

— a Dorey Enterprises company —

# THE CHAIN OF DEFENSE™

INTEGRATIVE SELF PROTECTION

Protecting yourself is an essential life skill.

## Pressure Points

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### HAIR – BACK/FRONT/SIDE



*smash head*

### HEAD – TOP



*smash head, strike face*

### EYES – EDGE



*cut, bleed, blurry vision*

### EYES – BOTH THUMBS, HANDS



*pain*

### TEMPLES – HAMMER, PUNCH



*concussion, hemorrhage*

### EARS – CUP HANDS, BITE, YELL



*pain, rupture eardrums*

### NOSE



*pain, gain time*

### NASAL BRIDGE



*pain, disorientation*

### TEETH, MOUTH



*pain, headache, gain time*

### CHIN



*concussion, gain time*

### JAW – CLOSED/OPEN



*concussion, dislocation*

### THROAT – PUNCH, FINGER



*break windpipe, discomfort, death*

### SIDE OF NECK, CAROTID ARTERY



*dizziness, unconsciousness*

### CLAVICLE HOLLOW



*fracture, pain, lack of mobility*

### BACK OF NECK



*concussion, broken neck (paralysis, death)*

### ARMPIT



*pain, temporary paralysis*

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**ELBOWS**



*knife release, pain*

**STERNUM**



*stunning, gain time*

**CHEST PECTORALS**



*severe pain, stunning*

**CELIAC PLEXUS**



*pain, loss of breath, unconsciousness*

**FLOATING RIBS**



*fracture (injury to liver, lung)*

**STOMACH, WAIST, HIPS**



*shock, internal bleeding*

**KIDNEYS**



*shock, pain, internal injury*

**GROIN – FRONT KICK/SLAP**



*stunning, pain, shock, unconsciousness*

**COCCYX BONE**



*falling, pain, broken bone*

**THIGHS**



*pain, gain time*

**KNEE**



*pain, immobility*

**CALVES**



*falling*

**SHIN**



*great pain, lessen attacker's grip*

**ACHILLES TENDON**



*pain, falling*

**TOP OF FOOT**



*fracture bones, pain, limit mobility*

**FINGERS**



*break, pain, release attacker's grip*