all times.

THE ULTIMATE WEAPON

OC Pepper Spray



I name Pepper Spray as the Ultimate Weapon for several reasons.

1. It's easy to carry and use.
2. It's worked every single time that I've used it during a security or body guarding situation.
3. It provides distance from your attacker.

4. You can use it on more than one person at a time.
5. It's non-lethal so it's not to be too big of a deal if an innocent accidentally catches overspray during a personal protection situation.
 - a. It's safer to have around children than a gun.
 - b. It's not going to kill if you happen to hit the wrong person
6. There aren't hard legal issues when you have to use it on someone.
7. You can gas a room with it.
8. You can gas the air of someone who is chasing you.

OC Pepper Spray *fog* pattern is the most effective to use for self-defense. The effects of being sprayed with OC Pepper Spray are that it will dilate the attacker's pupils while forcing the eyes to slam shut. It will also restrict breathing to life support breathes only, while causing a severe

burning sensation and gagging. It is a non-lethal form of protection made from Cayenne peppers. OC Pepper Spray is trusted by military, police, FBI and DEA agents, private security companies and more.

When using, first be sure that your safety is off. It is best to vocalize and raise your free hand to your target right before spraying. This will force him to widen his eyes for the spraying. Point your canister at the attacker and spray directly in the face. Aim for the eyes, nose and mouth of your target and keep your distance. The spray is designed to cover the space in between.

Immediately move away from the space that you were standing in after you have sprayed him in case he lunges in the direction that he last saw you in.



Do not rub your own eyes after spraying someone without decontaminating and washing your hands with soap and cool water first. Give approximately 45 minutes for decontamination.

OC Pepper Spray works best on the subject when it dries. There is no need for you to soak down the person that you are spraying. You want your attacker to simply breathe the mist and get it in his open eyes. The OC will do the rest.

Keep in mind that Defense Sprays work on *most* people and animals. Always be prepared to use repeated sprays and other weapons such as kicks, punches etc...

Do not spray into the wind or you will receive backspray.



It is a good practice to shake your canister of OC every other week. This is to assure that the ingredients are mixed well for spraying. DO NOT be shy of carrying OC Pepper Spray. It will offer you an effective form of self-defense that you can easily use immediately.

Spraying a group –Be sure to gas the air in front of everyone by panning the can side to side as you spray. Back up while spraying to allow them the opportunity to step into the mist. As the spray starts to affect them, escape.

Spraying on the run –Spray over your shoulder, behind your head while running forward. If spraying with your right hand, bring your arm in front of your face and spray over your left shoulder. Look away from the shoulder that you are spraying over. Rotate your wrist as you spray so you gas the full area of air behind you. Allow your pursuer to run into the gassed area. Escape!

Spraying when grabbed –When grabbed from behind around the waist or upper arms look back and over your shoulder to see which side of your body the attacker's face is on. Let's say his face is over your left shoulder and you're carrying your spray in your right hand. Immediately lean forward and look to your right while reaching across your left shoulder with your canister and spraying your attacker in the face. When he releases, escape! Be careful not to look in the same direction that you are spraying or you may catch overspray.

Spraying from ground –Base yourself and spray up at your attacker. When he reaches to cover his eyes or turn away, log roll from in front of him and get back to your feet fast. Escape!

Defense Spray Retention –If your attacker grabs your Pepper Spray canister immediately tighten your grip on the canister. Then turn your canister towards you and snatch it away hard while striking his forearm with the same elbow of the arm that you are holding the canister with. This will free your canister. Immediately spray him.

Gassing a room or vehicle –Simply spray the room or vehicle for a few seconds, panning the canister as if you are spraying air freshener. Be sure to spray away from yourself and hold your breath. Immediately leave the area.

Reacting properly if sprayed –If sprayed do not rub your eyes. Immediately flush with

cold water for 45 minutes or until burning stops.

Decontamination –decontamination takes about 45 minutes

Types of Defense Sprays

OC Pepper –Best to use. Immunity cannot be developed to OC. Results are immediate and non-lethal.

CN Gas –Not very effective in tests.

CS Gas –Not very effective in tests.

Spray patterns

Stream –Good for police, military and security use. The concentrated stream can assist in pin pointing a target in a group and not accidentally spraying others.

FOGGER –Is best for self-defense as it offers a wide spray that has a better chance of hitting a target especially during a panic situation.

Cone –Is decent for self-defense but doesn't cover as much of an area as a fogger does.

LEGALITIES OF SELF-DEFENSE



Knowing *when* to defend your self is the 1st most important step in self-defense. If you choose to defend yourself *before* you should, it can cause legal and emotional issues. Hence, if you choose to defend yourself *after* you should've, you take the chance of serious injury or even death!

Knowing when to defend yourself comes natural. It is more than likely time to defend yourself when you feel the need for *fight* or *flight*. This means you either want

to *run away* or *attack* to avoid being hurt. Simpler said, if a person presents *an immediate danger* to you, you are legal to defend yourself. You may be asking, “What is considered as immediate danger?” Here are some samples. If a person:

...has already attacked or attempted to attack you.

...is moving towards you in a threatening manner with fists balled or hands extended in a threatening manner

...has made a verbal threat towards you and is pursuing you

You may also defend another person if someone is presenting these types of actions towards them. We do have rights to protect each other.

Understanding where self-defense *ends* can be just as important as understanding where it starts. Once the person ceases to become an immediate threat to you, the

blanket of self-defense no longer covers you. You are allowed by law to use self-defense only to stop an attacker's potential of causing immediate harm upon you. Here are some examples:

EXAMPLE #1: Let's say an attacker attacks you with a knife and you take the knife from him while knocking him unconscious. While he's unconscious you get very angry. You take the knife that you took from him and stab him repeatedly. You are probably going to get an assault with a deadly weapon charge because once you knocked him unconscious, he was no longer an immediate threat to you. You could have gotten away.

EXAMPLE #2: Imagine that a person that you don't get along with calls you on the phone and says that they're going to put a whipping on you the next time that they see you. You take this as a threat, put on a pair of brass knuckles and head on over to his house. You ring the doorbell and when he answers you give him braces (punch him in

the mouth with the brass knuckles.) Well, you were right in taking his threat as a verbal assault because it was. However, you had no right to go punch him in the mouth because he wasn't an *immediate* threat. The law would've expected you to contact the police regarding the verbal assault.

TERRORISM AWARENESS

Terrorism has existed and threatened us all long before the World Trade Center 9/11 attack and it will be in existence long after. As a super power we will always have enemies. And it is the responsibility of every one of us to do our part in protecting each other from terrorist acts. This does not mean that you are expected to pick up an M4 and join the local militia. We can all do our part by simply raising our awareness and looking out for suspicious activities. If you're walking through the airport and see an abandoned bag, immediately notify security. Don't be afraid to expose suspicious activities and people with a call to 911.

We all have a responsibility towards protecting ourselves and loved ones. We also need to take our community into consideration. Not defending ourselves will allow crime to fester and eventually rule all. It is upon the honor of each of us to present a threat to muggers, robbers and rapists

that we will fight back! This is turn will
detour attacks and assist our police and
government in controlling crime.

For Instructional Videos, On-Line &
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Jermaine Andre' is a U.S. Martial Arts Hall of
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Champ, UFC Vet, Teacher, Speaker, &
Community Leader



Eye Attacks!



Throat Attacks!



Punch Protection!





Takedowns



Ground Defense!