

**EARNEST HART** *jr.*

PERSONAL SAFETY & SELF DEFENSE CONSULTANT \* WORLD CHAMPION MARTIAL ARTIST

“High School & College: 14 Safety & Awareness Tips for Young Women”

by Earnest Hart, Jr.



[Prepared by Scott Ragain, EGRM](#)

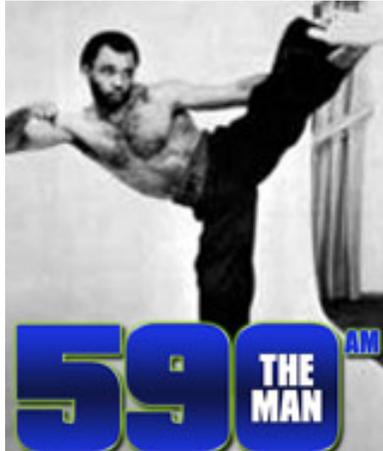
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# EARNEST HART jr.

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## 590 THE MAN AM

**Sensei Hart Show**  
featuring world-class  
martial artist &  
self-defense expert  
**Earnest Hart Jr.**  
With Host Gary B

Every Saturday from 11-12 pm  
[CLICK HERE](#) for more info

*Sensei Hart & co-host, Gary B, discuss martial arts and MMA on this FUN, high-impact show. Additionally, the show centers on safety...for women, men and youth...subjects like self-esteem, bullying, its affects and avoidance are commonplace.*

*Mr. Hart has conducted thousands of safety seminars and training courses for individuals, corporations, law enforcement agencies and others, such as:*

- Emerson Electric Co.
- Maritz Corp.
- St Louis Metropolitan Police Department
- Chuck Norris' Karate Studios
- City of St. Louis & Parkway School District
- Villa Duchesne High School

*A multi talented martial artist, Mr. Hart holds a black belt in 15 different styles of martial arts: Yoshan Kai Karate, Shorin Ryu Karate, Kenpo Karate, Tae Kwon Do, Jujitsu, and Savate to name a few.*

*Sensei Hart is also the highest-ranking teacher at 10th Degree, in the America Fighting Arts School of Martial Arts.*

*Named on the "Top Ten Kick-boxers of All Time" by Inside Karate magazine,*

*Mr. Hart's brilliant career includes motivational speaking and seminars. The topics range from "Just Say No To Drugs" to Rape Awareness clinics.*

*Mr. Hart has given seminars for people like Chuck Norris and Pat Johnson in addition to training some of the countries top athletes like baseball legend Ozzie Smith and OJ Anderson of the Giants*

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Mr. Hart's talents have been used for difficult stunts and outstanding fight scenes in a variety of movies including Batman, Karate Kid and Mortal Kombat.



***Sensei Earnest Hart, Jr. is the FIRST person to ever win 4 World Championship Kickboxing Titles***

***In 1992 the martial arts champion was invited by His Imperial Highness, the Emperor of Japan, to teach His Majesty's Imperial Guard his brand of self-defense. Mr. Hart is the only non-Japanese ever to be so honored.***

***Sensei Hart has also demonstrated his art in a Royal Command Performance for Princess Grace and Prince Rainier of Monte Carlo.***

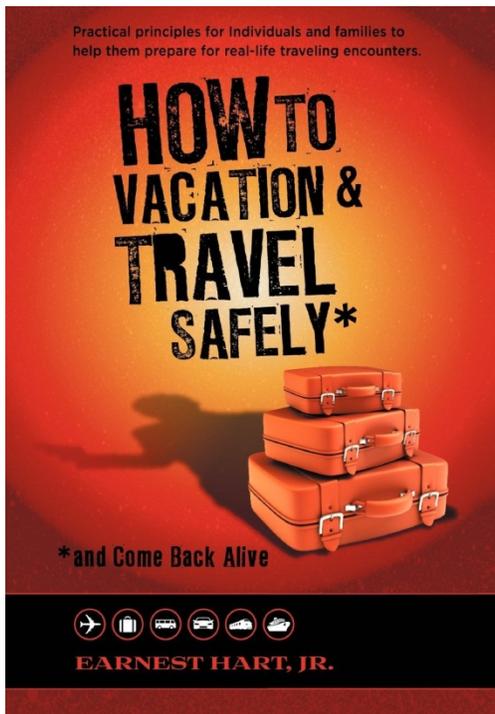


Mr. Hart was the official martial arts trainer for the 2000 Super Bowl Champions Saint Louis Rams football team. In Addition to keeping the gridiron superstars in prime time physical condition, he taught them how to apply various martial art techniques to the game of football.

The Rams coach and players all agreed that Mr. Hart's unique program is an important part of the Rams physical fitness program and game plan.

