

plus!
THE EVERY DAY EXTRA

WOMEN SELF-DEFENCE

'YOUR opponent's strength and size become insignificant when you attack his eyes, slam your head into his face, drive your knee into his groin and your elbow into his temple."

Not the kind of words women usually enjoy reading - but essential to the philosophy of female self-defence now being taught all over Yorkshire by bodyguard Robert Kaiser.

Robert used to teach prostitutes in Hamburg's red light district how to defend themselves - and now he is passing on those same defence techniques to Yorkshire women. The quote comes from Paul Vunak, instructor to organisations including the American FBI, but it sums up Robert's view of how women should protect themselves.

Robert, 33, who is German but moved to the UK three years ago, is teaching personal safety to women all over the region through his organisation CSPA (Complete Self Protection Association).

His techniques include using keys, mobile phones and credit cards as weapons. He says: "They may sound like dirty tricks but they could save your life."

Robert has worked as a bodyguard all over Europe as well as in the tough red light areas of Germany.

He said: "Women should not become over-anxious or paranoid about being attacked, we all spend the biggest part of the day in a safe environment anyway, but there are psychological and physical techniques women can use if they feel threatened or are ever faced with a bigger and stronger male attacker."

Robert, a martial arts expert, moved to Hamburg aged 19 and began working as a brothel doorman. He said: "I had to deal with a lot of violence and at the same time I became friends with a lot of the prostitutes in the area."

"There was a wave of violence against them at that time, I saw a lot of women who had suffered and I was asked to teach them some self defence. "After that I began working as a bodyguard to two call girls and then travelled to Spain with a businessman who wanted me as a bodyguard." Robert stayed there and trained with a member of the anti-terrorist squad before travelling all over Europe with his job.

In Edinburgh he met a girl from Bradford and eventually moved over here to be with her.

This man could save your life

Jayne Dawson reports on a man who is teaching women how to fight back

Robert's philosophy is that a woman should never come across as a victim and, if attacked, should always choose her moment and fight back rather than trying to remain passive. Confrontation is the best form of defence, he says.

He said: "Some people used to have a problem with this way of thinking but now most have come round to it. Women need to have confidence in their abilities but, even more importantly, be able to spot potentially dangerous situations before they happen."

Robert, who lives in Pateley Bridge, has now taught hundreds of women from students to air stewardesses to social workers how to defend themselves. He has also worked for Leeds City Council teaching self defence to disabled people.

He said: "I spend a lot of time teaching the women about awareness and avoidance. Attackers follow the law of the jungle, they go for the weakest so it is important for a women to act confidently."

"The man doesn't know who you are or what you are capable of so any signal of confidence you give him will make him think."

"If someone is following you, stop and face them. Tell them they are making you feel uncomfortable and ask them to overtake you. If someone is coming towards you and their behaviour is making you uncomfortable, do not look at the ground, which is a signal of fear, but make eye contact with them."

6 Women tend to try to push men away or scratch their face. Both of these things are useless against a bigger and stronger attacker.

Robert Kaiser, self-defence teacher



● SAFETY FIRST: Robert Kaiser who teaches self defence techniques to women in Yorkshire

"If a man comes into your home and makes comments that make you feel uncomfortable you should not pretend to laugh them off but look him in the eye and say straight away that you do not like such comments."

"If you are in a multi-storey car park and you see a man acting suspiciously around a car, taking a long time to get into it, call to him from a distance. Ask if there is a problem and would he like you to call security for him. That way you are in control, he will have to respond to you."

Robert says there are other small things you can do to avoid risky situations: "When you leave your car, push the driver seat forward so you

can see if anybody has climbed in the back. It's unlikely to happen but it is just a small thing that could save you from danger."

"On a date, be clear about what your boundaries are so the man is not left wondering."

"If someone is threatening you, always try to put physical objects between you, a table, a sports bag, the car - whatever is there."

If the worst happens and you have to attack then make sure it is effective, says Robert. He said: "Women tend to try to push men away or scratch their face. Both of these things are useless against a bigger and stronger attacker."

Robert recommends using a mobile phone to hit hard on the nose or skull, using the edge of a broken credit card like a razor blade, hammering a key into the attacker's hand or temple, biting any part of his head, twisting a finger against its natural action or headbutting.

He said: "I am not interested in turning women into street fighters so all of these actions are only legal if they are carried out in self defence, if you honestly believe the man is threatening your health or life. But if you are in that situation knowing in advance how to react could save your life."

● Robert Kaiser can be contacted on 07967 023166 / website at www.cspa.tv

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