

#RLSHtips

FBproviders: Sharon Sheer, Urban Avenger, Jerry Williams, more

Compiled and Edited: Pathway

- 1) Dousing someone with pepper spray because you don't know how to do anything else is a dick move. Learn to de-escalate, learn crowd control, and learn self-defense. If you have to move toward someone to spray them you are wrong. By Sharon Sheer
- 2) If you are going to carry a (legal) weapon, know how to defend against it as well as how to use it. By Urban Avenger
- 3) If you are carrying weapons "for self-defense" but are actively looking for trouble... You're not defending yourself, you're hunting. Learn the difference. One is perfectly legal, while the other makes possession of legal items a felony. By Jerry Williams
- 4) When coming up to a corner approach it from a wide birth, you can never be certain what is around the bend. By Urban Avenger
- 5) "Fighting" is a big word. Do you know what it means? Real fighting is about survival. Street thugs will not care what you're fighting style or rank is. There is no bell, no ring, and no rules. Most street fights occur in a confined space making many martial arts moves useless By Sharon Sheer
- 6) Be in good physical condition - you have to last long enough to finish the fight. Be prepared - in a real fight there is no warning. Be expecting more guys to join in. Be expecting a weapon or many weapons. By Sharon Sheer
- 7) Keep it safe, keep it legal. By Urban Avenger
- 8) Visibility is important. Don't think you won't be seen just because you are hiding in the shadows. You will either sit for a long time hoping not to be seen, or be seen anyway, and possibly as a suspicious character. Avoid suspicious behavior. By Urban Avenger
- 9) Learn some form of stick/baton fighting techniques and how to apply them to improvised weapons. Knowing how and when to use a stick-like object for offensive and defensive purposes can save your life. By Jerry Williams
- 10) Someone else's success doesn't rob you of anything. By Sharon Sheer
- 11) Calling 911 is always important, but not more important than saving someone's life if there is no time to spare. Stepping in doesn't mean having to get violent. Use your head. By Urban Avenger
- 12) Outreach means reaching out to people.
I often include the homeless in hand outs. They are happy to help me unload the car, set up the table, and help serve food. I've had some really well times breaking bread with the homeless. Spend some time eating with, talking to, and most importantly listening to the people you serve. By Sharon Sheer
- 13) Always take the work seriously, never take yourself too seriously. By Urban Avenger
- 14) Shin guards make great bracers. By Urban Avenger

- 15) Check out thrift stores. You can often find gear to repurpose that's still in good shape without paying an arm and a leg. By Urban Avenger