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Available on amazon.com

*How to Vacation and Travel Safely and Come Back Alive* begins with a real life story of how the author, Earnest Hart, Jr. was held captive in Thailand while visiting the country for a series of kickboxing matches. Hart recalls how he felt helpless in this foreign land where the government was run by the military who imposed their will upon the foreign contestants with Uzi's and intimidation. Forced to realize that the world we live in is as dangerous outside of the ring as it is inside, Hart continued his martial arts training and added to his knowledge by studying all available material possible related to safety. The preface of the book begins with an in-depth look at the realities of traveling in the new millennium. Hart focuses on four important principles to develop within oneself to help ensure preparedness for real life encounters.

*We, as Americans, have been forced into living in a new world since the advent of 9/11. Whether it's business/corporate travel, family/vacation travel, as travelers we have to be more "on guard" now than ever...not just because of terrorism, but also because we are more vulnerable...MUCH more vulnerable than ever...to the criminal element. Earnest Hart, Jr. puts his years of experience, his research on the "successful" criminal element and how they target YOU in THIS book. Before you travel...WHILE TRAVELLING, make this book your travel companion; a proactive companion that will teach you to evade precarious, compromising situations...and, provide you with the self-awareness you need to realize such potential situations and avoid them when possible. When not possible, well, Earnest provides you with action plans that may actually save your life and the lives of those you love.*

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Earnest Hart, Jr.

## High School & College: Safety & Awareness Tips for Young Women

Young Americans are our most valuable resource. In our modern, materialistic society, we tend to keep safe those things that are of value to us. As parents and educators, why, then, are we not actively exhibiting this trait with our bright, cherished irreplaceable young women by revealing to them the truth about sexual violence on college campuses and providing them with the knowledge and skills to protect themselves?

As a professional martial artist, world championship kick boxer and Sensei, I have studied human/criminal behavior from the poor, crime-ridden streets of St. Louis where I grew up...to white collar criminals ...to those predators who target and stalk women. I believe in our young people, in our young women. When it comes to personal safety and the safety of those around them, I trust that, if armed with the proper knowledge and self-awareness techniques (and, if they wear as part of their armor a strong sense of self respect and self esteem), our young ladies will be more careful and make smart decisions rather than poor ones.

Most sexual predators are someone **known** by the victim. **Educators, young ladies and parents...** according to the US Dept. of Justice, National Institute of Justice and Bureau of Justice Statistics, **nearly 25% of young women attending college** will be victims of rape or attempted rape. Remember, these are only the reported attacks. **More than half of college rape victims tell no one of their victimization. Ninety percent** of acquaintance rapes involve alcohol. According to the National Institute of Justice, **84% of the college women who reported a sexual assault experienced the incident during their freshman or sophomore years...**years that should be filled with promise, growth and pleasant memories.

**I urge every young woman 14 years of age and above to memorize the following safety and self-awareness tips ...and, USE THEM.**



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1. **Practice, practice, practice being in the moment**, being truly aware of your surroundings...ESPECIALLY when you are alone...learn to look at the world from a DEFENSIVE POINT OF VIEW... learn to assess potential threatening situations and BE PREPARED TO ACT if necessary....ACT, depending on the circumstances, preferably entails quickly removing yourself from the perceived or potential threat in a confident and controlled manner if possible...or...ACT may mean physically defending yourself against an attacker
2. ALWAYS look in your car , front and back seat areas, before you enter it...day or night
3. Whenever possible, travel in groups of 2 or 3 when on campus and off campus...especially at night
4. Make certain the exterior entrance and emergency exit in the home/building you reside is well-lit
5. Have 911 on speed dial on your cell phone
6. When in doubt, call campus security to escort you to your place of residence after dark...speed dial next to 911
7. If you find yourself walking alone at night, maintain awareness of your surroundings, but call a friend on your cell phone and keep talking with them until you reach your destination
8. Carry yourself with confidence and dignity...look passers-by in the eye
9. When walking, carry a whistle in your hand or on a band about your wrist
10. ALWAYS carry a small , metal flashlight
11. Check with local/campus ordinances and, when lawful, carry some type of pepper spray where it is easily accessible on your person
12. When dating...double-date...and even then, meet your date(s) at a predetermined location...valet park if possible...let one or two other friends know exactly who you'll be meeting on the date and where
13. Invest in yourself and your own safety by taking a self-defense course specifically for women
14. Stay away from alcohol...if you feel the need to experiment with alcohol when in college, understand that losing control of your faculties and inhibitions makes you more likely to become a victim of sexual assault...if you must go "out-on-the-town":
  - A- Arrange for a taxi or car service to pick you up at a pre-planned location and time to convey you back to your place of residence...being safe IS NOT being a drag or a "spoiled-sport"
  - B- NEVER accept a ride home from a new acquaintance or from ANYONE who has been drinking alcohol
  - C- Limit yourself to 2 drinks...stay in control
  - D- ALWAYS obtain your own drinks from the bartender/barmaid...ALWAYS hold your drink in your hand and keep it in your possession until finished with it
  - E- ALWAYS inform a 3<sup>rd</sup> party (not in your group) where you are going and what time you intend to be back for the evening
  - F- No matter where you are or what you are doing , KNOW that calling a parent/relative is NEVER a bad decision

