

## KICKING UP SELF-DEFENSE

Being a teenager is not the easiest thing in the world. Adolescents are often bombarded with activities such as academics, clubs and sports and, on top of all that, maintaining relationships with friends and family. With such hectic lives, some adolescents just need time for themselves to breathe. Taking a quick jog or a short walk are common options for some of these youngsters. Yet, these modes meant for relaxation can have consequences that endanger adolescents. Therefore, all youth must be vigilant in seeking their safety and learning ways to defend themselves from potential threats.

By: Features Editor Cynthia Luong

### SORRY, I DON'T TALK TO STRANGERS

Whether it's karate, kung fu or hapkido, self-defense comes in various forms. Self-defense was originally taught and utilized for combat. According to the UCLA Recreation web site, the best self-defense technique is to avoid dangerous situations altogether. However, people can choose their own mode of self-defense when placed in such situations.

For example, taking a martial arts class is the first option many people take. It was created for the sole purpose of defending one self by fighting. For those who do not utilize this method, weapons such as pepper sprays, batons or personal alarms are strong alternatives. Furthermore the striking method of self-defense, one of the most common methods used, involves the victim striking the opponent in various parts of the body to defeat them.

Although many may suggest that the groin is the perfect place to attack an opponent, research has shown that the nose is the most sensitive part of the body. One must first hit the eyes in order to blur the attacker's vision and then strike the nose. Upon strong impact, the nose can start bleeding and will weaken the attacker. In spite of all this, please keep in mind that these tactics should only be used for self-defense and not for violence.

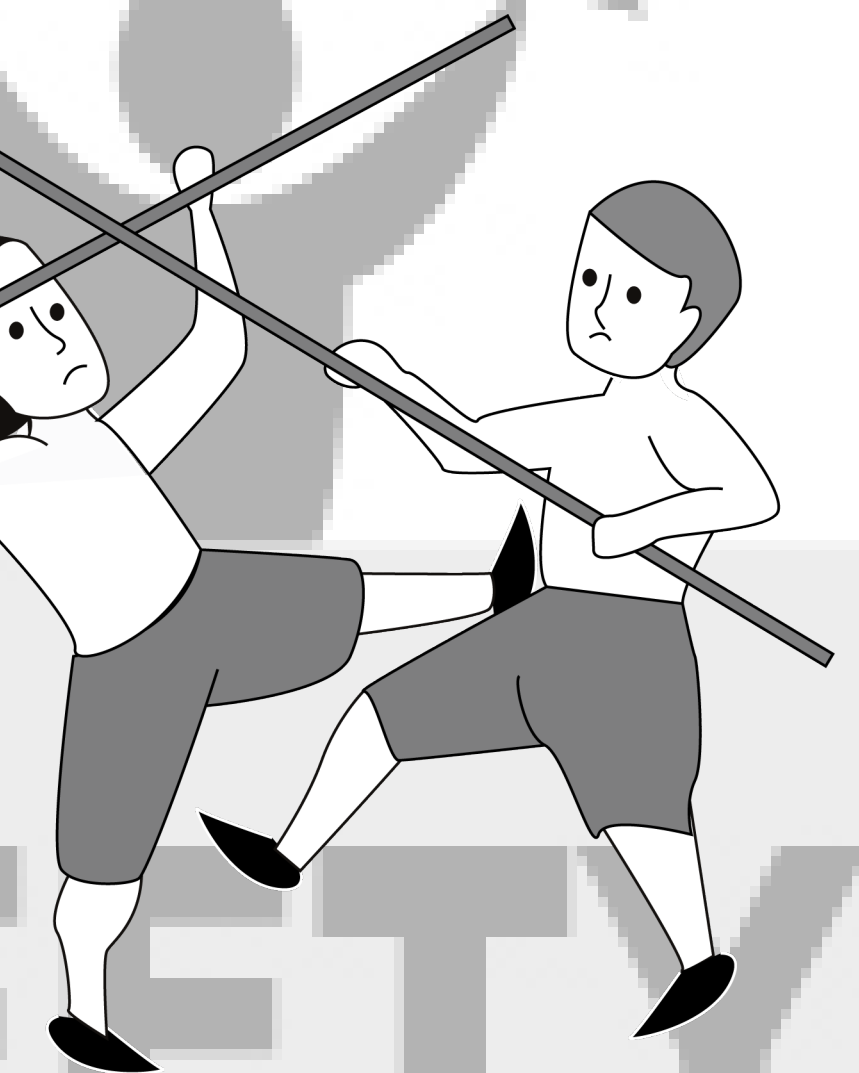
Disaster strikes when one least expects it, and that is exactly what happened to Precision Martial Arts student Jonathon Thurman. Two months after Thurman started his training in the Brazilian Jiu Jitsu class, he encountered a situation where his newly acquired skills were called upon. Thurman intervened when he saw a drunken man harass his girlfriend. When the man tried to tackle Thurman, he did not protect his neck and this provided Thurman to apply his self-defense moves. Although Thurman only weighed about 150 pounds, he was able to successfully employ his self-defense moves and take on a bigger and stronger attacker.

In the end, Thurman's techniques allowed him to defeat an attacker in a real fight. However, not everyone is lucky enough to attend classes of such high benefit. The best thing one can do in these situations is to run and seek help immediately; events like these are unexpected and could happen to anyone.

