

SELF-DEFENSE TOOLBOX

AWARENESS / COMMON SENSE Cannot be taught but so very important in self-defense (check appendix for further references and books I recommend you read)

BALANCE / BODY POSITION / BODY LANGUAGE /

The Boddy follows the Mind, you need to shut-down the brain / thinking process of the aggressor to ease your way out.

SPEED OF EXECUTION / POWER / STRAIGHT TO TARGET:

Must result in a reaction ... could be a body move due to pain, to fear, a dodge or else.

It's a strike and remove" (like a rattle snake) –

GUARDING STANDS / TONE OF VOICE (DEFENSE & ATTACK) –

- Voice your defense, yell for help, ...
- “Back off”

RULE OF THE WEAK THUMB

- Making the thumb grip to release is releasing the grip itself
- Make a pancake with the end, pull towards you, turn inside/outside
- Attack the thumb with your knuckles
- Double hand release, grab your own hand and pull out for a strong release

PROTECTION AND BLOCKS: HANDS POSITION / ELBOW POSITION

Cannot be used as a stand-alone, needs a follow-up move straight after

- ELBOW PROTECTION (THE FONZ) - TRIANGLE
- DOUBLE FOREARM BLOCK
- DOUBLE HAND BLOCK or CROSS BLOCK

ATEMI: opposed to punches or kicks that need a 2-way action (chamber/retreat then extend) and you need to make a fist to punch, when an ATEMI can be done open handed, and is a strike outside the sight (nearly invisible or not visible/told). Throat, nose, temples, ears, solar plexus, ribs are your primary targets.

KICKS: Our legs are usually longer and stronger than our arms. Legs are the first strong barrier or tools to stop someone moving towards. A kick can be a defensive move (such as a tip), it can be a deflective move, or an attacking move. 3 main kicks.

- THE TIP KICK (aiming mostly at mid-section but can be used on knee)
- THE VERTICAL KICK (like when kicking a soccer ball, aiming at the groin)
- THE SIDE KICK (aiming at knee, or ribs)

FINGER LOCKS and BODY PART GRABS: Fingers are the base of main of the attacks that could not happen if fingers “disappear” of the equation. Punches, grabs, chokes, gropes, slaps, most of the pushes cannot take place if you take out the fingers. Fingers are mainly built with bones and ligaments but very little muscles. This means there is very little force in the fingers themselves, and by definition, cannot dispense much resistance. However, fingers are not always easy to grab or not present (such as in punches). Our body is not meant to bend and twist at the same time. It bends or twist but rarely bends AND twist! Bottom line, any body parts that you will be able to grab, bend and twist would be an excellent way out of a difficult situation. **INSIST ON THE CONCEPT OF BEING SECURE AND POWERFUL AS LONG AS YOU STAY OUT OF REACH OR AT AN ANGLE**

- FINGER LOCK (BASED NOT BASED)
- THE FINGER LOCK THEORY (NORMAL & REVERSE) IMPROTANCE OF ANGLE (TORI/UKE) AND PALM DIRECTION, 2 WAY ACTION
- KOTE-GAESHI AND REVERSE WRIST LOC

ARMBAR AND ARMLOCKS To a lesser use: Stay brief on the extension movement and the power of the snap or hyper extension but not always easy to implement and use correctly. ARMBAR: 4, 9, 10 – I do not recommend applying ground submission. You should remain standing as often as possible.

TAKE DOWNS:

