



THE ATTACKER ADVANCES by putting his arm around his victim.



VICTIM STEPS BACK into a strong stance and brings her elbow up into a striking position.



VICTIM BECOMES THE AGGRESSOR by driving her elbow into the stomach with a sudden twist of her body.



AS ATTACKER BENDS over in pain, victim snaps her back of her fist up and into his face.



VICTIM RUNS from the scene screaming in order to attract attention.

Fight back

Rape and other forms of violent attacks on women are no longer crimes of the cities. Occurrences of that type are becoming more and more frequent in suburban areas like Mississauga, Oakville, Brampton and, yes, here in Halton Hills.

Although there was actually only one reported case in this area last year the likelihood of an increase in violent attacks upon women here, according to one spokesman for Halton

Regional Police, is inevitable if statistics from every other urban area in Canada and the U.S. hold true.

Rape is the crime of the 70's. Yet Leslie Pickell and her husband Bill will tell you that many attacks on women could have been halted.

Women can defend themselves. It requires almost no training just a desire to know how.

The Herald, with the assistance of Bill and Leslie

Pickell, future residents of this area, offer some advice on the methods useful in fleeing attackers.

The element of surprise is an important factor but, according to the Pickells, the surprise is largely in favour of the young girl or older woman who is being attacked.

An attacker expects resistance. He does not expect to be himself attacked which, according to all winning strategies—the best defense is

an offense—is the best method of self-preservation.

The Pickells emphasize that a woman has to make up her mind now, while reading this story or the next time she reads in the Metro papers the gory details of a violent crime involving a woman, that she is going to fight back! Not just shove a bit but actually claw, kick, punch, spit, bite, back, stab, or any other method that is going to hurt, injure or just throw off her attacker.

"If it's a matter of his life or mine I'll fight to protect mine," matter-of-factly commented Leslie.

That's the first lesson. You've got to learn and remember it well.

The second is simply hit, run and scream. No attackers is going to follow a screaming woman into the middle of a busy, well lit street or sidewalk so once you've managed to break his grip make as much noise as you can and run where there are people and, hopefully police.

Two lessons but that's all it really takes. However Leslie and Bill offer a couple of refined moves based on simple karate techniques that will help you. The sequences pictured above and below illustrate those moves.

There's nothing difficult about them. No flying kicks or block breaking karate chops. "They're normal reactions put

into a simple, cast routine," explains Bill.

For assurance he adds, "They're easy to learn and they do work."

Another method is hit your attacker with everything and anything you can get your hands on. If he attacks while you're getting out of your car you'll probably have a vicious weapon right in your hands: your keys. Jabbed hard enough they can be a painful instrument that will discourage many burglars or rapists.

The whole thing, Leslie impressed again, "is to make the best use of what you've got." That could include your purse, or umbrella.



ATTACKER ADVANCES. Woman has confirmation of an unwanted advance.



STEP BACK FIRMLY. Victim steps back and into a strong stance.



CROSS ARMS. Victim brings her arms upward in a crossed position on the inside of her attacker's arms.



BREAK HOLD. Victim now releases attacker's hold by pushing forward and outward against his elbows.



KNEES TO GROIN. Victim now becomes the aggressor and pulls attacker toward her as she thrusts her knee into his midsection or groin.



ELBOW STRIKE. Victim, by sharply pivoting her body, follows through with an elbow strike to the man's face. Hopefully, after this, the attacker has been stunned enough to allow the victim to escape.

You don't mess with Bill Pickell, or for that matter his wife Leslie. When they talk about self-defense, particularly when it involves karate, they should know.

The Pickells (presently living in Brampton but very shortly moving to the Huttonville area) are among the tops in Canadian Karate circles.

Bill, who holds a black belt, captured first place in championship events in both St. Catharines and Peterborough recently. That came after almost a two-year rest from competitions. This past weekend he participated in the North American championships.

Leslie—who may be remembered by many Georgetown residents through her father, Clifford Johnson who used to operate the outdoor pool—currently holds the title of Canadian National Novice Women's champion.

Besides competitions Bill also is involved in setting up the Northern Karate Club in Brampton.

Noting that they feel that many people miss out on learning valuable self-defense techniques because they feel that time and expense rule it out the Pickells add that they are happy to try to share their knowledge about self-defense with everyone. For further information call 453-8082.

Obituary

Kenneth Johnston Leslie

After a short illness, bowling enthusiast Kenneth Johnston Leslie of 27 Dayfoot Drive, Georgetown, died suddenly at Georgetown Memorial Hospital, May 11, at the age of 61.

Born in Toronto Township where he made his home near

Everett until he moved in with his parents Thomas and Alice Leslie, in Georgetown in 1950, he was employed in maintenance at Georgetown Bowl until 1973 and was the recipient of many trophies for this sport.

An active member of the Wallace L.O.L. 270 in Everett.

Leslie's other interests included flying model airplanes and boating.

Survived by brothers Ivan Leslie of Georgetown and Delmer Leslie of Baxter, Ontario; sister Phyllis Morrow of Weatskiwin, Alberta; two nephews, four nieces, two each of great nephews and nieces;

Leslie was buried in Alliston Union Cemetery on May 14 following a ceremony conducted by Rev. K. Rooney at

the Presbyterian Church, Baxter, where he was taken from the Thomas Funeral Home in Alliston.

Pallbearers were Rick Leslie, Barry Hamilton, Danny Edgar, Alvin Moore, Bill Neff and Bud Anderson.

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