

## Pepper Sprays Without Training

There seems to be brisk sales of pepper sprays now-a-days. If I know criminals most of the buyers will consist of them. So you have the additional burden of being attacked by pepper sprays. It's easy to avoid being attacked by sprays when you are in your car. Just keep the windows up. It's also easy to avoid being attacked on your two wheeler. Keep your helmet's vizier down.

However the danger is for pedestrians, you can be ambushed with a pepper spray when you are on foot.

So lets look at some really easy ways to avoid it.

1. develop peripheral vision. Draw two circles about an inch wide and 3 inches apart. Right in the middle of these two circles mark a dot. It's better to use a black pen for this exercise because it provides a better contrast

Now focus on the dot in the middle until the two circles begin to develop a whitish light around them. Try and observe the dancing illusion of white light around the black circles for at least a minute.

Doing this daily can build strong neuro paths from the eye to the brain that recognise and report movement in your peripheral vision.

How it helps: You will notice suspicious folks earlier than most folks and can run away easily

2. Run. Buy a pair of jogging shoes and hit the road or the park if possible. start with a 5 minute run 5 times a week and increase the duration by 2.5 minutes every week until you hit 20 minutes 5 times a week. You should take 8 weeks to reach 20 mins. It is essential to let your orthopedic system get used to the impact to avoid injuries. If you haven't been running always start with 5 minutes although you will feel you can do more. Remember no music and no treadmills. This spoils your concentration on your body and the environment. Cross country runs are the best.

How it helps: It helps you to run away when you see suspicious guy, silly!