

What you need to know: sdi7 HIIT College Campus Safety & Self Defense Tips

Back to school safety and self defense advice. Self Defense Expert Rob Fletcher creator of sdi7 HIIT shares some tips on how to protect yourself.

COLUMBUS, OHIO, UNITED STATES, August 21, 2018 /EINPresswire.com/ -- Self Defense Expert Rob Fletcher offers some very valuable information to put you out of the category of being the perfect victim.

What is a person's best self-defense?

Prevention. Situational Awareness. Being an active participant in society. Paying attention and being aware of what is happening around you.

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Is there a certain type an attacker looks for?

Yes. Those who appear they would give the least amount of resistance. Vulnerable ie appear lost, confused, depressed or possibly under the influence of alcohol. Those who travel alone. Not paying attention ie cell phones/earphones.

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If you are attacked what should someone do?

First, what does the attacker want?

Your purse, wallet, jewelry, cash. Those things you immediately handover, they are replaceable. You are not! Should it escalate from there ie the attacker says take me to your car, get in your car, or follow me? That's your sign to take action. The rule is you never go to a second location. Quickly take an aggressive action ie run, scream, yell.

Fight Back! Use pepper spray or another weapon. I strongly encourage all women and teenage girls to have pepper spray. Know how to use it. And have it ready to go when in uncertain or questionable areas.□

“

I hope the day never comes. Should it happen!?. I hope to hear you say; I listened. I learned. I applied. I survived. I got away. Thank you, sdi7 HIIT”

Rob Fletcher - Creator sdi7 HIIT Safety & Self Defense

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Explain the Mindset Zones?

They are Red. Yellow. Gray and Green.

Red - where you are paralyzed by fear and shutdown.

Yellow - you are overcome with fear. Not knowing what to do or what action to take. Where or how to strike. Gray is neutral, you immediately assess and decide on the action. Green is GO! Yell. Scream. Run. Fight back! Use pepper spray. Strike violently until you are able to get free.

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What could a person do to prepare themselves now if they

were to be attacked?

First, seriously ask yourself and your loved ones what would you do if you were attacked? You

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AMERICA'S NEXT GREAT TRAINER

ANGT

2ND QUARTER 2018 ISSUE

ACTIONS CONQUER TRAGEDY

Names on picture: Rob Fletcher, Lisa Takas, Scott Vingling

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AMERICA NEEDS THE MARTIAL ARTS PAGE 21

All women and teen age girls should know how to fight back. Where and how to strike.

must have pre-meditated thoughts and actions to how you will react. What action you will take. Secondly, know where and how to strike. Practice simple yet very effective strikes that will take down a much stronger attacker.

□ What would you consider the most effective self-defense that an unskilled person could use against a bigger and much stronger attacker? Know the primary "target" areas (most vulnerable) and most effective strikes. In the sdi7 HIIT workout, the primary target areas are the eyes, nose, and groin. The secondary target areas are the top of the attacker's foot, ribs, throat, and ears. Most effective "strikes" are the thumbs - thumb gouge/thumb strike. Fingers (spearhand strike). Palm. Elbows. Knee. Kick. Hammerfist.

"Personal Safety and Self Protection is a matter of prevention and awareness. Just as is your health, fitness and wellness. It's consistent daily habits and behaviors to keep you safe. As in your health, you ignore this and suddenly you find yourself in a extremely bad situation. Live positive, healthy, fit, confident, strong & SAFE".
...Rob Fletcher

□ Check out Rob's blog for more advice and tips on [College Campus Safety](https://www.sdi7hiit.com/single-post/2018/07/21/College-Campus-Safety-A-MUST-Read), Prevention, Awareness and Self Defense: <https://www.sdi7hiit.com/single-post/2018/07/21/College-Campus-Safety-A-MUST-Read>

Rob Fletcher and the sdi7 Safety & Self Defense Program and sdi7 HIIT Workouts are available to colleges, universities, high schools, health clubs and fitness studios. For more information or for special guest appearances please email: sdi7hiit@gmail.com

□ About Rob Fletcher □

Rob is a Black belt, self-defense and fitness expert. He is the Creator of the sdi7 HIIT Workouts and the sdi7 Safety. Prevention. Awareness and Self Defense Program. He is listed in the Who's Who of Martial Arts. Author of America's Next Great Trainer Transform Your Life. For a full list of sdi7 HIIT Safety & Self Defense advice and tips and to get a full instructional video go to www.sdi7hiit.com Instagram: @sdi7hiit

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Welcome to our sdi7 HIIT Safety, Prevention, & Awareness, Self Defense Program

sdi7
- HIIT -

About Rob Fletcher:

- Author America's Next Great Trainer Transform Your Life.
- Listed in the Who's Who Directory of Martial Arts.
- Black Belt, North American Kickboxing Champion, Member of the World Champion USA Kickboxing Team.
- Certified IFPA International Fitness Professionals Association.
- Certified ISSA International Sports Sciences Association Master Fitness Trainer.
- Visit robletcherenterprises.com for more information.

ANGST

Schedule a sdi7 HIIT Safety and Self Defense Seminar



Rob Fletcher demonstrates self defense against an overhead knife attack

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