

Protectoral Wellness

Mapping a Positive Path

An evidence-based approach to personal safety and self-defense!

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Today's Outcomes

1. *Recognize* the need for personal safety and self-defense
2. *Examine* the efficacy of popular options for personal protection
3. *Apply* five evidence-based strategies for personal empowerment

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What is protectoral wellness?

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graph TD; Awareness --> PW((Protectoral Wellness)); WorkHazards[Work Hazards] --> PW; CommunityHazards[Community Hazards] --> PW; HomeHazards[Home Hazards] --> PW; ViolenceHazards[Violence Hazards] --> PW;
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What is protectoral wellness?

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Outcome One

Recognize the need for personal safety and self-defense

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The Data

- Americans fear widespread civil unrest more than a nuclear attack, dying, and public speaking. Champan University, 2017
- Victimization is correlated with a higher rate of depression and suicidal behavior. NCADV, 2010
- Health consequences of victimization include higher rates of asthma, diabetes, and chronic pain. CDC, 2010

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Examples

- A random violent attack*
- An attack of opportunity
- A terrorist act

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Outcome Two

Examine the efficacy of popular options for personal protection



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How *viable* are your options?

1. Firearms
2. Pepper Spray
3. Stun Guns
4. Yell FIRE!
5. Submit
6. Just walk-away
7. Self-defense
8. Martial-arts
9. Strength-training
10. Call the police


Do these things *really* work?



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Outcome Three

Apply five evidence-based strategies for personal empowerment



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Strategy #1: Prevention Matters!




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Strategy #2: Redefine Fear!



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What's inside a can of Whoop-Ass?



Don't make me open this!

Cafepress.com

Ingredients*

1. Adrenaline
2. Norepinephrine
3. Dopamine
4. Brain activity accelerator
5. Visual perception increaser
6. Hearing sharpener
7. Muscle energy filler
8. Oxygen infuser
9. Perspiration increaser
10. Blood clotting accelerator

* Caution: Contents under pressure!

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How can I *open up* a can of Whoop-Ass?



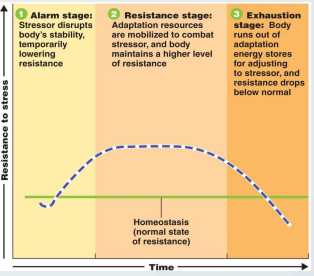
KI AI

The "Kiai" has been shown in sports to increase "velocity, force, and peak muscle activity" without any additional physiological cost!

Journal of Strength and Conditioning Research, 2014

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How can I *dispense* a can of Whoop-Ass?



1 Alarm stage: Stressor disrupts body's stability, temporarily lowering resistance

2 Resistance stage: Adaptation resources are mobilized to combat stressor, and body maintains a higher level of resistance


3 Exhaustion stage: Body runs out of adaptation energy stores for adjusting to stressor, and resistance drops below normal

Donatelle, Rebecca. Health: The Basics, 2015.

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How can I *refill* a can of Whoop-Ass?



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Strategy #3:
Let's get Philosophical!



Defensive Offensive Proactive



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Strategy #4:
Breath – You are Alive!




Do it! Time it! Kiai!

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Strategy #5: The Carlie Brucia Release!

Three Steps...a,b,c's

- a) Grab your fist
- b) Pull towards opponents opening
- c) Pull, lunge back, and kiai at same time!



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THANK YOU!

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