



# THE MOST POWERFUL SELF-DEFENSE TACTICS FOR SENIORS

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# The Most Powerful Self-Defense Tactics for Seniors

Before we get started, I want to set a few things straight.

The techniques you'll find in these pages aren't going to win you any karate or judo trophies — in fact, they'll probably get you banned from any fair sporting event.

You see, this guide isn't about fighting... it's about survival at any cost.

The combat strategies you'll learn in this guide have been developed to empower **anyone** — regardless of strength or skill — to defend themselves from attackers on the street.

And that means fighting dirty. But then again, someone who attacks you unprovoked isn't looking for a fair fight...

I wish we lived in a world where polite folks who kept to themselves didn't have to know how to defend themselves. But unfortunately, personal security isn't something **anybody** can take for granted these days. According to the Bureau of Justice Statistics, 59% of seniors who are victims of crime are victimized at or near their home.

I can't abide the idea that criminals are targeting folks at their homes — that folks should have to live in fear where they should feel the safest.

Which is why I put together this guide.

Read on to discover an unarmed self-defense technique that anyone can master... the best tools for senior self-defense... and tips for stopping an attack before it even happens.

Most importantly, you'll be able to walk around your neighborhood with your head held high, confident that you now have tools to protect yourself.

Stay safe,



Jason Hanson

# Know the Signs: 3 Surefire Clues You're Being Targeted for an Attack

The first step in surviving an encounter with a criminal is **identifying an oncoming attack**.

Walking into a mugging or physical encounter unprepared is a good way to lose a fight before it even begins.

But if you stay aware of your surroundings and any potential threats, you can predict an attack, get ready to defend yourself or even avoid an attack entirely.

Criminals aren't the savviest bunch. Most will broadcast their intent to attack long before they leap into action. Once you know what to look for, it's pretty darn easy to see them coming.

Below are three surefire clues you're about to be attacked:

- 1. Too much eye contact.** When you're walking down the street, it's not uncommon to meet eyes with other folks. Regular people will break eye contact quickly. But a criminal about to attack won't look away. This is because they've "locked onto you" as a target.
- 2. Matching your pace.** Most folks will quicken their pace or slow down to avoid walking side by side with a stranger. However, a criminal who has targeted you will match your pace so they can launch their attack as soon as they see an opportunity.
- 3. Asking a distracting question.** This is one of the oldest tricks in the book. A criminal will approach out of the blue and ask you a strange question. They do this to distract you so they can snatch your wallet, punch you out or worse. Always maintain good space between you and strangers, and remember that it's better to be rude and alive than polite and dead.

All right, so you're being followed. What now?

Engaging your attacker should be the last resort in a worst-case scenario. Even if you're successfully able to fight off your attacker, there's a good chance you'll get hurt in the process.

That's why it's always wise to avoid the confrontation entirely if possible.

The first thing you should do is seek out a public space. Restaurants, coffee shops, hotels and any sort of public convenience. Most criminals know better than to attack someone in full view of a room full of witnesses.

Head straight to the counter and tell an employee that you're being followed. You can wait out your attacker there or call a taxi and get picked up right at the front door if that's an option.

If you're caught out on a street with no shops or restaurants, your next move should be to call 911.

This is less about calling the police to come save you and more about getting the perp's appearance on-record and scaring him off. They'll be much less likely to attack if they think the police are on their way and know what they look like.

Call 911 and tell the operator that you're being followed and fear you're about to be attacked.

When the operator asks you to describe your pursuer, don't concentrate too much on clothes (these are temporary and can be changed easily). Having said that, it's worth mentioning if their clothes are clean or dirty, as that will make them easier to profile.

Start with sex, race, hair color and eye color. Then move on to age, build and if they have any distinguishing scars or a limp.

Any criminal worth his salt will call off an attack after being identified to the police. But you never know what they will do if they're on drugs, desperate for money or just plain stupid.

**Note:** You can avoid becoming a target for criminals by adopting a predator (not prey) mindset. I've asked Self Defense Co. expert Damian Ross to teach you how to walk the walk. You can read his tips and advice at the end of this report.

If there's nowhere safe to go and they are still following you, you're going to have to defend yourself...

# The Best Self-Defense Tools for Seniors

When criminals target elderly men and women, they expect an easy target.

They mistakenly assume that seniors can't or won't defend themselves... and this gives you the upper hand.

With their guard down, it's easier to catch them by surprise when you launch your counterattack.

And you can further tip the balance in your favor with some powerful self-defense tools.

