

## **Top Self-Defense Tips for Everyday Safety**

### **Risk Reduction & Personal Protection Guide**

*Brought to you by Xtreme Krav Maga & Fitness – St. Louis*

“So that one may walk in peace.” – Imi Lichtenfeld, Founder of Krav Maga

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### **Understanding the Risk Awareness Triangle**

Every crime needs three things:

▲ A Suspect | ▲ A Location | ▲ An Opportunity



Our goal at **Xtreme Krav Maga & Fitness – St. Louis** is to help eliminate the “opportunity” through awareness and practical action.

We call this the **Risk Awareness Triangle**—and it starts with **you** being prepared, not paranoid.







## Smart Home Safety Tips



**Before**



**After**

-  Trim trees and shrubs to eliminate hiding spots.
-  Use solid core or metal doors and Grade 2+ deadbolt locks.
-  Install wide-angle peepholes.
-  Never leave spare keys in obvious places.
-  Lock garage doors and reinforce sliding glass doors.
-  Use motion-activated lighting and put interior lights on timers when away.

**Pro Tip:** Burglars avoid well-lit, unpredictable homes. Small upgrades make a huge difference.









**Before**



**After**

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## Vehicle Safety Basics





-  Lock your doors—even at home.
-  Don't leave bags, phones, or valuables visible.
-  Check your backseat before entering.
-  Walk with purpose and stay alert, especially at night.
-  Don't program your home address into GPS.
-  Keep keys in hand as you approach your car.

**Stay safe, stay aware.** Predators look for distracted or unprepared individuals.



## **Gas Station Awareness**

Gas stations are hotspots for “grab-and-go” theft.








-  Don't leave your purse, phone, or wallet in plain view.
-  Lock your car—even when you're just a few feet away.
-  Choose stations with good lighting and visible cameras.
-  Stay off your phone and stay present.

Seconds matter. Awareness is your first line of defense.





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## **Personal Safety Tips**

-  Walk confidently. Make eye contact and scan your surroundings.
-  Walk with a friend when possible.
-  Avoid texting\phone and walking.
-  Hold bags close to your body (not across).
-  Don't get too close to stopped vehicles asking for directions.
-  Stay away from bushes or blind corners.
-  Avoid ATMs alone or after dark.

### **When it comes to violence...**

-  If they want your wallet—throw it away and run.
-  If they want **you**—**fight back**.


At XKM-St. Louis, we train you to be prepared for both scenarios.



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## **Self-Defense is NOT Just for “Other People”**

Everyday people—mothers, professionals, college students, and retirees—train with us to protect themselves and their loved ones.

-  Located in Fenton, MO, we serve the Greater St. Louis area with classes specifically designed for **first-timers and beginners**.

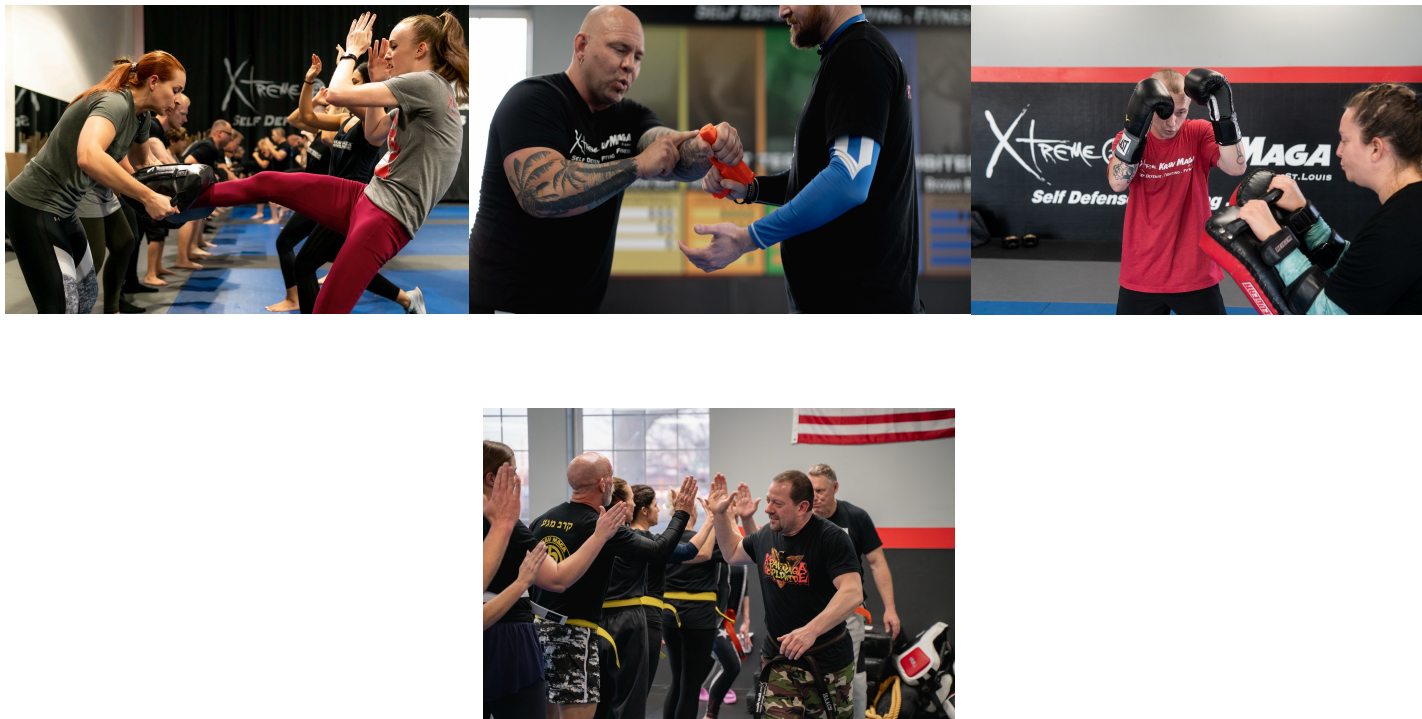
## Ready to Take the First Step?


You've just taken in powerful, life-saving knowledge. Now give yourself the **ultimate gift of safety**—experience it in person.


 **Claim Your Free Intro Self Defense Session at Xtreme Krav Maga & Fitness – St. Louis**

 **Book your first intro class [HERE!](#)**

"The best decision I ever made. I feel stronger, more aware, and confident everywhere I go."  
—XKM Member Testimonial



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