



# **"Kick Ass" Self-Defense and Personal Protection for Women! Veteran Police Officer Reveals Simple Ways to Protect Yourself from Muggers, Rapists, Robbers and Other Scum-of-the-Earth!**

*Sgt. Mark Buschena*

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*Sgt. Mark Buschena*

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Here are just a few of the strategies and techniques you'll learn in "Kick Ass" Self-Defense and Personal Protection for Women!

You're faced with an attacker. You don't have any weapons with which to defend yourself. Or do you? I'll show you an arsenal of makeshift weapons you've probably got at your fingertips right now.

I'll show you simple self-defense techniques. Easy and effective.

You're riding in your car, when someone bumps you from behind. You stop to get out, and look at the damage, and POW, you get robbed. Where did you go wrong?

You're stopped at a stoplight. Suddenly someone sticks a gun in your ear and says, "Give me your car." The wrong move at this point may get you killed. Would you know what to do?

Parking lot paranoia – how can you get back and forth to and from your vehicle without being assaulted, robbed or raped?

You're driving in your vehicle. Another vehicle is right on your tail. He seems to be following you. What do you do? Most people will do the WRONG thing.

How to survive your stay at the hotel/motel without having anything stolen from your room and without being assaulted or worse.

You're in an elevator. A guy gets on with you that doesn't look so bad. The doors close and he spins you around and starts to claw at your purse, or tear at your blouse. Would you know what to do? The common response is the WRONG response!

Quick, somebody points a gun at you. Do you know what to do? Did you have to think about it? If you did, you took too much time and you just lost.

You carry a knife for self-defense. Before you do, consider this.

Ever heard of this one, keys between your fingers for self-defense? I'll tell you why this often used, often relied on technique probably WON'T WORK.

Rape, Sexual Assault. Do you know where most rapes and sexual assaults occur? If you don't, you're putting

yourself at risk.

Would you know how to react if you were robbed? One false move could get you killed.

How to get through the airport without being victimized.

A \$10 piece of equipment for your vehicle that can save you thousands of dollars.

Make sure the next vehicle you buy has this option.

How to prevent carjacking.

Staying safe while walking or jogging.

Imagine getting your purse snatched. You're knocked to the ground, and your purse, and all the contents are gone, driver license, credit cards, car keys, social security card. Could this have been prevented? You bet. I'll show you how.

You're taken hostage and thrown in your own trunk. Would you know how to get out before you suffocate or bake alive? You will after you read this.

You're driving your car, late at night. You see blue/red lights behind you. You haven't done anything wrong, and you're not so sure that car is the real police. Now what?

MUCH MORE...

The time to think about the answers to these questions is not when you are confronted by them. The time to learn your options, and your family's options, is RIGHT NOW, while you are safe, and sound. Not tomorrow. Not next week. Not when you get around to it. By then it just might be TOO LATE...

What is the safety and security of you and your family worth? Can you even begin to put a dollar value on something as precious as that? Of course not. Don't you want to do everything you can to protect yourself and your loved ones?

Discover how in "Kick Ass" Self-Defense and Personal Protection for Women!

#### ABOUT THE AUTHOR

Sergeant Mark Buschena has been a police officer for 32 years. During that time, he has worked on patrol, investigations, was a canine handler, and since 1992 he has been and continues to be the supervisor in his department's Crime Prevention/Community Services section. He is a graduate of the National Crime Prevention Institute in Louisville, Kentucky. He speaks to thousands of people each year during training seminars on personal protection, shoplifting, robbery prevention and workplace violence, among other topics.

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