

# Survival 101

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# Wake up!

- The police can't prevent attacks.
  - When seconds count, the police arrive in minutes.
- Your safety depends on *you!*
- You will not have time to think about it.
  - Your self defense is a “come as you are” matter.

# Survival Quiz

(score 2 ½ points for each correct answer)

- I have a plan and emergency supplies in my home. \_\_\_\_\_
- The best thing to do, when facing a survival threat, is to \_\_\_\_\_
- On occasion, I text while walking and/or in a non-moving vehicle. \_\_\_\_\_
- Sometimes, I let my gas supply drop below a quarter of a tank. \_\_\_\_\_
- I would get into a car if ordered to by a person with a gun. \_\_\_\_\_
- Over 60% of car jackings occur within 5 miles of the victim's house. \_\_\_\_\_
- Two strategies used by carjackers include: \_\_\_\_\_
- When confronting a potential attacker, keep your eyes on \_\_\_\_\_.
- I know how far to stop behind a car stopped in front of me at a light. \_\_\_\_\_
- Whenever I get out of the car, I always turn off the engine, lock the vehicle, and take the keys. \_\_\_\_\_
- When the weather is nice, I sometimes drive with the windows open. \_\_\_\_\_
- Two pre-attack indicators are \_\_\_\_\_ and \_\_\_\_\_.
- I have a security plan at home, at school, and in the car, and I practice them regularly. \_\_\_\_\_
- Five signs that make your residence attractive to a potential burglar are \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, and \_\_\_\_.
- I have been physically assaulted or in a physical altercation. \_\_\_\_\_
- I carry a flashlight, knife, and paracord with me at all times. \_\_\_\_\_ Other safety items I carry are: \_\_\_\_
- Burglars will concentrate on this room in your house: \_\_\_\_\_.
- I know how to escape if my wrists are bound with duct tape. \_\_\_\_\_
- The locks on my house are made by Kwikset. \_\_\_\_\_
- My garage door opener is in my car. \_\_\_\_\_
- One in five homes will be a victim of a home invasion or break-in. \_\_\_\_\_
- On trash day, my garbage cans remain on the curb until I get home. \_\_\_\_\_
- I only drive with the doors locked when my family is in the car. \_\_\_\_\_
- I know the safest places to sit on a plane. \_\_\_\_\_
- I would share a taxi with a stranger at an airport taxi stand who was going to my same hotel. \_\_\_\_\_
- Car jackings usually occur on (day of week) \_\_\_\_\_ evenings.
- Someone could learn my name, age, school, occupation, hobbies, etc. from social media. \_\_\_\_\_
- I know how to tell if I am being followed and would know what to do. \_\_\_\_\_
- The safest places to stay in hotels are on floors \_\_\_\_\_ and away from \_\_\_\_\_.
- Five signs of a non-legitimate cab are \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_.
- The three best things to do to avoid attack are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
- I dress nicely (tie and jacket; skirt; jewelry; nice watch, etc.) when I go to the mall. \_\_\_\_\_
- I have the escape ability (appropriate tool and knowledge where to strike) to break a car window. \_\_\_\_\_
- I keep doors and windows locked when I am at home and insist my family members do the same. \_\_\_\_\_
- I like people, and tend to see the best in them. \_\_\_\_\_
- I check my tire pressure every 2 weeks. \_\_\_\_\_
- I avoid carrying a pocket book/briefcase. \_\_\_\_\_
- I keep my hands up when talking to a stranger. \_\_\_\_\_
- If you need to strike someone, in order to escape, the four best targets are \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_
- I know five signs of people lying to me: \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_, \_\_\_\_

