

UTILIZING SELF DEFENSE



Learn the Five Elements of Self Defense
to Stay Safe and Avoid Legal Trouble.



SIKHS FACE RISING HATE CRIMES

In 2024, Sikhs were the third most targeted religious group for hate crimes in the United States, with a comparable ranking in Canada.

Despite being a small religious minority, Sikhs continue to experience a disproportionate share of hate-motivated violence and harassment. These incidents highlight ongoing challenges of religious intolerance and the urgent need for strong awareness, protection, and community support.



★ OUR MISSION ★



INFORM

Raise awareness through education and resources.



PREPARE

Build knowledge and skills to stay ready.



CONNECT

Strengthen community through support and unity.

• CONTACT US •



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DO YOU KNOW HOW TO APPROPRIATELY RESPOND WHEN CONFRONTED WITH A POTENTIAL THREAT?



Developed and taught by esteemed self-defense attorney Andrew Branca, The Five Elements of Self Defense equips individuals with essential knowledge to avoid wrongful prosecution and confidently protect their freedom when facing violent crime.



• CRITICAL ELEMENTS •

Here are the five critical elements you need to understand to safeguard your legal rights.

1

INNOCENCE

You must not initiate the conflict. If you initiate the conflict, you become the aggressor and forfeit your legal right to self-defense.



2

IMMINENCE

The act of violence must be occurring or so imminent and unavoidable that you must respond in that moment.



3

AVOIDANCE

You must attempt to retreat or de-escalate a situation before using force, if it is safe to do so.



4

PROPORTIONALITY

The force you use must be proportionate to the threat. Deadly force should only be used against an aggressor if there is a risk of death or serious bodily injury.



5

REASONABLENESS

Your actions must align with what a reasonable person would do in the same situation. Before acting, ask yourself, "Would a jury find that your fear and response were justified?"



KNOW YOUR RIGHTS. STAY PREPARED. STAY SAFE.