

# Self Defense

The purpose of teaching self defense is to make our students aware that a potential attack is a reality. Within the next few years our students will be faced with many new influences such as moving on to high school, dating, and getting their drivers license. Our goals are to teach how to avoid becoming a victim and give them experience practicing self defense techniques available if attacked. We stress the importance of safe practice at home and that the level of self defense used should only be enough to escape the situation.

**Avoidance** is the key. Always walk with the appearance of self confidence. Be aware of your surroundings by looking around and taking notice. When possible walk in a group, stay in well lit areas, and call ahead to let people know your destination. DO NOT walk while talking on the phone, texting, or listening to your iPod. If you feel you are being followed, go to where other people are or walk up into a building or someone's house for help.

**If you are attacked yell "FIRE!!"** Always be aware of potential things you may have on you that can help you escape. For example, keys may be used to scratch or scrape, books have sharp corners or may be smashed into a nose, or pens and pencils may be used to stab your attacker. Be creative!

\*If someone demands your purse or wallet - throw it behind them and run away.

\*If a weapon is involved give them what they ask for; nothing you have is worth more than your life!

\*If there is more than one attacker, avoid being positioned in the center of the group, always try to stay to the outside of all the attackers and keep moving while keeping your eyes on them and a possible escape.

**Pressure Points/Vulnerable areas of the body** are places on the body which are easily accessible and if triggered are very effective in hurting or breaking the concentration of the attacker. Pressure points require little strength yet are important for success of many of the breaks learned in class. In some situations using pressure points and vulnerable areas of the body may be all that is necessary to escape.

**Breaks/Releases** are techniques used to escape if a physical attack is encountered. Every situation will be different, but the breaks and releases learned in class should give the students an idea of the possibilities available in most common attacks. In order to ensure an actual escape, it is important to make sure to break the concentration and loosen the grip of the attacker by triggering a pressure point. Some breaks such as, the double hand choke from the front and side hold, require just the use of pressure points and vulnerable areas of the body.

## Pressure Points/Vulnerable Parts of the Body

Eyes	Above the Elbow
Temple	Between thumb & 1 <sup>st</sup> finger
Nose	Fingers
Underneath the Nose	Finger nails
Below Cheek Bone	Solar Plexus
Ears (grab or box)	Floating Ribs
Below the ear	Groin
Lips	Knee
Jugular	Shin
Throat	Foot
Trachea	Base of the skull
SC joint	Spine
AC joint	Kidney
Arm Pit	

## Breaks

Single Wrist Release
Double Wrist Release
Two Hand Choke (from front)
Double Collar Grab
Bear Hug (front under arms)
Bear Hug (front over arms)
Bear Hug (back over arms)
Bear Hug (back under arms)
Single Hand Neck Grab (from back)
Two Handed Neck Grab (from back)
Side Hold (like on a bus)
Shoulder Grab
Head Lock
Full Nelson
Single Arm Choke (from back)