

Walk, Jog, Run Safely: Where does self-defense fit?



- Brad L. Bennett, PhD, EMT-P, FACSM, FAWM
Director, Conflict Continuum, Tactical
Hapkido Alliance, USCG Training Center
Yorktown VA



Objectives

- List some key components of walk, jog, run safely
- Explore the role of self-defense as key component of walking/running safely
- Discuss what are some key principles of self-defense
- Describe what is the Conflict Continuum (self-defense) program



Walking/Running Safely:

A broad scope of topics

- Avoiding overuse injuries
- Avoiding environmental hazards, i.e. heat/cold, etc.
- Avoiding traumatic injuries from collision with pedestrians cyclists, vehicles, objects, etc.
- Avoiding domestic and wild animals attacks/injures
- Avoiding lack of visibility during day and night
- Avoiding lack of situational awareness
- Avoiding hazards during urban and trail walking/running
- Avoiding being harassed, and physically assaulted



Walking/Running Safely:

2016 Runner's World Survey

- *Methodology:*
 - *They conducted a survey on runnersworld.com for 30 days*
 - *As did their editions in Argentina, Australia/New Zealand, Belgium/Netherlands, Brazil, Canada, china, France, Germany, Hungary, Italy, Mexico, Norway, Poland, Portugal, South Africa, Spain, Sweden, Turkey, and the United Kingdom.*
 - *They received **17,177** total responses worldwide, with 4,654 from the U.S.*



2016 Runner's World Survey

- Some interesting outcomes:
 - they redid a survey they had conducted 10 years ago, and, well, a lot has changed.
 - American runners log 2.2 more miles per week, but now prefer to run alone, on a road, **while listening to music.**
 - Globally, 80 percent of track runs with GPS.



2016 Runner's World Survey

- Some interesting outcomes:
 - Best running partner?
 - 56% of American runners prefer to run alone
 - 15% Friend
 - 15% Running Club
 - 5% Dog
 - 1% Parent or other relative



2016 Runner's World Survey

- Some interesting outcomes:
 - Things runners carry in 2006 vs. 2016
 - Mobile phone
 - 2006 17% vs. 2016 54% (Bluetooth streaming music?)
 - Music player
 - 2006 43% vs. 2016 24%
 - GPS watch
 - 2006 25% vs. 2016 64%



2016 Runner's World Survey

- Some interesting outcomes:
 - **Do you post your runs on social media?**
 - Yes 27%
 - No 73%
 - *In China, 71% post their runs on social media.*
 - *61% of U.S. respondents say they listen to audio on the run.*
 - **What you listen to**
 - **Music 82%;** Podcasts 11%; Audiobooks 4%; Radio 2%; Other 1%



2016 Runner's World Survey

- Some interesting outcomes:
 - ETIQUETTE
 - Running with earbuds
 - Against 27% For 73%
 - *In 2006, 58% were pro-earpiece.*



Pedestrian Injury Stats:

- Injuries/Deaths:
 - In 2015 bicyclist deaths rose 12.2% to 818.
 - In 2016 pedestrians deaths in traffic jumped 11% to ~6,000.
 - Biggest single-year increase in pedestrian fatalities ever
 - A 35% increase in Virginia
 - National Safety Council states both distracted drivers and pedestrians are equally distracted by cellphones
 - getting injured and killed on the roads and sidewalks.
 - Other factors - 15 percent of pedestrians killed each year are hit by a drunk driver
 - 34 percent of pedestrians killed are legally drunk themselves.



Pedestrian Injury Stats:

An estimated 5,997* pedestrian fatalities occurred during 2016, compared with 5,376 in 2015 and 4,910 in 2014.

*2016 estimate based on preliminary data



Source: GHSA



Runners Assaulted: Case Reports

- Months after assault on Custis Trail jogger, physical and psychological effects continue
 - Washington Post
- Seattle jogger fights back after terrifying bathroom assault
 - ABC News Seattle



Pedestrian Injury Stats: Assaults

- A survey completed by Runner's World of 4,500 U.S. runners in 2016
 - 55% of women sometimes experience “harassment” while running
 - only 4% of men
 - 30% of women reported being followed (by a driver, pedestrian, or biker) at least once by a person while running
 - 7% of men
 - 18% have received a sexual proposition while out running
 - 1% of men



Walk/Run Safety Recommendations

(How many of these do you follow?)

