

# **Tsunami Self Defense Systems**

**Tsunami** – a powerful wave caused by an undersea earthquake. The earthquake is symbolic of the attacker, mugger or rapist. The wave is a reaction to the attack. Before the attack, the ocean (that's us) is calm, tranquil and at peace. However, when attacked, we need to quickly rise up and strike back with intense force, like a great and powerful

**TSUNAMI !** - *Robert J. Thomas* Owner / Head Instructor

*In the short time we have together you will learn valuable skills, information and principals to help keep yourself safe in today's modern and sometimes dangerous world.*

## **The Four P's**

1. **Proactive**
2. **Prepared**
3. **Paranoid**
4. **Paralyzed**

Notice two of these words are on the **positive** end of the spectrum and two are on the **negative** side.

### **In other words**

**WE need to be Proactive and Prepared  
NOT Paranoid and Paralyzed by fear!!!**

1. You deserved to be safe. No one has the right to harm you: physically, mentally, verbally, NO ONE!!!

2. Attitude and outlook, not size and strength. When the mind is focused we can learn ways to defend ourselves and our loved ones, even in the worst situations.

3. Trust your gut. Listen to your intuition about people and places. Your inner voice is smart; pay attention to it. In short, if you think someone is a creep they probably are.

4. When attacked, all social norms go out the window. You must fight back and may have to hit and kick the attacker in a number of sensitive body parts. Also, you may have to strike first! \*Local Laws DO still apply!

## **The Four Key Ideas:**

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