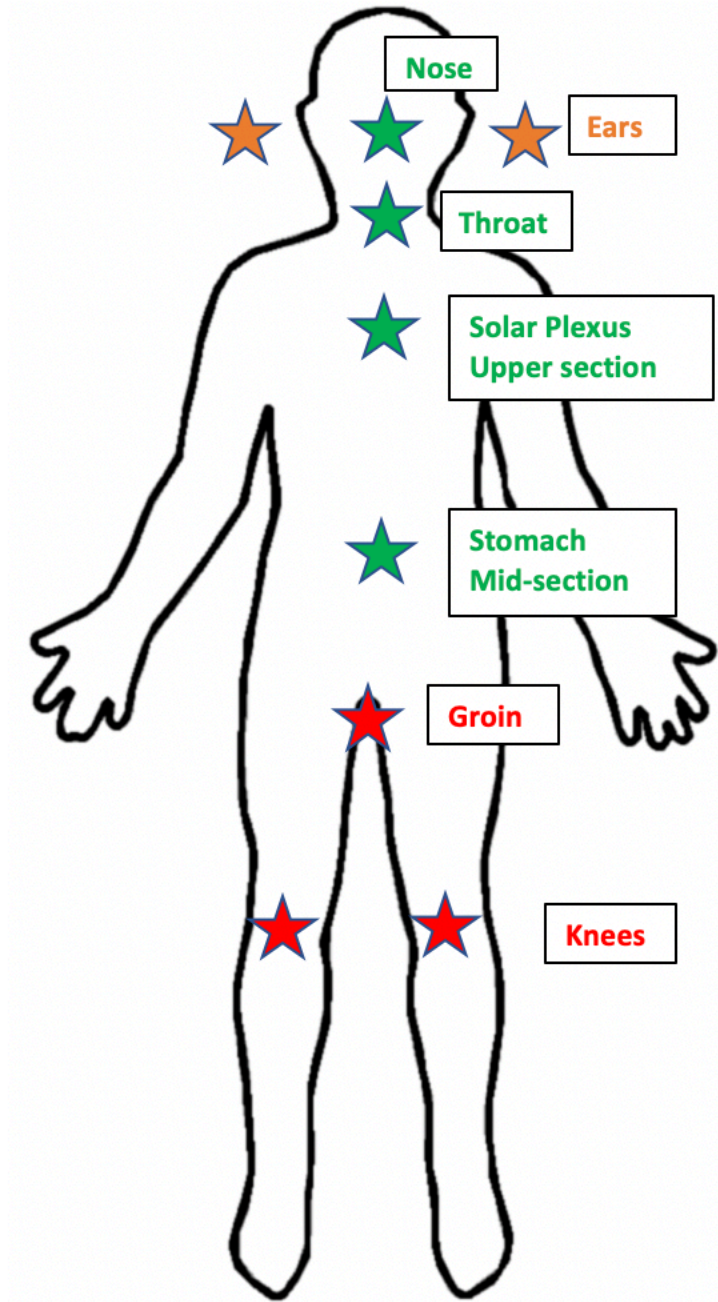
- Arm takedown
- Leg takedown

PRESSURE POINTS: A NICE TO HAVE AND TO UNDERSTAND. ALLOW YOU TO GET YOUR OPPONENT BODDY TO MOVE A CERTAIN WAY WITH A MINIMUM USE OF FORCE. YOU CAN USE THEM TO GET THE AGRESSOR TO LET GO OF A GRIP TOO.

Note on sexual predators:

- It is still not clear **why and when** sexual predators go into action
- They look like a “normal Joe”
- Some reports, following sexual predators’ interviews, show that the first step of their modus operandi would involve bumping into a woman and wait for their reaction.
 - If the woman says “sorry”, they go to the next step of their plan
 - If the woman shows unhappiness or a not sorry attitude, they leave to find another prey
 - Politeness can get you killed! Don’t be (over) nice if not guilty!
- Be on the defense if a man comes to you for “directions”, men don’t ask for directions

IDENTIFY EASY TARGET



→ ALWAYS AIM AT AN EASY TARGET ←
→ EASY REACH ←

Tools and their ideal targets:

Wrist escape via the weak thumb
Back fist = nose / face

Horizontal Elbow strike = Side of face / Solar Plex
Upward Elbow strike = Chin / Nose / Solar Plex
Back Elbow = Mid-section ideally ribs
Upward Palm strike = Jaw

Double slap strike = Side of face but ideally ears
Atemi to the throat

Kicks: (front horizontal) to stomach, (soccer kick vertical) to groin, (side) to knees

Thumbs to eyes
Thumbs / Knuckles to ribs

Finger tear
Wrist twist

Head strike (front or back) = Nose / Chin / Solar plex (Front Upper Body)

And remember, ALWAYS

1. Scan environment as it is likely that there is another aggressor
2. Proceed to damage control
3. Call the police

THINGS TO KEEP IN MIND

1. DON'T TURN IT INTO A FIGHT
2. DON'T THINK AGRESSORS WILL LIVE or FIGHT BY YOUR RULES
3. THE BODY FOLLOWS THE MIND, YOU NEED TO SHUT DOWN THE MIND OF YOUR AGRESSOR
4. IF A MUGGER, ESPECIALLY AN ARMED ONE, DEMANDS YOUR WALLET OR PURSE, DO WHAT HE SAYS BUT FIRST... FIND YOUR ESCAPE ROUTE AND TOSS YOUR WALLET (away from you) IN THE OPPOSITE DIRECTION, AND RUN! If the mugger is really interested in your wallet or your watch or else, when you will throw it away his attention will be on the moving target, and this is when you run. If your mugger does not move towards what you throw ... STEP BACK, BE READY, GAME'S ON!
5. IF YOU'RE EVER THROWN IN THE TRUNK OF A CAR, KICK OUT THE TAILLIGHTS AND STICK YOUR ARM THROUGH THE HOLE AND WAVE LIKE CRAZY. (Most of the new car are now equipped with an inside latch to open the trunk).
6. YOUR ELBOW IS ONE OF THE STRONGEST PART OF YOUR BODY, USE IT AND USE IT AGAIN!
7. WHEN ALONE OR WITH A YOUNG CHILD OR ELDERLY AND RETURNING TO YOUR CAR OR YOUR HOME, ALWAYS (ALWAYS!) GET YOUR KEYS READY WAY AHEAD ARRIVING AT THE DOOR. ALWAYS GET IN AND LOCK DOORS STRAIGHT AWAY.
8. ELEVATORS ARE SURELY A BETTER CHOICE THAN STAIRS
9. IF A PREDATOR HAS A GUN ON YOU AND DOES NOT HOLD YOU. **RUN!** IN ZIG ZAG! IT IS SAID THAT CHANCES OF A RUNNING TARGET BEING HIT ARE 4 IN 100.
10. IF ALONE, NEVER, EVER, OPEN YOUR DOOR TO ANYTHING, ANYONE, YOU DO NOT KNOW... YOU CAN ALWAYS TALK THROUGH THE DOOR!
11. HABITS PLAY AGAINST YOU!
12. DON'T BE PARANOID, DON'T BE SCARED, BE AWARE, BE READY!