HOW TO SURVIVE A MUGGING

1 Do not argue or fight with a mugger unless your life is clearly in danger.
If all a mugger wants is your purse, wallet, or other belongings, surrender them. Your possessions are not worth your life.

2 If you are certain that your attacker means to do you or a loved one harm, attack vital areas of your assailant’s body.
Aim to disable him or her with the first blow by:
• Thrusting your fingers into and above your attacker’s eyes.
• Driving your knee in an upward direction into his groin (if mugger is male).
• Grabbing and crushing the attacker’s testicles as if crushing a handful of grapes (if mugger is male).
• Striking the front of his or her throat, using the area between your thumb and first finger, or the side of your hand, held straight and strong.
• Slamming the tip of your elbow into the side of the mugger’s ribs.
• Stomping down on the mugger’s instep.

3 Use an object as a weapon.
Many common objects can be effective weapons if they are aimed at vulnerable body parts. Pick up and use what is easily available:
• A stick can jab at an attacker’s eyes or groin.
• Keys held between your fingers can slash or punch.
• A car antenna can jab or slash your attacker’s face and eyes.