Here's a list of the top self-defense tools you can carry discreetly every day.

## 1. TACTICAL PEN

This is a specially engineered pen made of solid aircraft-grade aluminum that makes a remarkable self-defense tool. In other words, not only can you use it to stop an attacker, but it can also be used as a glass-breaking device in the event of an emergency.

This is my favorite self-defense tool. It goes with me everywhere, whether I'm entering a highly secure government building or I'm on an airplane. In addition to using it for self-defense, I also use it to take notes throughout the day.

And it's so discreet that you'll find no problem getting it onto planes and other high-security areas.

You can get your own tactical pen and find out more [right here](#).

## 2. STUN GUN

While pepper sprays use pain and disorientation to slow your attacker, a stun gun will literally force their muscles to stop moving.

Stun guns are nonlethal weapons that use high-voltage shocks to temporarily disable muscle functions and allow you to escape.

Modern stun guns can be designed to resemble common items like cellphones or lipstick holders so they can be concealed in plain sight.

### 3. PERSONAL ALARMS

Personal alarms are handheld devices that emit ear-piercing screeches that can be heard blocks away.

These are typically shaped like car alarm remotes and serve two functions: to startle and frighten a would-be attacker and to alert anyone in the area who can come to your aid.

Some models even have a grenade-pin activation system, which means the attacker can't stop the noise by taking the alarm off of you.

### 4. CAR KEYS

This is a handy tip when you're caught unprepared for an attack. When held tightly between your thumb and index finger, your regular car keys can make an effective weapon for scratching and poking an assailant.

**Note:** Do not slot the keys between your knuckles. This might look like a dangerous weapon but in reality, it's hard to keep your keys gripped this way. It's easy to drop them or even hurt yourself when attacking like this.

Target vulnerable areas such as the eyes, neck or groin to disable your opponent as quickly as possible.

### 5. A WALKING CANE

A good cane isn't just a sturdy walking aid — it's a self-defense tool that could save your life.

You can use your cane to block strikes from your attacker and take down foes who are larger and stronger than you.

A cane with a large knob or metal handle will do the most damage but can be tough to swing accurately. You can wrap the end of the cane with rubber wrap grips to give you more control and help you hold onto it.

You can find weaponized walking canes with sharpened points for cutting and tearing, but the best self-defense is knowing how to fight with a simple, high-quality walking stick.

Here's an easy-to-remember attack pattern that will give you the edge in a fight:

**STEP 1:** Take a broad stance — greater than shoulder width. A strong foundation is key.

**STEP 2:** Focus all of your energy and swing your cane at the outer side of the attacker's knee closest to your cane-carrying hand. If done correctly and with enough force, your attacker will drop to half their height.

**STEP 3:** This step is critical. Don't waste the momentum you created from the first blow. Strike again with even more force to your assailant's neck/temple region. They should be around waist height after your knee strike, which will make this blow much easier to land.

**STEP 4:** Immediately exit the area and find anyone who can offer you support and/or security.

The cane defense is a great way to defend yourself if someone manages to get up close and personal... But you might not always have your cane with you.

That's why I recommend memorizing a simple unarmed self-defense technique to use as a last resort...

## The Trident

“Give me your wallet or I'll kill you.”

These words would be enough to make most of us freeze up and panic.

But imagine hearing them uttered late at night in one of the most dangerous cities in the world... while you're on a mission that's vital to the security of the United States.

That's the situation one of my fellow ex-CIA officers (let's call him “Robert”) found himself in several years ago when he was overseas in a country I'm unable to disclose.

When the suspicious man first approached him, Robert thought the man was part of a foreign intelligence service and that he was about to

be “rolled up,” meaning he was about to be put in jail for getting caught as a spy. However, once the guy made that threat, Robert quickly realized he was dealing with a street criminal.

He could have done a number of things, including giving the criminal his wallet, hoping the thug would go away.

But that’s not always the best choice. Especially in this particular part of the world where even if you comply and give the criminal your wallet, they’ll often still kill you just for the fun of it.

So instead of complying, Robert did what is known as the “Trident” — and it saved his life.

The best part of the Trident is that you don’t need years of martial arts experience to learn it. It’s a simple self-defense technique anyone can master.

If you can pull it off with some speed and strength, it will incapacitate most attackers quickly and effectively.

## **SELF-DEFENSE BASICS**

Intelligence officers don’t have 30 years to get trained in martial arts. Instead, when you attend your top-secret training, you learn the critical self-defense moves needed to keep you safe no matter where in the world you may travel.

