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STAYING SAFE WHILE STUDYING AND LIVING ABROAD

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Vivien was enjoying herself living and studying abroad. She and two other Singaporean girls rented a second floor apartment in a town that was close to a shipyard. One night, as her friends were standing by their apartment's window, they saw four sailors scrambling up to their apartment with the help of drainpipes. Shocked and sensing trouble, Vivien and one of her girl friends ran into a bedroom and locked themselves in. Unfortunately, the third girl was indecisive as to where she wanted to run to and ended up being caught by the four sailors in the living room.

Through the bedroom door, Vivien and her friend could hear their friend begging for mercy. The sailors took turns raping her as Vivien and her friend listened in disbelief. Eventually, the four sailors left and the two girls came out to comfort their friend as best as they could. No police report was made and the poor victim quit her studies abruptly to go home to Singapore.

This is a true story that was related by Vivien when she was undergoing an intensive self-defence programme with Kapap Academy.

Violence and the Predator

Predatory violence is very different from social disputes as it is often done to take something from the victim by force (resource predators), or committed for the sake of the violent act itself (process predators). The former often refers to muggers, robbers, carjackers or kidnappers. Such aggressors are often armed but are less likely to kill if they get what they are after. The second group, process predators, are extremely dangerous as violence is perpetuated for its own sake. The only way they will not carry out or abort their attacks is because they perceived it is too costly or risky for them to do so. Rapists and serial killers are

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examples of this type of predators. To stay safe, students and executives can adopt a few safety measures:

Female students should generally not be walking alone through university grounds late at night by themselves. Stay within well-lit footpaths even if it is a longer route.

Carry an improvised weapon such as a tactical pen. A tactical pen is an excellent impact tool that is great for students and executives as it will blend very well with such users. Kapap Academy Singapore www.kapapsingapore.com runs a series of Tactical Pen Self Defense Seminars that is extremely popular with both scholars and corporate executives.

The authors: Qin Yunquan and Teo Yew Chye are both certified bodyguards as well as self-defence experts trained in Kapap (Israeli unarmed combat). In addition, Yunquan is a local champion fighter in Brazilian Jiu-Jitsu and Wrestling. She is also a National Wrestler. Yew Chye is a Consulting Psychologist and specialized in training both military and police units in hand-to-hand combat skills.

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