

# Keeping Your Friends and Family Safe



by Keith Pascal

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This book is designed to provide information about martial arts principles and techniques to keep your family and friends safe. Specifically, its intent is to help you to build interest in safety in those you love and care for.

It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in the rendering of legal advice, or advice and expertise for your specific situation, environment, or set of circumstances.

Defending oneself is serious business. Such actions could result in legal consequences. It's also hard to give individuals specific advice without being there to witness the situation in question.

Services of competent professionals should be sought, to help you gain more expertise in judging self-defense situations and appropriate reactions.

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# Table of Contents

Introduction --- 5

Sometimes, The Obvious Answer Is the Best — 6

Just How Good Do You Have to Be? — 7

Tidbits — 8

Cultivate an Interest with Gifts — 9

All Roads Lead to Rome and All Options Lead to ... — 10

Conclusion — 11

# Introduction

I don't know if you are a martial artist who wants to keep those around him safe, or if you are just someone in search of ways to keep your family and friends free from harm in this increasingly dangerous world.

This ebooklet caters to both martial artists and non-martial artists alike. It provides valuable suggestions on what you can do to help those you care about to help themselves.

After all, you can't be there to protect them all the time.

You need to give them some survival skills — techniques and tactics to use ... just in case.

## A Note About Product Suggestions

This ebooklet is NOT some excuse for a sales pitch. It definitely gives you advice to consider and even training suggestions.

I do, on occasion, recommend a book or ebook that I have written. All my books come with a money-back guarantee, so please don't feel that there is any risk involved.

If you can't afford or aren't interested in the recommendation, then just skip over it. No harm, no foul.

Note: One or two of the recommendations are for free materials. So, don't skip over everything ;-)

The books recommended in this ebooklet and those found at [KerwinBenson.com](http://KerwinBenson.com) really will help you achieve your self-defense and martial goals. I hope that you do give them a chance.

Now, let's get right to ways to keep your family and friends safe.

I wish you good health and a safe life,

*Keith*

## Sometimes, The Obvious Answer Is the Best

If you wanted to learn to protect yourself, what would you do?

I am betting that you'd enroll in a martial arts or self defense class. Am I right?

So, the easiest solution to keeping those around you safe is to sign them up for lessons. Find lessons in practical application — lessons that focus purely on self defense.

Now, here's a secret tip:

Rather than forcing your family member into a class against his or her will, try building interest first.

Get your loved one interested over time — not all at once. Don't rush the process.

Maybe you could find a movie to watch that includes a little self defense. Find a movie in your family member's favorite genre — children's, action-adventure, romance, and so on.

You probably know better than anyone how to spark your relative or loved one's interest. If you present the idea of self defense correctly and slowly over time, ideally, you want your family member to suggest lessons.

If not, you can bring up the subject when your friend or family member would be most receptive to the idea.

Note: I am amazed at how many parents forbid their children from taking martial arts lessons, and then in the next breath claim that they want to keep their children safe. It just doesn't make sense.

If you can't fit your loved one to the right martial arts class, if no interest is shown in parading around in a gi (martial arts training robe and pants), and if you can't find an all women's (children's, adult, etc.) class, then read on....

## Just How Good Do You Have to Be?

If the idea of a formal martial arts class isn't appealing, then how about an informal class?

You could teach it. You could even make it a family affair. Twice a week, for 1/2 an hour, the family practices self defense. (Sounds good to me.)

If you are going to be the one to teach the "class," then I have a few suggestions:

1. Limit the practice to a few basic moves. Start with vulnerable areas. And concentrate on those. Maybe even limit it to 4 moves over the course of 7-8 lessons.
2. Have them practice the techniques beyond boredom — well, not really. Do your best to make the lessons interesting, but always focus on your key moves.
3. Do your best to offer some realistic practice. Get complete protective gear and let your family member pound on you. Practice hitting heavy bags and focus mitts at full power and speed.
4. Get the adrenaline going. Have the family members practice in front of each other, to add a little anxiety of having to hit or kick in front of an audience. Scream as you attack — scare them a little. It will help, if they ever really have to defend themselves.

If you know more than the person you are coaching, then you probably know enough to get started. And in one respect you can learn as you go. (I'll give you resource suggestions for teaching a little later.)

I think the idea of family training, training with a group of friends, and training with your significant other are great ideas.

But if you are still getting resistance, then read on....



# Tidbits

I believe in picking the right battle — If your family member just will have nothing to do with lessons, then you will have to be more subtle about making him or her safer.