You learn moves that are not only devastatingly effective but also incredibly simple so that in a stressful situation they can be quickly deployed.

And while I imagine you (hopefully) won’t be traveling to the world’s most dangerous countries, you and I both know that anything can happen here in America, even when we’re doing something as mundane as shopping at the grocery store.

Before we get started, it’s important to remember that if someone pulls a knife on you or threatens to harm you, you always want to immediately escape if you can. Or if you carry a gun like I do, you want to draw your gun to defend yourself.

However, if you’re in a confined area without a firearm and you think



you have no choice but to fight back, you want to overwhelm them with force. In other words, you should perform the Trident with everything you've got.

The goal is to inflict damage on your attacker as quickly as possible, thereby creating a window for you to flee to safety and call the police.

## TRIDENT: THREE-COMBO ATTACK

As the name suggests, this technique can be broken down into three separate moves.

**Step One:** The first move is to strike the head area, specifically the eyes. Put simply, reach one of your hands out and claw and poke the eyes to disorient your attacker.

**Step Two:** As soon as you strike the eyes with one of your hands, immediately punch the throat with your other hand. I know this may sound harsh, but we're assuming someone is trying to kill you. A punch to the throat is incredibly effective and will likely have your attacker recoiling forward in pain.

**Step Three:** The third and final move is a swift knee to the groin. This will send almost anyone to the ground, thereby giving you a chance to escape to safety.

Remember, all three of these moves are quickly done one after another, going from the eyes to the throat to the groin. When you do them fast — and with power — your attacker will be caught off guard, giving you a chance to escape with your life.

Visualize yourself carrying out this technique. Then if you ever find yourself in a potentially deadly situation, you'll know exactly what to do.

One last thing before we finish up here.

I've asked self-defense expert Damian Ross to give you some of his tips and secrets for avoiding a possible criminal attack. Below, Damian will show you how to adopt the predator mindset to deter an attack.

# Are You a Predator or Are You Prey?

*By Damian Ross | Self Defense Co.*

Self-defense size-ups happen in the first few milliseconds you're in someone else's space.

They see you as a possible target of opportunity and they need to make a quick decision — a cost/benefit analysis — on whether you are going to be worth it.

In other words, will they be able to impose their will on you without being injured, captured or identified?

When walking in rough neighborhoods, people who don't know any better will tell you to avoid eye contact, keep your head down and just keep moving.

This is not good advice.

At our core, we're animals, and in the animal kingdom, there are predators and prey.

If you act like either one, you will be treated as such.

When criminals and bullies pick targets, they're looking for prey — not a title fight.

Take this story I just received from one of my members, Lee:

I was walking out of a Walmart when a male in his 20s hocked up some phlegm and spit right across my path. He was standing next to the wall, and my inclination was to swing my right arm around and plaster his head against the wall before he could escalate the situation.

Needless to say, I didn't, but I did make eye contact and maintain my distance while walking past, and he went back against the wall.

I do believe he got the message.

I have come to discover that the will to act is the currency of respect in some circles. It sends a message that it's not a real good idea to mess with me.

The spit was the punk's way of testing Lee to see if he was going to be a problem.

This is how most crimes of violence begin. Criminals try to get away with a little and then take a little more and so on.

Imagine if Lee had looked down and tried to avoid dealing with this punk altogether. There's a good chance this kid would have decided to follow him to his car, ask him for some spare change and then continue to see what he could get from Lee.

The good news is we will never know because Lee acted like a predator, not prey.

## **ARE YOU PREDATOR OR PREY?**

Predators...

- Make strong eye contact
- Walk with their head up, scanning the environment
- Move with purpose.

Prey...

- Avoid eye contact
- Constantly look for ways to escape
- Move with panic.

Remember, wherever you go, you're being sized up and tested. How you're perceived is entirely up to you.

Now, this doesn't mean you should overtly challenge the local thugs on the corner, but casual eye contact for less than a second is enough.

And when you move your eyes off them, keep your eyes at the same level. Look past them and slowly scan the area, left to right and right to left. Please — don't get into a staring contest.

Always keep your head up and chest out and move with purpose and intent.

It also helps (a lot) if you have a plan of action mapped out in case something kicks off.

Having a plan will:

- Instill purpose in your movement
- Emote confidence
- Calm your nerves and channel that adrenaline rush
- Give you something to focus on
- Stop you from panicking.

Remember — be a predator, not prey.