

# Pursuing personal safety

Local man's free documentary presents tips on self protection

By Joan Cooper Rusek  
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**MAYFIELD HEIGHTS:** — Martial arts expert, bodyguard to the stars and former boxer Patrick Malone is concerned for your personal safety.

He wants you to see the premiere of his documentary film "Hearts Without Fear."

Produced by Firefly Media Productions, it includes interviews and tips on how to stay safe and avoid violent criminals who troll parking lots and shopping areas, preying primarily on unsuspecting women.

The short film will be shown 1 p.m., 6 p.m., 6:35 p.m., 7:15 p.m. and 8 p.m. May 19 at Phoenix Theaters in the Eastgate shopping plaza on SOM Center Road in Mayfield Heights. Admission is free.

The film includes interviews with several women who were targets of violent criminals.

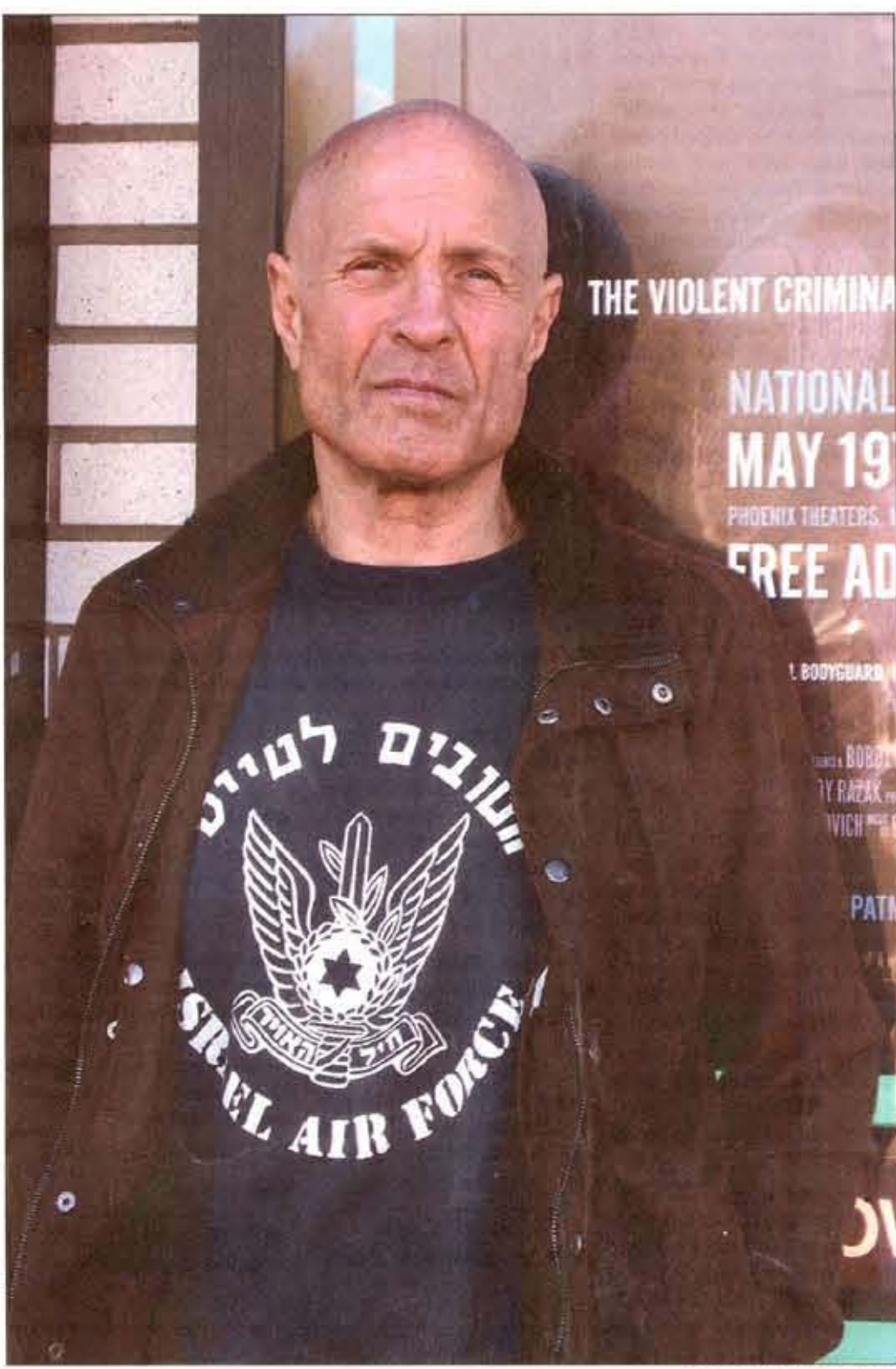
One, a Gates Mills woman was abducted from a local shopping center parking lot in broad daylight, threatened with her life and sexually assaulted by two men, according to Malone.