Start observing your loved one out in the real world (or even at home) and make a suggestion, offer an alternative, or even ask for compliance as a favor to you. Here are a few examples:

- You see your mom at the ATM. She get \$80 and then counts it out at the machine. Or she gets in her car and counts it. Suggest that she get to safety, first.
- Oh, and did she lock her car, when she approached the ATM? Make sure no surprises are now hiding in the back awaiting her return.
- You see your son bump into people at a local craft fair. He seems oblivious to those around him. Make a little safety suggestion
- Your girlfriend cuts down a dark alley after class — it's a shortcut. It's time for you to ask for a personal favor.

Don't overwhelm your loved one. Just a little suggestion here and there.

Special Note: After suggesting, you need some verification that the behavior has been followed. Watch your mom quickly hide the money at the ATM; see that your son is now finding pockets of space in the crowded aisles; make sure your girlfriend passes by the alley without thought of saving a few steps.

(And don't comment that she should take the long way around, because she could use to lose a few pounds. If you do, you may find out that she knows more about kicking and hitting than you previously thought.)



# Cultivate Interest with Gifts

This is what I call the “sneaky method.”

Give your loved one gifts, all self-defense oriented. Make them practical, but appeal to known tastes.

OK, here is my first recommendation: I wrote a small soft cover book that is perfect as what I call a “catalyst gift.” This is the book that will help build interest in being safer.

It’s an easy read and appropriate for both adults and teens. (My 10-year old daughter, Quinn, reads it, but she’s a born reader.)

I am referring to:

## **Tiptoeing to Tranquility: The Parable for Finding Safety and Comfort in Dangerous Times**

Get your copy as a gift now, and I’d be happy to autograph it to your loved one. (If you’d like more than one copy, yes, I can sign them all ... each to a different friend or loved one.)

By the way, if you decide to teach a self defense class ever, I’d make [Tiptoeing to Tranquility](#) required reading for each student. (Ask about quantity discounts for teachers.)

## Other Gift Ideas

My wife was gifted a lipstick container, that, when you twist the bottom, extends a very sharp blade.

This is a great gift idea, except you’ll have to worry about carrying a concealed weapon. In other words, know the law in your area.

Other gift ideas ... buy a fancy whistle.

Get one that has style and will be appreciated ... and maybe carried, to be used to call for help in an emergency.

How about a can of Pepper Spray? (But then that takes us back into the realm of taking lessons, so it can be used properly for self defense.)

Really do try to get gifts that will be both appreciated and used.

What else could you think of?

# All Roads Lead to Rome and All Options Lead to ...

When all is said and done, “I” would feel happier, if “your” family members took some form of self defense lessons — practical ones.

I also think you should be the one to teach her, him, them ... I really do. This way, you don’t have to limit it to three lessons. You can teach them basics ... for the rest of your lives. This improves their chances of being “ready” should the need ever ... well, you know.

To end this ebooklet, I have three suggestions for YOU, the “teacher.” Also, please email me with any questions or requests:

1) If you’d like to learn the ins and outs of being a martial arts teacher, read [Secrets of Teaching Martial Arts More Effectively](#). You’ll learn how to put together a good lesson, how to keep students coming back for more, how to get them to practice on their own, and so on.

2) If your “students” lack punch ability, I have the answer. Think about it — would your loved one be able to punch an attacker and cause damage? Be honest in your assessment.

Well, here is a complete [Punch eCourse](#). Take the 65 lessons and use some of the basics to train those you care about. This Home Study eCourse works on punch fundamentals, developing explosive speed, devastating power, defensive punches, and punch strategies (getting the punch in when you need to).

3) What would your loved one do if grabbed? [Wrist Locks](#) is the answer. The focus of this book is definitely on practical application. If your loved one wouldn’t be able to hit someone, then maybe wrist locks and joint locks could be the answer. *Wrist Locks: From Protecting Yourself to Becoming an Expert, Revised and Updated.*

**Can you imagine having all three at your fingertips?**

You’d be an expert teach who could teach both punching and locking accurately and effectively. You’d make your loved one safer, and that’s ultimately what you want, right?

Click here, for a special offer. [Combine all three books and save a bundle](#)

# Conclusion

I hope these suggestions have been helpful.

What you need now is a game plan. Reread this ebooklet and decide on your first step.

Be flexible — it may take several attempts for you to figure out the right way to help your loved ones help themselves. Always be willing to try a new approach — even approaches beyond this ebooklet.

I wish you and yours a happy, fulfilled life,

*Keith Pascal*