



# Inner Circle Martial Arts Academy

## TOP 30 HOME SAFETY HABITS

I have given a great deal of detail on the first 3. Most of the rest are self-explanatory  
Go through this list and tick off anything you already do. You might be surprised, one way or the other.  
Either way, work towards making it 100%

### **#1 Whenever you answer your front door, always take your mobile phone.**

Have your emergency numbers pre-programmed, know where the camera button is and if you ever feel threatened, put your phone to your ear and pretend you are talking to someone and ask your pretend friend to "wait just a moment, there is someone at the door"

If it doesn't work or you still feel threatened, actually call a friend, (or the police).

*Please share this information with anyone who is ever likely to answer a front door.*

### **#2 Carry your keys ready for action.**

Whenever you leave your house to go to your car, day or night, carry your keys in your right hand with the car key poking out so that it is ready to go straight into the lock and ignition. This might take a little practice and preparation to get the position right so that you can hit the remote unlock, if you have one, and still hold the keys in a secure grip. You should be able to open the car and put the keys in the ignition without adjusting or fumbling your grip. When you get out of your car, do the same thing until you get to your house ( with the car key, not the house key.)

This is an especially good habit when walking from or to your car in a carpark from any building such as a shop or office. Keys make excellent weapons and you will never be distracted by looking for your keys.

If you want to know more about how this works, contact me through ICA's Facebook site.

*Please share this information with anyone who is ever likely to get in a car.*

### **#3 Thieves hate stuff they can't sell.**

Make it as difficult as possible for a burglar to want to steal your stuff. If you engrave all items of value it makes them very undesirable to steal as the burglars know they are too easy to trace and therefore sell to their fence. Mark your valuable property using the "Property Identification System" (See below). Marked property also helps police to identify and return it to the rightful owner just in case you are robbed.

You can mark your items by engraving or microdotting them. Where possible, mark your property with a code on the top right hand rear corner of the item or near to the manufactures serial number. Take a video or photograph of property that can't be marked, such as jewellery. You can engrave and photograph yourself, it is not hard. For small items that might be too delicate, like phones and iPads see your local Mr Minit.

For the big stuff, engravers are available for loan from your local police station, police beat shopfront, neighbourhood police beat or Neighbourhood Watch Area Coordinator (at no cost). You should seek operating advice before using an engraver as not all items are suitable for engraving.

Go to the QPS checklist for a list of items you should consider marking SEE THE LINK BELOW

<https://www.police.qld.gov.au/safety-and-preventing-crime/property-identification-and-recording>

"Property Identification System" - What code to use:

Property identification involves marking your property with a personal code. The Queensland Police Service recommends you create a personal code. A personal code is created by using details such as the first initial of your first name, the first initial of your surname, date of birth and State of residence. For example, the personal code for Cameron Peters, Born on 1 August 1974, would be:  
C P 0 1 0 8 7 4 Q

Last part of the equation is to advertise to prospective burglars that your stuff is worthless to them. Ask your security company for some stickers for your windows. You only need a couple, enough to let them know that it's not worth the bother.

*Please share this useful information with anyone who is ever likely to own cool stuff.*

You can download this sheet from [www.innercircleacademy.com.au](http://www.innercircleacademy.com.au)

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**#4 Get a panic button set off fire alarms**

**#5 Get a back to base alarm** or better still, a motion sensor camera that will send alerts to your phone

**#6 Take your phone to bed**- set your charger up there so that it becomes a habit.

**#7 Don't be tempted to have weapons with you in your room.** Weapons can be taken off you and used against you.

**#8 If there is someone in your house at night,** don't turn the lights on and don't confront the intruder go next door, use torch on phone.

**#9 Meet your neighbours** swap phone numbers use each other as fast dial emergency contacts

**#10 Do a security audit.** Check what can you see from the outside? What can you see at night with the curtains open and the lights on? Consider closing the curtains at night while the lights are on.

**#11 While on holidays,** have your mail redirected and ask a neighbour to pick up your papers

**#12 Get self-defence lessons**

Most martial arts lessons are not actually self defence lessons, even though they might make that claim. There are very few martial arts that can double as self-defence, martial arts and self-defence are two different things. Find a school with an accredited self-defence instructor. Sorry, that's going to be harder than it sounds.

**#13 If you walk into your home and it looks like it's been burgled** or you notice the door open or see evidence of intruders inside -

The intruder may still be in your home. Don't go in. Go to a neighbour's or get back in your car and move to a safe place. Call the police.

**#14 Don't hang your car keys near the front door**

**#15 Every time you leave the house, do a check circuit.** Make it a habit

Lock your doors and windows, double lock key lock

**#16 Get some Motion sensor lights outside**

**#17 Install Timers** when no one is home or on holidays or arriving home after dark.

**#18 Leave a light on at night,** Near the front of the house is good

**#19 Leave a TV on at night** or while you are away, even for a short time. While you're away, turn the volume up. Yes it uses electricity but it turns out to be very cheap security

**#20 Don't leave the cartons & boxes** for new electronic goods near your bin, visible from street.

**#21 Do an emergency entry audit.** How would you get in without keys? Get a family member to help. If you insist on leaving a key outside, see if they can find your spare set. Burglars have a keen sense of where to look - don't leave yours in easy to find places.

**#22 Eliminate Hedges** and hiding spots – equipment and ladders or easy ways to get to roof not left outside

**#23 Get a peep hole.**

**#24 Get dead bolts** - kick proof. Intruders will usually approach front door and ring bell or knock, look for keys or just kick then try back and windows

**#25 Make sure all of your windows are lockable.** ( And actually lock them )

**#26 If there's an intruder in your house** and you are unable to get out, scream "I've already called the police" whether you have or have not.

**#27 Make an escape plan and rehearse it.** – If you think you'll fare better hiding, make a hide plan and rehearse it. Why not both?

**#28 Know where your makeshift weapons are,** fire extinguishers, bats, frypans. Do an audit.

**#29 Get Security cameras**

**#30 Devise a family panic code set.** For instance, if you are at the front door and feel threatened by whoever is there, call to your family member to "turn off the stove for me". This could mean a call for support or call the police. You decide, make up your own set of codes that would sound innocuous to the person at the front door.

Ideas: "hey Frank, can you take the cheesecake out of the oven" There is no Frank, come to the front door now

"Hey Brad, can you take the cheesecake out of the oven" There is no Brad, call 000 now.

**This isn't everything, but it's a good start**

Inner Circle Academy teaches Self Defence, Japanese JuJutsu, Iaido, Tai Chi and other martial arts, near you.

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