

TIPS FROM RAPISTS

A group of rapists and date rapists in prison were interviewed on what they look for in a potential victim and here are some interesting facts:

1) The first thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.

2) The second thing men look for is clothing. They will look for women whose clothing is easy to remove quickly. Many of them carry scissors around with them, to cut clothing.

3) They also look for women/girls on their cell phone, searching through their purse or doing other activities while walking because they aren't paying attention to what's around them and can be surprised and easily overpowered.

4) The time of day men are most likely to attack and rape a woman is in the early morning, between 5:00 and 8:30 a.m.

5) The number one place women are abducted from/attacked at is grocery store parking lots. Number two is office parking lots/garages. Number three is public restrooms.

6) The thing about these men is that they are looking to grab a woman/girl and quickly move her to a second location where they don't have to worry about getting caught.

7) Only 2% of these men said they carried weapons, because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years.

8) If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time consuming and attention-getting.

9) These men said they would not pick on women who have umbrellas or other similar objects that can be used from a distance, in their hands. Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth the risk.

10) Several defense mechanisms he taught us are: If someone is following behind you on a street or in a garage or with you in an elevator or on a stairwell, look them in the face and ask them a question, like "what time is it?" or make general small talk like "I can't believe it is so cold out here" or "we're in for a bad winter". Now you've seen their face and could identify them in a lineup, so you lose your appeal as a target.

11) If someone is coming toward you, hold out your hands in front of you and loudly yell "Stop!" or "Stay back!" Most of the rapists this man talked to said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

12) If you carry pepper spray (this instructor was a huge advocate of it and carries it with him wherever he goes), yelling "I HAVE PEPPER SPRAY" and holding it out will be a deterrent.

13) If someone grabs you, you can't beat them with strength but you can by outsmarting them. If you are grabbed around the waist from behind, pinch the attacker either under the arm between the elbow and armpit or in the upper inner thigh. a woman in a class that this guy taught told him she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle strands; the guy needed stitches. Try pinching yourself in those places as hard as you can stand it – it hurts!

14) After the initial hit, always go for the groin. I know from a particularly unfortunate experience that if you slap a guy's 'parts', it is extremely painful to him. You might think that you'll anger the guy and make him want to hurt you more, but the thing these rapists told our instructor is that they all want a woman who will not cause a lot of trouble. Start causing trouble, loudly and he's out of there.

15) Remember that the elbow is the strongest bone in the body - use it!

16) When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure as you can, pushing down on them as far as possible. The instructor did it to me without using much pressure, and I ended up on my knees and both knuckles cracked audibly.

17) Of course, the things we always hear still apply: ALWAYS be aware of your surroundings, ALWAYS take someone with you if you can and if you see any odd behavior or something that makes you uncomfortable, don't dismiss it....ALWAYS go with your instincts. You may feel a little silly at the time, but you'd feel much worse if the guy really was trouble.

AFTER YOU READ THIS, FORWARD THIS TO EVERY WOMAN YOU KNOW. IT'S SIMPLE STUFF BUT IT COULD SAVE HER LIFE.

If you have daughters (don't think they're too young to learn this!), sisters - even your Mother - please share this with them. In the final result, we all have to feel able to defend ourselves, even if a hero should be around to ride to the rescue.

Matt Randall's **Black Belt Academy, Inc.** hosts free Women's Self-Defense programs throughout the year and offers a free month of training to all women and their families so that they may feel more secure and be better prepared to protect themselves. Wouldn't it be great if all women and young ladies had self-defense training so that fewer would become victims?

Please visit our website at www.mrbba.com or call for an appointment at (603) 743-6500.

We are dedicated to your safety,
Master Randall