# Just how safe are you?

- Predators target the weak
  - 55 larcenies/thefts at NOVA in 2015 (FBI stats)
  - Rate off-campus is 5 times higher!
  - 2094 aggravated assaults in US every day; 87/hour; >1/minute
- Car-jackings generally occur within 5 miles of your home
- Burglaries: 1 in 5 homes will experience break-in/invasion
- People get into cars while impaired with strangers (Uber)
- People are often surveilled (divorce, dispute, lawsuit)
- Cell phone theft: easily pawned; jeopardizes your info
- Scams (e.g., taxi long-hauls, info mining by women; bump/drop dinner)
- Building fires
- Vehicle accidents
- Knock out game
- Fake police, pizza deliveries, delivery people, etc.
- Natural disasters

# Strategies to defeat you

- Bump and rob
- Distractions (bomb threat at school to rob bank)
- Pretexts (fake cop; telling OnStar needs to drive owner to hospital)
- Phony deliveries
- Good Samaritan
- Person with a disability
- Man with a baby
- Quid pro quo (perceived obligation to return favor)

# You must get your mind right

- Normalcy bias: hasn't happened before; I'll be OK
- Recency bias: Assume future will be same as present/past
- Ostrich effect: people avoid bad news
- Optimism bias (the glass is half full)
- Decoy effect: Decide between A vs. B, and then introduce option C
  - e.g., S, M, L vs. supersize resulted in larger sales of large serving size

# Principles of Survival

- Situational awareness: condition YELLOW
  - Limit public cell phone use
  - Establish a baseline (people and places)
  - Scrutinize people: Too close? Pacing? Intense eye contact? In multiple locations?
  - Know locations of exits, cover, help
  - Look behind you, up and down
- Do not rely on your cell phone; it may not be available and it reduces SA
- Get off the X
- Harden your home, and compare it to others nearby
- Do not be a slave to your belongings
- Have/practice security plans (home, work, car)
- Be skeptical: One time=accident; Two times=coincidence; Three times=enemy action
- Don't open door if not expecting delivery; ask who it is; keep windows and doors locked
- Carry basic safety items
- Don't be predictable: change your behavior (routes, timings, activities)
- Be prepared to fight and know how to do so (watch the hands!)

# Use common sense to avoid attacks

- Park in lighted area
- Walk in groups
- Walk with keys in hand
- Check vehicle before entering
- Get an escort
- Buy a good flashlight
- Lock car when inside
- Do not walk while texting, listening to music, or talking on the phone
- Don't go to ATMs at night
- Your "routine" should not be predictable
- Limit what you (and family) post on social media
- Do not carry a purse or conspicuous valuables
- Harden your home
  - Timers for internal/external lights
  - Pick up mail
  - Landscaping gravel under windows
  - Trim shrubs
  - Dead bolt locks
  - Get a police assessment or go to web for evaluation sheet
- Do not put decals on your car windows that reveal personal information
  - Stick family
  - NRA (guns in the house)



# Carry gear

(What's in your wallet? Car?)

<http://www.rescue-essentials.com/closeouts-free-items/>

- On your person
  - Tactical pen
  - Pocket/credit card knife
  - Cell phone
  - Cash
  - Whistle
  - Flashlight (keychain, pocket)
  - Mobile safety app (Livesafe)
- In your vehicle/go-bag
  - Multi-tool
  - Paracord
  - 5-in-1 survival whistle
  - Lighter
  - First aid kit
  - Map
  - Food bars
  - Water
  - Hygiene kit
  - Deck of playing cards
  - Duct tape
  - Emergency blanket and poncho
  - Flashlight/batteries

# Useful skills

- Combat breathing
- Kick out/break out a car window in the corner
- Escape duct tape by sawing against straight edge
- Are you being followed? (i.e., someone is making intense eye contact, pacing you, distracting you)
  - Pause and turn; then acknowledge
  - Don't be a soft target
  - Stay public
  - Don't go home
  - Travel via different routes
- Determine if someone is lying to you
- Fight or flight (but get off the X)

# Is someone lying to me?

(assess deviations from baseline)

- Tapping foot
- Playing with hair
- Throat clearing
- Answering a question with a question
- Repeating question
- Religious reference
- Stuttering at first
- Delaying answer over-stare
- Freeze
- Over-reaction
- Light punisher

