

To avoid detriment

Please note the points listed below!

Should utilize the roads that are bright with frequent passers



Observe surrounding well until the door is locked

During walking, do not use mobile-phone or listen to music

(to be able to observe surrounding carefully)



Should also pay attention to the back side



Avoid risky places

The art of self-defense

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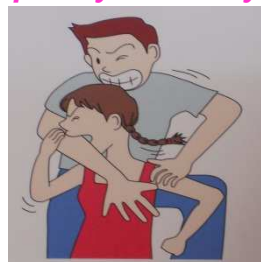
Shout loudly or blow a whistle, escape



Step on the opponent's feet, quickly run away



Bite the opponent, quickly run away



Hit the opponent's nose, escape



Use the elbow to hit the opponent's, escape



Self-defense is a way to "Protect one's own body", avoid dangers, eliminate detriment, minimize damages.