

## **A lesson learned on home Defense**

**By Joseph Parish**

Recently an acquaintance which I know from the Midwest contacted me, and related the enclosed horror story to me. She is a middle-aged lady who once lived in Delaware, but now resides on her small mini-farm out in the middle of nowhere. Her rationale in recounting her adventure to me was so I might inform my female readers of how important it is to be prepared for anything. In general, she usually felt safe in her home since it was only her and her small Beagle dog. Her story went like this.

Joe, several months ago, I was violently attacked in my home by someone who I knew. They were well aware that I lived miles from my nearest neighbor, and was a single woman. The individual involved was occasionally employed by me to do odd carpentry jobs around the homestead. I would never have expected him to behave in such a manner. My desire is for you to pass these details on to your women readers with the hopes that it would benefit them and ensure their safety in the future. I was not raped in the incident, but was badly shaken up. Fortunately for me it had a happy ending, in that during my time of need, I recalled a few self-defense tricks which I remembered from one of your survival meet-up classes. As the attack was taking place, I recalled how in the class it was mentioned to grab a person's pinkie finger in the event I was being choked by an assailant. With that little technique, I successfully removed his hand from my throat numerous times, providing me the opportunity to gather some desperately needed air intake. This process continued multiple times. Each time I would hold on, twist his finger until he released his grip on my neck, prior to him resuming to choke me once again.

My Beagle dog quickly rushed back to my side, barking unremittingly, as she attempted to nip at this face. Since the attacker realized that he could not battle both my dog and myself, he raised himself up from the floor, and immediately left my home.

At the onset of the attack, I had been holding my dog in my arms leading my so-called friend into the kitchen for a cup of coffee. Holding my dog left me vulnerable to his attack from behind. My first reaction was to cradle my dog in a protective manner. I ended up pinned to the floor by my attacker, since my arms were not free to defend myself. This is a good example of being prepared. At the first sign of an attack drop your dog or cat on the floor, and above all remain upright, maintaining your balance, while keeping your arms free to defend yourself. You cannot do that if you are trying to protect your pet. The minimal will run to safety if they feel threatened.

Failing to heed this precaution, I spent a considerable amount of time with the attacker's hand on my larynx, although I did manage to grab a small kitchen step-stool in an attempt to strike him with it, all to no avail. In my mind this later turned out to be the wrong defensive maneuver to use, as I should have been using my hands to aggressively gorge his eyes, and poke my fingers into his windpipe.

Speaking from this experience, the attacker's hand on my larynx was extremely painful, leaving me incapable of screaming, and barely able to breath. I discovered that I had no other recourse left but to endure the pain, and try to rescue. Where I live there is no one to come, and help me even if I did manage to scream.

In the aftermath of the incident, I now walk throughout my home, visiting each room and imagining that I am alone in the room with an intruder. I carefully look around the

room to identify what items I could employ to protect myself, or where I could retreat to safety. Prior to my attack, I forgot one of the things which you stressed in the class - have weapons secured at various points around the home where I could grab them when I needed them. I fought back hard during my ordeal, however, I had no weapon on me since it was my home. I did not expect this to happen in my own house. I now understand why you carry your 38 on you even when you are at home. Please pass this on to your readers and encourage them to brush up on their personal defense.

There it is folks. Knowing a few self-defense maneuvers both in, and out of your home is an important survival skill everyone should learn. I am in my seventies, therefore this body of mine is too old to get its ass whipped, thus I carry my 38 with me even when I am at home. It's a harsh reality out there these days when one does not feel safe even in the confines of their home. It is a known fact that dangerous criminals are reluctant to select a victim who they may suspect is armed. I have always taught my survival students to hide small weapons throughout their home, so they could retrieve them quickly in an emergency. I guess my lady friend out west will follow that rule closely in the future. Things could have reached a critical level, and I am glad that the outcome was as it was. I urge my readers to learn a few self defense tricks and be prepared.