By: Staff Writer Sylvia Winston

"I FEEL SAFER SINCE WE HAVE SECURITY AROUND AND [CLASSROOM] DOORS ARE LOCKED. BUT AT THE SAME TIME, WHAT IF AN EMERGENCY DOES OCCUR AND I CAN'T GET INTO A CLASS QUICKLY ENOUGH?" -SENIOR IVY LU

"I FEEL RELATIVELY SAFE SINCE WE DO NOT LIVE IN [AN AREA] WHERE CRIMES AND VIOLENCE CONSTANTLY OCCUR." -SENIOR JOHNSON LIEN

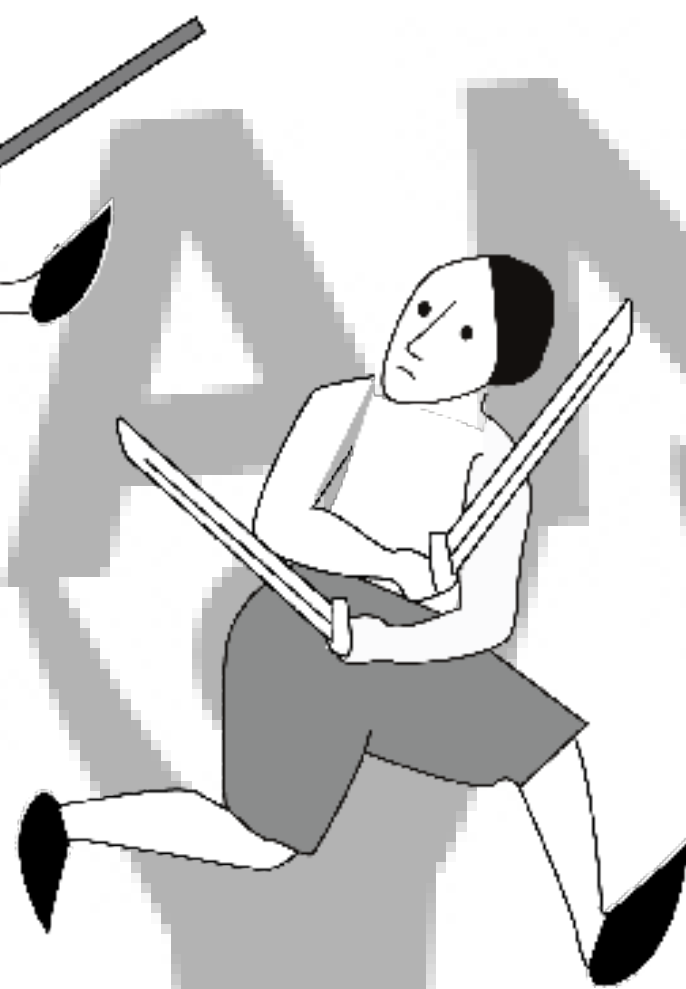


"I FEEL PRETTY SAFE BECAUSE [I HAVEN'T SEEN] ANY FIGHTS AND WE OFTEN HAVE LOCK DOWN DRILLS." -SENIOR JENNY ON

"I FEEL SAFE BECAUSE OUR SCHOOL IS NEXT TO THE POLICE STATION, SO WHENEVER THERE MAY BE AN INCIDENT, THE POLICE WILL BE RIGHT HERE TO HELP US," -SENIOR JASON VILAY



Sources:  
dabangee.com  
dr.phil.com  
learnsselfdefense101.com  
bjjinhouston.com  
recreation.ucla.edu



### Do's

- If someone asks you for your property(i.e. purse, money or backpack)give it to them.
- Run, preferably toward a well-lit, public area where there are people.
- Use your environment; in survival confrontations, everything at hand can be used to help you escape. Throw your keys, purse, coins, sand, gravel or rocks at the attacker's face. Use them as a distraction so you can escape.
- If you are grabbed by the hair, all you need to do is bring up your elbow and swing it to the attacker's face. The elbow is one of the strongest parts of your body and can do severe damage.
- Be aware and focused on your surrounding.

### Dont's

- Don't get into a stranger's car, no matter what they say.
- Don't go anywhere alone. It's always better to go in groups, especially when it's late at night.



### BEHIND THE CRIME

Think about people's motives in life. Why would they do the things they do? Some would respond with "money," "education" or "just because I have to." However, have you ever thought about why kidnapers or scammers take advantage of people? What is their real motive? Some common reasons may include jealousy, control, revenge or profit.

Kidnapping can be grouped into three main categories: family kidnapping, acquaintance kidnapping and stranger kidnapping. Of the three, the most common form of kidnapping is family kidnapping, in which the kidnapper is frequently a parent and the victim is under six years old. However, stranger kidnapping, which victimizes females more often than males, tends to occur in outdoor locations where both teenagers and children are most likely to be targeted. Sexual assault and robbery are common reasons for stranger kidnapping, but can be causes of family and acquaintance of kidnapping.

Another popular offense is scamming. Since the Internet has become a more affluent part of society, it is now easier for scammers to attack those who cannot fend for themselves. They target all people, regardless of their background, age or income level. There is no one particular group of individuals that is more likely to become a victim of a scam versus another. Scammers take people's need or desire for something and use it to their advantage. Scammers can also obtain personal information that can lead to identity theft and emotional trauma. According to a 2008 study by Ultrascan, a research agency, people who are in emotionally unstable states are more vulnerable to frauds.

Regardless of their reasons for taking advantage of others, people need to be wary of their surroundings and the capabilities of strangers.

By: Staff Writer Jennifer Thai

MOOR graphics by Sharon Xu and Simon Zhao