

## KEEP IT SAFE: Basic Safety Tips

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- LEIBY KLETZKY, boy-age 8 (2011)
- KIMMIE DAILY, girl- age 16 (2010)
- JONATHAN FOSTER, boy-age 12 (2010)
- CARLIE BRUCIA, girl-age 11 (2004)

What do the children listed above have in common? They were all abducted and subsequently murdered. Could the abductions, along with the ensuing murders, have been prevented? YES– had the children followed some basic safety tips such as not walking home alone or had they had self-defense training to foil the attack and given them the opportunity to escape. Unfortunately the children listed above were not so lucky and their case is not an isolated one, our newspapers are full of violent crimes being committed against children.

In an effort to help keep our kids safe and prevent them from being victims of crimes, I have compiled some of the tips that I have stressed with my children and the students at Chon-Ji Martial Arts Center. I hope you will review the tips with the children in your life and come up with a safety plan for your family.

### WHAT EVERY CHILD SHOULD KNOW:

1. Their address and phone number.
2. Their parent’s full name, where they work, and cell number.
3. The place to meet if lost in a store or park.
4. A secret family password used whenever any adult is sent to pick up the child.
5. If lost or in trouble go to a **uniformed** police officer. If there is not a uniformed police officer available, go to a **uniformed** security guard or **uniformed** store employee for help.
6. It is okay to tell an adult– “NO.”

7. Stick with responsible adults for safety.
8. That their parents love them, even when they have been acting up. Many abductors and molesters tell the children that they target that their parents no longer love them as a ploy.

### EVERY PARENT OR ADULT IN CHARGE OF A CHILD SHOULD:

1. Know what the child is wearing each day.
2. Have a clear current picture available.
3. Keep the child’s fingerprints in a safe place.
4. Keep a list of the child’s friends with phone numbers and addresses.
5. Be able to provide a detailed description of the child, including weight, height, and any scars.

### GENERAL SAFETY TIPS

1. Instincts matter– When it comes to your personal protection and self-defense, follow your instincts. If a situation or person makes you feel uneasy or, if something, ANYTHING, doesn’t “feel” right, believe in your feelings and act on them.
2. Use your eyes– use them to look for potential trouble spots such as alleys, doorways, corners and suspicious figures or actions.
3. Don’t be a sitting duck– after shopping, eating, or working, DON’T sit in your car to balance your checkbook, look through the store receipt, or count your money. As soon as you get in your car, lock the doors and leave.
4. Show no sympathy– don’t fall for the

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“help me” ploy used by many predators. The criminal may use a ploy such as stopping to ask for directions or to ask for help in finding their lost child/pet– what they really want is to get your defenses down so that they can attack you when you least expect it. If they need help, call the authorities to get it for them.

5. Stay Calm– One of your biggest enemies in a self-defense situation, besides your attacker(s), is panic. Knowing 1,000 self defense techniques won’t help you if you are too scared to remember them.

6. Safety zone– create and maintain a personal space to keep potential attackers at a distance that is safe for you.

### PRINCIPLES OF DEFENSE

The following self-defense principles are to be used in connection with quality martial arts/self-defense training in order to gain the skills needed in personal protection.

1. Keep your defensive techniques simple. To be effective a technique should be able to be done fast and easy.
2. Do not stop your defense until you have completely stopped the threat.
3. Strike first when you have determined that there is nothing that you can do to stop the assault against you.
4. Counterstrike as soon as you avoid the adversary’s attack.
5. Use your attacker’s energy against him/her to aid in your own defense.
6. Strike the weak areas of the attacker’s body such as the eyes, throat, groin, and knees.
7. Allow for multiple outcomes, not all defenses will go as planned or practiced so

you must be flexible.

8. Strike without fear. You must have confidence and conviction in your defense in order to be effective. The confidence comes from practicing your skills.

\*9. There are no second chances! You must win at all costs– your life depends on it.

\* Most important principal to remember

### ABOUT THE DISTRICT ATTORNEY

**Carlos Omar Garcia**, 79<sup>th</sup> Judicial District Attorney.

Carlos was born and raised in Alice with extended family ties in Jim Wells, Brooks, and Duval Counties. Carlos began his distinguished prosecutorial career in 1997. Before being elected as District Attorney, Carlos worked an Assistant District Attorney for Kleberg and Kenedy Counties (2008-2012) and the 79<sup>th</sup> Judicial District Attorney’s Office for Brooks & Jim Wells Counties (1997-2008). In addition to his service as a felony prosecutor, Carlos has also served as an Assistant County Attorney for Brooks, Jim Wells, and Kleberg Counties.

In addition to his background as a prosecutor, Carlos is a certified martial arts/self defense instructor, certified NRA *Refuse to Be a Victim* instructor, and NRA Pistol Instructor.

### COMPLIMENTS OF



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