- Key focus on vehicles and physical assaults
 - Don't wear earphones
 - Run against traffic; distracted drivers, i.e, cell phone, etc.
 - Obey traffic rules & look both ways crossing roads
 - Don't assume drivers see you
 - 360 degree vision
 - Carry ID card with emergent POC – “no John Doe’s”
 - Carry cell phone (turn on GPS; rapid 911 button, etc)
 - Consider cell phone app to keep family, friends, community informed on walk/run route, etc.
 - RunRaegis or Glympse



Walk/Run Safety Recommendations

- Focus on vehicles and physical assaults (Cont.)
 - Trust your “gut” intuition – use avoidance of “threats”
 - Alter or vary your walk/run route pattern
 - Run in familiar areas if possible – learn safe zones
 - Contact a local RRCA club or running store when traveling
 - Run with a partner/dog
 - Avoid lack of situational awareness – run, walk, shopping malls, parking lots, etc.



Walk/Run Safety Recommendations

- Focus on vehicles and physical assaults (Cont.)
 - Write down or leave word of the direction of your run/walk
 - Avoid unpopulated areas, deserted streets, and overgrown trails.
 - Avoid unlit areas, especially at night – headlights, reflector vest, shoe flashers, etc.
 - See night running kit at <https://www.amazon.com/dp/B071753P6C>
 - Run clear of parked cars or heavy brush
 - Wear reflective material if you must run before dawn or after dark
 - Avoiding being an isolated target for potential assault



Walk/Run Safety Recommendations

- How to Avoid Being Assaulted
 - Road Runners Club of America encourages good etiquette
 - Ignore verbal harassments
 - Do not verbally harass others – prevent escalations
 - Use discretion in acknowledging strangers
 - Look directly at others and be observant, but keep your distance and keep moving
 - Avoid running on the street when it is dark
 - Practice memorizing license tags
 - identifying physical characteristics of strangers



Walk/Run Safety Recommendations

- How to Avoid Being Assaulted
 - Walk/Run with confidence even when uncertain...
 - Run with another or in a group
 - Carry a noisemaker or pepper spray
 - Carry an impact device, e.g., kubaton, travel wrench
 - Learn how to use pepper spray impact tools or other external devices
 - **Take a self-defense class**; refresher training; weekly class
 - **CALL POLICE IMMEDIATELY**
 - if something happens to you or someone else
 - It is important to report incidents immediately



What is Conflict Continuum?

- A conflict continuum is the various stages that a conflict or attack may progress through and escalate.
 - Stage 1: The continuum begins with the predator either carefully or spontaneously selecting their victim.
 - Stage 2: Verbal conflict is next. Vulgar, obscene, very offensive, or abusive language is usually the precursor to the physical assault.
 - Stage 3: This is the physical attack with a continual progression.



Conflict Continuum Self-Defense Course

- What is the Conflict Continuum course?
 - This is a structured course that will cover basic self-defense concepts that can be utilized against common assaults.
 - A 2.5 hour self-protection (empowerment) course for men, women and teens.
 - 14 self-defense skills from various attacks; practice in pairs.
 - Practice strikes, kicks with training bags.
 - Learn how to stay calm in a physical confrontation and the do's and don'ts to keep themselves safe.
 - Students will participate in real life situations such as grabs, chokes, hugs using open hand, and with self-defense devices.



Prevention is the best defense. Exercising awareness and good judgment can prevent most assaults.

Choking Attack: video



Conflict Continuum:

- Conflict Continuum course fees
 - Course location (TBD) usually held in a gym, large office/conference room, outdoors in a park, etc.
 - Class sizes range 10-20 attendees; practice in pairs
 - Course fee \$45/person (>30 attendees \$35/person)
 - Course DVD (65 minutes) fee \$45/person
 - Course & DVD fee \$70/person
 - Course fee for 100 or more attendees (multiple courses 15-20 attendees) \$25/person; course & DVD \$50/person



Prevention is the best defense. Exercising awareness and good judgment can prevent most assaults.

Conflict Continuum Course DVD

- The Conflict Continuum Course DVD (65 min.) will be available to purchase as an ongoing refresher/training resource. DVD fee \$45



Conflict Continuum Course DVD

- The Conflict Continuum Course DVD
 - See 10 min. course promotion video:
 - <https://www.youtube.com/watch?v=YQAe5t2tt2Y>



Point of Contact

- **For information about this low cost course for clubs, schools, churches, place of work, teens, women groups or individuals, etc., please contact:**
- B. L. Bennett, Black Belt Instructor
- P.O. Box 235
- Bena, VA 23018
- (757) 342-1183 mobile
- Email: conflictcontinuum.tha@gmail.com
- Website: <http://www.conflictcontinuum.com>

