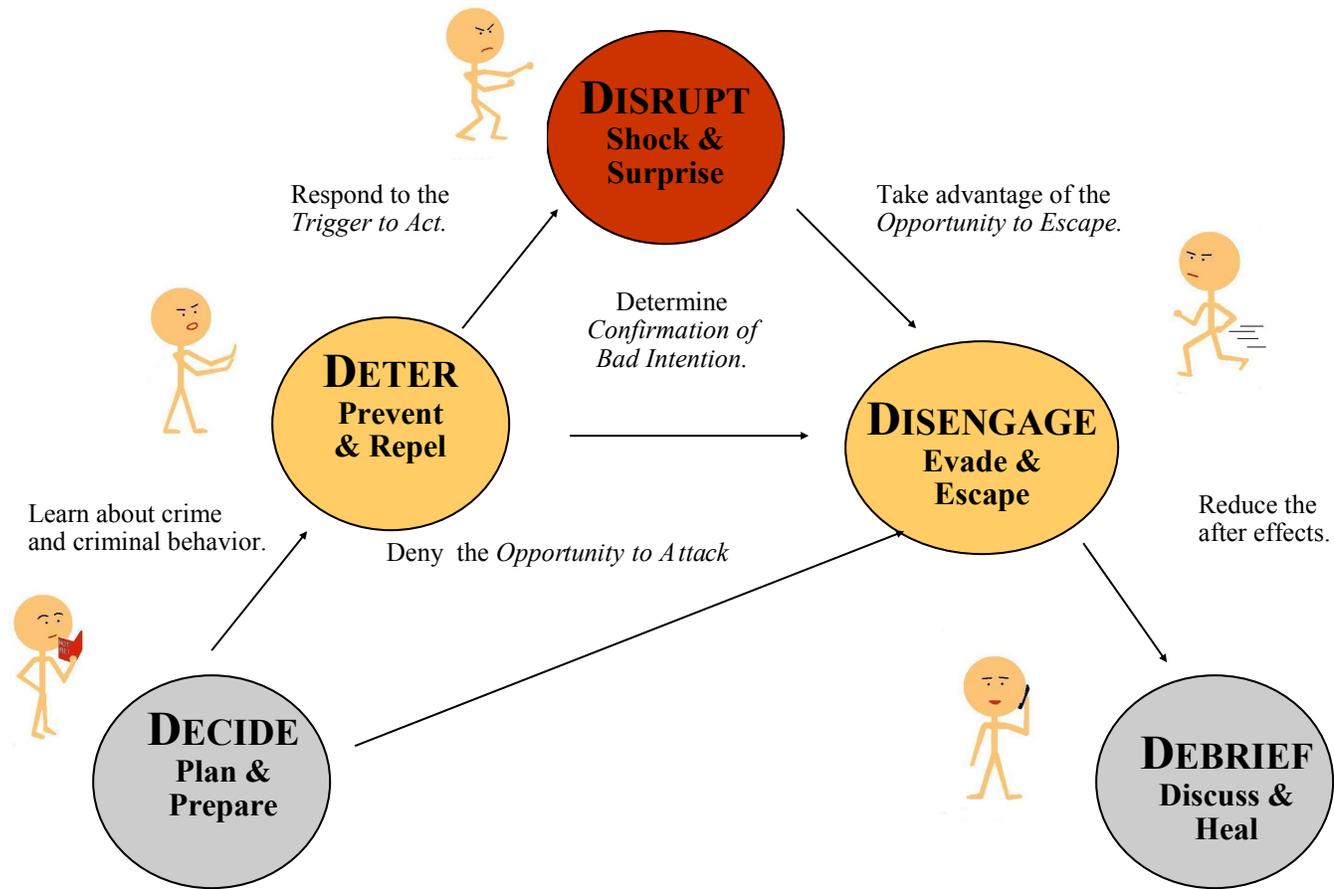


# The 5D's of Self-Defense © CRGI & Erik Kondo



Self-defense **begins** with preparation and creating a plan of action.

The **end** goal is to minimize the consequences of aggression and provide peace of mind.

**Making sense of self-defense.** Has all the commonly known and repeated tips and advice on self-defense got you confused? The **5D's** will enable you to better interpret the information. All self-defense concepts may be categorized by one or more of the **5D's** which make up Prevention (before), Intervention (during) and Mitigation (after). The advice may be then be understood as an example of a concept, not an absolute rule. By putting each piece of information on self-defense into the category where it belongs, the **5D's** will help you to make sense of self-defense.

## DECIDE

Never be taken to a secondary location.  
Carry a mobile telephone.  
Take a self-defense class.  
Never give up. Lock your doors.  
Do not accept a ride from a stranger.

## DETER

Be aware of your surroundings.  
Be assertive. Stay alert for danger.  
Walk with confidence.  
Use your intuition.  
Travel in groups at night.

## DISRUPT

Kick to the groin. Stomp on the inset.  
Use anything available as a weapon.  
Yell as loud as you can.  
Gouge the attacker's eyes.  
Fight with everything you have.

## DISENGAGE

Flee at the first opportunity.  
Get away as fast as you can.  
Never corner the attacker.  
Have an exit strategy.  
Evade and escape.

## DEBRIEF

Go to the police. Don't shower. Get medical attention. Talk to someone.

## The 5D's of Self-Defense



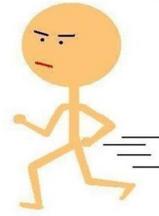
DECIDE



DETER



DISRUPT



DISENGAGE



DEBRIEF

The following news stories exemplify how the 5D's of Self-Defense are used to illustrate the multiple stages of self-defense. Using the 5D's as a framework for breaking down self-defense into its different stages of Prevention (before), Intervention (during) and Mitigation (after) makes it easier to comprehend and convey specific self-defense tactics and techniques that make up the entire Strategy.

Not every news story will mention all five stages, but successful self-defense invariably contains all of them.

### **BRITISH GIRL 'FOUGHT OFF SEX ATTACKER' IN FLORIDA HOTEL LIFT"**

ASSOCIATED NEWSPAPERS LTD 2005

Police said the **girl's self-defense training** (DECIDE) helped her escape after the attacker began fondling her and demanding sex. When she **screamed** (DETER), he allegedly grabbed her throat but the girl **bit one of his fingers** (DISRUPT), hit the alarm and **fled** (DISENGAGE) as the doors open. She reported the incident to police. (DEBRIEF)

### **KSU STUDENT FIGHTS OFF ATTACKER**

11Alive.com 9/27/2006

"He grabbed my wrists and told me to get into the car," she said. "I guess it's just instinct **I hit him in the face,**" (DISRUPT) and **he let go.**" (DISENGAGE)

### **GIRL FIGHTS OFF ALLEGED ATTACKER**

ABC7Chicago.com

"He said to get into the car and **I kicked him** (DISRUPT) then **I grabbed my arm away and I got on my bike and went home.**" (DISENGAGE) said Emily, **who learned how to fight from her brothers.** (DECIDE) "They said **whenever someone tries to hurt you, kick them as hard as you can,**" (DECIDE) said Emily.