

WHAT TO DO

WHEN THEY

WON'T

LEAVE

YOU

ALONE



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WHAT TO DO WHEN THEY

Violent crime up across US, new study reveals

By Jorge Fitz-Gibbon

September 12, 2022 | 6:59pm | Updated

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White House to address rising anti-Semitism, attacks on Jews

Reuters

California, June 2022

- Hate crimes against Black people remain the most prevalent and saw a 12% rise from 456 in 2020 to 513 in 2021.
- Anti-Hispanic or Latino hate crimes increased 29% from 152 in 2020 to 197 in 2021.

Hate incidents against Asian Americans continue to surge, study finds

Between March 2020 and March 2022, more than 11,400 hate incidents against Asian Americans have been reported

Sexual assault-related ER visits increase more than tenfold

The rise in people seeking emergency medical care after sexual assault outpaces the growth of law enforcement reporting, study suggests

Date: October 20, 2022

Source: Michigan Medicine - University of Michigan

SDP's focus:

- **Prevention**- avoid being selected
- **Primary**- de-escalation techniques
- **Protection**- first physical contact response
- **Pressure**- beyond the first minutes
- **Position**- making the escape route
- **Pivoting**- self-defense in special situations

Instructor Paul Chen

Shotokan / Self-defense for 45 years

Wing Chun 1993

Wushu 2020 /NWTC black belt 2006

California Guard Card 2012-2016

ISSA Kickboxing Instructor 2020

ISSA Group Exercise Instructor 2022

AED/CPR Certified



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