



Kapap Centre Curacao  
Eifelweg 25,  
Curacao, Netherlands Antilles  
T: +5999 736 2444  
F: +5999 736 2324  
info@kapap.info

## Nine Important Self Defense Tips

Because of recent abductions in daylight hours, refresh yourself of these things to do in an emergency situation.

This is for you, and for you to share with your wife, your children, your mom and everyone you know.

After reading these 9 crucial tips , forward them to someone you care about. It never hurts to be careful in this crazy world we live in.

1. If a robber asks for your wallet and/or purse, do not hand it to him. Toss it away from you. Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. Then run like hell in the other direction.
2. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. As soon as you get into your car, lock the doors and leave. If someone is in the car with a gun to your head do not drive away with him as ordered. Instead floor the accelerator and speed into something, anything, wrecking the car. Hopefully your air bag will save you from serious injury. As soon as the car crashes jump out and run. It is better than having them find your body in a remote location. This brings us to 3...
3. It is always better not to be taken to a secondary location. Statistics prove that those who do rarely return and if they do they have been badly injured (both mentally and physically) or raped. Deal with the situation where you are even if a gun is pointed at you. Run if you can. Run away in a zig, zag pattern.
4. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but others will.



Kapap Centre Curacao  
Eifelweg 25,  
Curacao, Netherlands Antilles  
T: +5999 736 2444  
F: +5999 736 2324  
info@kapap.info

5. A few points about getting into your car in a parking lot, or parking garage:
  - a. Be aware: Look around you. Look into your car, at the passenger side floor and in the back seat.
  - b. If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
  - c. Look at the cars parked on both sides of your vehicle. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. (There is an old saying that it is better to be paranoid than dead).
6. ALWAYS take the elevator instead of the stairs. Stairwells are dangerous places to be alone and the perfect crime spot. This is especially true at night.
7. If the predator has a gun and you are not under his control, ALWAYS RUN! Hitting a moving target with a hand gun is not easy. Even if you do get hit the odds are it will not be in a vital area. Run in a zig, zag pattern.
8. Women, tend to be more sympathetic than men. Not always a good practice. It may get you abducted, killed or raped. Some predators are well educated (and good looking) men (remember Ted Bundy). They will play on the sympathy of unsuspecting women. They may walk with a limp or cane. Ask for help getting into their vehicle. Then grab you and haul you away!
9. Here is one I just heard about:  
Some whacko had a small tape recorder with the sound of a crying baby. He would put it on a porch near a window and turn it on. When a woman would come to the window she would not see anything. When she opened her porch door he would be waiting to grab her and force himself inside. This stunt was done usually at night. The Crying Baby caper was mentioned on America's Most Wanted recently when they profiled a serial killer in Louisiana.

Please forward this email to all the women (and men too) that you may know. It may save a life.

Until next time.

Regards,  
Willem-Jan Paardekooper  
www.kapap.info