

WORST-CASE SCENARIO®

HOW TO SURVIVE A MUGGING

- 1 Do not argue or fight with a mugger unless your life is clearly in danger.**

If all a mugger wants is your purse, wallet, or other belongings, surrender them. Your possessions are not worth your life.

- 2 If you are certain that your attacker means to do you or a loved one harm, attack vital areas of your assailant's body.**

Aim to disable him or her with the first blow by:

- Thrusting your fingers into and above your attacker's eyes.
- Driving your knee in an upward direction into his groin (if mugger is male).
- Grabbing and crushing the attacker's testicles as if crushing a handful of grapes (if mugger is male).
- Striking the front of his or her throat, using the area between your thumb and first finger, or the side of your hand, held straight and strong.
- Slamming the tip of your elbow into the side of the mugger's ribs.
- Stomping down on the mugger's instep.

- 3 Use an object as a weapon.**

Many common objects can be effective weapons if they are aimed at vulnerable body parts. Pick up and use what is easily available:

- A stick can jab at an attacker's eyes or groin.
- Keys held between your fingers can slash or punch.
- A car antenna can jab or slash your attacker's face and eyes.

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