

John L. Terry, III

Executive Director
Fighting Back Institute

John L. Terry, III is a long-time resident of the Arkansas River Valley, having graduated from Russellville High School and Arkansas Tech University. He is married, with six children, and makes his home in Hot Springs, AR.

John is a self-defense / martial arts instructor, and was inducted into the United States Martial Arts Hall of Fame in 2008 for his work as a "Kid-Safe" advocate across the country. He is an "in-demand" seminar and workshop speaker, and regular media contributor on children's and women's safety issues.

John is an ordained minister and previously served on the Board of Directors of Cross and Shield Ministries, Inc. a law enforcement Chaplaincy program in Russellville AR. He is director of the Christian Martial Arts Council and a Chaplain with the Martial Arts Chaplains Association.

Hundreds of teen and adult women participate in self-defense seminars and workshops taught by the organization each year. They also provide access to a variety of personal protection resources (pepper spray, personal alarms, keychain batons, mace, etc...) as well as training on the proper use of these tools in self-defense settings.

The Women-Safe Communities Project is a division of the Fighting Back Institute, and expands upon the successes achieved with the organization's Kid-Safe Communities Project by focusing on the unique safety and protection needs of women.

Every 2 minutes, a woman is raped in the US. Women from every walk of life, age group, race, and economic status have been victims of sexual assault.

The Fighting Back Institute focuses on teaching women to be "danger-aware" as they learn how routine things they do during the course of everyday life that can make them more vulnerable to attack.

The Women-Safe Communities Project also teaches simple but effective defensive countermeasures to avoid becoming a victim, as well as practical self-defense techniques when escape is not an option.

Contact our office for more information or to schedule a Women-Safe Workshop or Training Seminar.



Fighting Back Institute

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10 Safety Tips To Avoid a Mugger



Danger Awareness

An assault occurs every 29 seconds in America. Every 2 minutes a woman is raped. Violent acts against women are on the rise nationwide.



Take proper steps to secure your home.

Many of these are crimes of convenience, as predators seek out easy (so-called “soft”) targets of opportunity.

While we often think children and teens are the preferred targets, in reality predators are opportunists and will prey on women of all ages, races, and body types.

Predators come from every economic, ethnic, and religious background. Serial killers come from the ranks of brothers, fathers, grandfathers, cousins, uncles, neighbors, and co-workers.

Attacks don't just occur at home. Women are targeted at shopping centers, parks, driving, walking the dog, banking, fitness centers, and even at church. The key to safety is learning as much as possible about what dangers you might face, and how you can take proactive steps to avoid these dangers.



Don't drop your guard when shopping

10 Safety Tips to Avoid the Mugger

1. Have a mentally rehearsed plan of action (what you would do and where you would go) in the event you were victimized in some way.
2. Always be alert and aware of your surroundings. Walk with your head up while displaying sense of confidence and purpose.
3. Don't assume that because you live or work in a good area you can relax your guard.
4. Always trust your instincts. If you feel something is wrong, act on your feelings. Better safe than sorry.
5. Be conscious of your attire. Wear sensible shoes and clothing that will not restrict your movements. Long hair is easy to grab, especially if it is in a pony tail.
6. Always be physically and mentally prepared to run or escape an attacker, or as a last resort, fight back. Have an action plan, and keep it simple.

7. Always tell someone where you are going and when you expect to return.
8. It's a good idea to carry a personal alarm, whistle, key-chain baton, or pepper spray.
9. Make sure your windows and doors are locked when you are home. This includes your garage door.
10. When you do your banking, avoid a routine and be cautious when using an ATM, especially at night or in secluded areas.



While no one can guarantee you'll never be the target of a mugger, these safety tips can help minimize your risk. We also recommend you consider enrolling in a self-defense program that specializes on the unique safety needs of women.



Women-Safe Communities

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