



GABRIELES *Martial Arts*

Your Premier Mixed Martial Arts Family Center

◆ *Training Champions in the Community Since 1999* ◆

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SAFETY SERIES

ABC's of Conflict Avoidance

A: Avoid Potentially Dangerous Situations

1. Busy Street
2. Construction Site
3. Vacant Lot
4. Rushing River
5. School Bully
6. Strangers

B: Be Calm, Breath

Breath Like You Are Angry vs. Clam Breathing
You Must Breath Calm to Think Clearly

C: Communicate with Confidence

Standing Without Confidence vs. With Confidence

POSTURE CHECK: Shoulders Back, Chin Up, Eyes Straight Ahead

D: Don't Make the Situation Worse by Fighting!

1. Take 10 Deep Breathes
2. Walk Away
3. Try To Understand Their Viewpoint
4. Ask to talk later, once everyone is calm

STRANGER DANGER

What is a Stranger? What do they look like? Big/Small? Nice/Mean? **Anyone!**

NO: Yell NO! NO!

GO: Run Away As Fast AS Possible!

YELL: Yell STRANGER! STRANGER!

TELL: Go Tell a Grown Up About the Stranger!