"The men were out of prison for only six hours for a similar crime before they struck again," he said.

Following the film, Malone will hold a question and answer session.

Malone said he is a former U.S. Navy Seal instructor, presidential bodyguard and bodyguard to other high profile people, such as Farah Fawcet, Jennifer Lopez, Carmen Diaz, members of the Saudi Arabia royal family, and former Philippine President Ferdinand Marcos.

He has also worked with federal law enforcement officials to apprehend violent fugitive criminals.



JOAN COOPER RUSEK/SUN NEWS

**Patrick Malone of Munson is a former boxer, bodyguard to high profile figures and personal security consultant. He teaches workshops to corporations and groups on how to avoid becoming a victim of violent predators and criminals.**

Malone grew up in Chester as one of 11 children in his family.

He said he first became interested in protecting others from bullies in his childhood playground.

"I admit, I enjoyed making

my body strong and being able to physically combat bullies," he said.

This led to his interest in boxing and martial arts. He has the characteristic broken nose and facial scars of hand-to-hand combat. Now, in his

60s, he continues to work out every day.

This dark angel has a soft spot for average citizens and currently lectures on how to avoid being a target. He lectures and holds programs for corporations and groups.

He said his current instructional work is the most important work of his life.

"Unless you've been a victim, you don't know how quick and easy an abduction is for the criminal," he said. "Every victim tells me they weren't aware they were targeted, or they didn't trust their instincts."

He said victims describe the abduction as taking place in slow motion, as it was happening to someone else.

Malone's workshops provide an insight into how predators think, why they target certain individuals and how to avoid becoming a target.

"Sometimes the boogey man doesn't look like a hardened criminal," Malone said. "Sometimes he lures his victim by posing as an invalid or asks for help, knowing that women have a tendency to want to help people."

What makes someone a victim?

"Three things," he said. "Being distracted in public places and not paying attention to who's around you. Walking like an easy victim, not like someone who will thwart you. And, simply being in the wrong place at the wrong time."

Although he has taught his own hybrid blend of martial arts to police and elite U.S. military forces, he said even an expert has only a 50-50 chance of surviving a violent encounter.

"I've lost a number of friends in the business," he said.

When he was employed in fugitive recovery missions he said he relied on the element

See SAFETY, B4



JOAN COOPER RUSEK/SUN NEWS

Patrick Malone's "Hearts without Fear" film documentary will be shown 1 p.m., 6 p.m., 6:35 p.m., 7:15 p.m. and 8 p.m. May 19 at Phoenix Theaters in the Eastgate shopping center in Mayfield Heights. Admission is free. The display poster on the building reflects the theatre parking lot, adding its own note of drama.

# SAFETY

From B3

of surprise.

"It's quick, it's harsh and it's done," he said. "Nobody wants to go back to prison. There's no time to engage in hand-to-hand combat with a dangerous criminal. It's not like the movies and TV shows with fancy moves and kicks. You certainly don't have a conversation with them. The best blitz is a quick hit that takes them down before they know you are there."

He said he is not surprised at the different versions being told about the U.S. Navy seals attack on Ossama bin Laden.

"Of course his every move was tracked before the seals went in," he said. The best time to capture a well-armed dangerous person is when his guard is down."

He said the fugitives he

captured were unarmed at the time, were drunk or high on drugs, or were in a compromising position with a woman.

"If they have an assault gun in both hands, that is not the time to strike," he said.

He said he has waited for 12 hours in the rain under a window before making his move to capture a fugitive.

Where are the most dangerous places for women to be?

"Haiti, the Middle East, off the beaten path in Jamaica and in suburban shopping mall parking lots. There's no such thing as a safe shopping mall parking lot. But, you can be safe, if you are paying attention and if you have a plan on avoiding an attack."

He said predators often have elaborate plans and sit and wait for the right victim to come along. That's why, he cautions people to always be aware of cars parked nearby. He said to take note of who's

watching you, and to use logic and instincts.

"If a handicapped man asks for help getting into and out of his car, is he parked in a handicapped spot? Did he ask men or others for help, or just you? If it doesn't feel right, don't do it."

Malone also said to be wary of any man offering to carry your packages or help you load them into your car, unless they clearly work for the store. He further said to take caution of vans parked beside your vehicle.

"I've had women tell me they couldn't sleep for three nights after attending one of my lectures," Malone said. "You shouldn't be paranoid, but you have to be aware that there are real boogey men out there."

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