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10 Crucial Tips to

SAVE YOUR LIFE!

The following tips was written by a police officer: Due to nonstop abductions worldwide, often in daylight hours, remember the following crucial tips to save your life!

Tip 1: Use your Elbow
The elbow is the strongest point on your body, used likewise in Tae Kwon Do. If you are close enough to use it, use it!

Tip 2: Toss your belongings & Run in opposite direction: If a robber asks/demands 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. So... throw it and run in the opposite direction as fast as possible!

Tip 3: If trapped in Trunk of Car
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 everybody else will. This has saved lives before.

Tip 4: Do not titivate in your car
Women have the tendency to get into their cars after shopping, eating or whatever and just sit in their cars making lists, chatting on phones, redo makeup etc.

Do NOT do this! A predator may be watching you and this will be the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. So... As soon as you get into your car, lock the doors and leave!

Tip 5: If a Gun is pointed at your head... If a perpetrator in your car is pointing a gun to your head and tell you where to go – DO NOT drive off! Repeat: DO NOT DRIVE OFF! Instead, keep the engine running and speed into anything near... Yes! Wreck your car! As soon as the car crashes, bail out and run! This is much better than someone finding your body in some remote location.

Tip 6: Be aware in Parking Lots!
Always look around you, look into your car (back- and front seats). If you are parked next to a big van, enter your car from the passenger's door (opposite to the van). Most serial killers attack their female victims by pulling them into their vans while the women are attempting to get into their cars. Also, look at the car parked on the driver's side of your vehicle. If a male(s) are sitting in the car, walk back from where you came from and fetch a guard/policeman to walk you back out. It is ALWAYS better to be safe than to be sorry... AND it is better to be paranoid than dead.

Tip 7: Always take the Elevator
Stairwells are horrible places to be alone, and the perfect crime spot. This is especially true at night! Rather take the elevator.

Tip 8: Always Run!
If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. RUN preferably in a zigzag pattern!

Tip 9: Don't be Sympathetic
As women, we are always trying to be sympathetic: STOP!! It may get you raped, or killed. Ted Bundy, the world renowned serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked 'for help' into his vehicle or with his vehicle, which is when he abducted his next victim.

Tip 10: Do not open your door for ANYTHING... Not even a crying baby In some cases, people open their doors if they hear a crying baby or an open tap/ water burst etc. Rather call the cops or friends (in numbers) to come and investigate. It can be a maniac trying to enter your home. Stay alert, keep safe, and look out for your neighbours! Tell everyone you know - about these tips – it may save a life!

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