# How well are you prepared?

- Scenarios
  - Major terror attack
  - Earthquake
  - Hurricane
  - Tornado
  - Cyber attack
  - Sabotaged water supply
- Resulting problems
  - ATMs not available
  - No food in markets
  - Widespread panic
  - Cell service unavailable
  - Interrupted water service
  - No gas, power
- What's immediately available to you, in your home?
  - Emergency cash
  - Supplies (flashlight, sleeping bags, candles, blankets)
  - 30-day food supply
  - 7-day water supply
  - Protection tools
  - All-in-one tool
- Do you have a plan?
- Are you in good shape? Rested?

What if I have to fight?

# Non-physical Considerations

- Offense is better than defense.
  - Speed, shock, violence of action
- Effective self-defense does *not* require great physical strength.
  - Do not underestimate your own strength.
- Many available targets (eyes, nose, ears, groin and throat) cannot be toughened up.
- Many available weapons (fingers, fist, knee, foot, elbow, head)
- Never appear weak (exude confidence)
  - Head up, shoulders back, scan, and make eye contact.
  - Speak with confidence.

# When can you use force?

(Articulation is key)

- Imminent danger, even if attacker is not armed.
- You can articulate a person intends to harm you or someone else.
  - Different thresholds for different people.
- Number of attackers is manageable.
- Attacker does not have a weapon.
- No chance of escape without using force.
- Deadly force is justified when:
  - Threat of death or imminent grievous bodily harm to you or others.

# Do not panic!

- An attacker's hands on you makes him vulnerable to *you*!



# Available targets

- Major targets
  - Face (nose, ears, eyes)
  - Neck (throat/windpipe)
  - Groin
  - Knee
  - Foot/shin
- Lesser targets
  - Torso
  - Stomach
  - Fingers
  - Arm
  - Hair

# Your weapons

- Hammer (not closed) fist - to face, collarbone, ears, groin (from behind)
- Palm heel – to face, nose, jaw, groin
- Fingers/nails – rake eyes
- Head butt – nose (from front or back)
- Elbow – to jaw, groin, stomach, throat
- Hands – “V” against throat (deadly force), cuffed slap against ear(s)

# Your weapons (cont.)

- Foot – stomp on toes, scrape down shin
- Teeth (beware of blood/last resort) – any exposed area
- Low kick – against knees (round-house)
- Knee to groin (kick is not recommended)
- Any available weapon (pencil, pen, keys, rolled up newspaper)

# Attacks and Responses

## (You cannot hesitate!)

- Double arm grab
  - Front head butt
  - Groin strike with fist or knee
  - Foot stomp/shin rake
  - Raise arms quickly; slap ears or chop collarbones
- Bear hug or choke hold from rear
  - Back head butt
  - Foot stomp/shin rake
  - Hammer fist to groin (step to side first)

# Attacks and Responses (cont.)

- Head lock
  - Turn face toward torso (to prevent air stoppage) and bite.
  - Foot stomp/shin rake
  - Groin strike
- Frontal attack/choke hold from front
  - “V” to throat
  - Palm heel to nose
  - Knee to groin
  - Ear slap
  - Rake eyes
  - Hammer fist to nose
  - Stomp on toes/rake shin

# Attacks and Responses (cont.)

- Fighting on your back
  - Eye rake
  - “V” to throat
  - Ear slap
  - Pull hair and thrust hips to one side

# Bottom Line

- Condition Orange
- Remain calm
  - There are vulnerable targets that cannot be hardened
  - Strength isn't necessary
- Go on the offense
  - End the fight before it begins
  - Don't hold back
- Key weapons: head, hand ("V", hammer fist, palm heel), knee, teeth, elbow, foot)
- Key targets: head, throat, groin
- Attitude is everything. Will to survive!

*You can win!*

# Survive: Reduce your vulnerabilities

- Be responsible for your own safety and protection
- Pay attention to surroundings
- Adopt a positive mindset
- Make plans
- Carry simple safety items
- Get training
- Spread the word