

Are you smarter than a bad guy? If not, you should read this book! Outsmarting the Bad Guys is a collection of powerful things that women can do to prevent and survive attacks. The tips in this book will change the way you think about your personal safety, and help keep you out of harm's way. Susan Martinez is a black belt and mother of a teen who survived a kidnapping and rape attempt.

Outsmarting the Bad Guys: A Personal Safety Guide for Women

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A Personal Safety Guide for Women

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Outsmarting the Bad Guys: A Personal Safety Guide for Women

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Introduction

Why You NEED to Read this Book

Hello! So glad you're interested in learning how to outsmart the bad guys that prey on women.

Since 1988 when I started taking karate classes, I've been on a mission to teach women and children how to avoid dangerous situations, as well as how to defend themselves if push ever comes to shove. This book is a snapshot of my views on personal safety. It contains tips and techniques for developing mental and physical skills that will enable you to avoid danger and protect yourself and your loved ones if you had to.

Safety is a lifestyle and a mission for me. My hope is that it will become one for you, too.

I get furious whenever I think about people who harm women. Crime statistics reveal that 1 in 6 women will be a victim of sexual assault in their lifetime! Unfortunately, it's nearly impossible to grasp the significance of crime statistics until you or someone you know becomes a statistic.

Who are these bad guys that harm women? Good question. Many predators may not look dangerous. They may even look sweet and harmless. They could be any age, any color, short or tall, skinny or fat, rich or poor. They may even be women. Bad guys may be a sexual harasser in your workplace, a date rapist, a violent spouse, an ex-boyfriend, a drunk at a bar, a pedophile, a murderer, a stalker, a drug addict, or the guy next door

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who likes to water his garden while he checks out the neighborhood ladies.

Bad guys are desperate people with many loose screws in their heads, many issues, and severe mental illness. They should be separated from society, but often they aren't. They are among us. It's our job to keep them away from us and our loved ones. The police are generally called after an attack has happened. They seldom witness the attack and are not able to intervene. In the event of an attack, it's up to you to know what to do and how to do it. Am I scaring you? Good.

The good news is that the majority of attacks on women are preventable. Yes, I said preventable. They can be stopped before they even start if women wise up and learn how to outsmart the bad guys in the world. It's never too late for a lady to add a few new tools to her skills toolbox.

I am the mother of a girl who was attacked by an armed stranger. When my daughter Amber was 14 years old, she was grabbed off her bicycle one block from our suburban home, thrown into this pervert's car, and driven to a secluded area to be raped.

But things didn't go down as he planned because this bad guy hadn't chosen a "perfect victim." He chose a smart girl who had a smart mother who had taught her to fight for her life if she were ever in danger. And never be a perfect victim! Amber did fight back, screamed for help, escaped, and lived to tell. If it wasn't for my Martial arts training, Amber may have been raped or worse that terrible day. And the predator was never caught. ☹

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Today, I am happy to report that Amber is thirty-six years old and the mother of my two perfect, little granddaughters, Sophie and Shelby.



Amber and I shortly after her attack

Since Amber's attack in 1989, I have gone on to become a second degree black belt in American Tae Kwon Do, and have written two other books on self-protection: *Safe & Sound* (for children) and *Life-Guard* (for women). Two of my five children, Jake and Noelle, are also black belts, Jake's wife Natalia is a purple belt, Amber is a red belt, and her six-year-old daughter, Sophie, is a blue belt. We are a Martial arts family.

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**Back row: Amber (red belt) and Natalia (purple belt)
Front: Noelle (black belt), Jake (black belt), Sophie (purple belt),
Susan (black belt)**

Photographer: Kyndell Harkness, Star Tribune Newspaper

Read the Star Tribune article here:

<http://www.startribune.com/lifestyle/84807342.html>

I owe so much to the Martial arts. It has saved two of my children's lives; first Amber and now Jake. My son Jake started his training when he was six after being diagnosed with Cystic Fibrosis. At that time we were told that he probably wouldn't live to see his eighteenth birthday because of this killer disease. We were devastated by the news, but Jake was a little saint about the whole thing, always upbeat and brave. He loved Bruce Lee and wanted to be just like him, so he decided to take karate lessons.

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Today, Jake is thirty-four years old, married to Natalia, and a third degree black belt. He has trained hundreds of karate students, and a number of them have gone on to earn their own black belts. He is also my karate teacher. Jake credits his health and longevity to his martial arts training. He believes karate is saving his life.

So why do **YOU** need to read this book? Hopefully, it's because you love yourself and the girls and women in your life and want to keep them safer from harm.

Here we go.

Are you smarter than a bad guy? If not, you should read this book! Outsmarting the Bad Guys is a collection of powerful things that women can do to prevent and survive attacks. The tips in this book will change the way you think about your personal safety, and help keep you out of harm's way. Susan Martinez is a black belt and mother of a teen who survived a kidnapping and rape attempt.

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