



THE 5 A's of SURVIVAL

Awareness...*Maintain Environmental Awareness!*

Avoidance...*Don't go to the Problem, Don't Stand Out!*

Angles...*Know and Create Angles of Advantage!*

Avenues...*See Avenues of Escape!*

Aggression...*Look Aggressive and be Aggressive if Attacked!*

The 5 A's are five basic things you can do to protect yourself!

1. AWARENESS - Maintain Environmental Awareness

Paying attention to your environment allows for early detection of potential threats. Early identification allows for better response options which will drastically increase your survival odds. For example, try not to look at your phone while alone in public, as this creates a major distraction for you and an advantage for criminals.

2. AVOIDANCE - Don't Go to the Problems and Don't Stand Out in a Crowd

Try not to go where problems occur frequently. If you must go, do it at a time when problems are least likely to happen. If you see a problem start to unfold, leave the environment when possible. Do not stay and attempt to record the event with your phone. Always attempt to blend into the crowd. Don't wear highly visible/valuable clothing, jewelry, bags, or other items that draw attention from criminals looking for a target while in public spaces. Follow local behavior patterns and movements and attempt to become "GREY" blur in the crowd.

3. ANGLES - Know and Create Angles of Advantage

It is much easier to defeat an adversary if you know where they can come from and how they may attack you. Knowing this helps you understand where your attention should go. Your responses to an attack will likely be more focused and successful. For example, attacks commonly occur with fists, knives and guns. These attacks originate from the hands. If someone suspicious pops up on your radar, monitoring their hands (along with other behaviors) may give you advance notice prior to a violent attack. Always attempt to position yourself in a way that allows you to see people coming and going (entrances, exits, and passageways). Cover your angles.

4. AVENUES – See the Avenues of Escape

Know where you can go to for safety from any location you frequent. This could be as simple as knowing where doors and windows are located. It could also include routes (foot & vehicle), safe havens, directional awareness, and mental maps. These things should be part of your daily emergency safety plan. Make sure to plan for the element of time. This is particularly important if you have children or elderly people in your care.

5. AGGRESSION - Look Aggressive and Be Aggressive if they Attack

If you think a criminal has selected you as a target, make sure he feels like you're going to fight back. Eye contact and body positioning are a good start. Visibly holding weapons of opportunity like keys and bags is another option. If attacked, put every ounce of physical, mental, and emotional energy you can muster into the most vulnerable locations on the attacker's body.