

# SELF DEFENCE FOR WOMEN

Now that you have taken a Self-Defence course, you must make your own decisions about whether or not you will choose to fight. Listen to your instincts. Every situation is different. Good eye contact, a strong voice and some quick thinking may get you out of a situation. Avoidance is best. However, in another, you may have to kick a knee, twist an arm, whatever it takes to break free.

Now that you have some skills, you do have a choice. Like any other skill, confidence comes with practise and review. Any traditional martial arts course will also help you defend yourself.

The following tips below are to help you to remember!

## **WRIST GRIPS**

### **General Rule: (Single Hand Grips)**

Look for the weak spot in the grip - where the thumb and finger join - and pull in that direction. Step into it with the same leg as the arm that is being held. Make a good fist; cover your fist with your other hand and using all your upper body strength, pull and **TWIST** your arm free. Then use the fist to do a back fist for come in with the elbow immediately.

If the grip is very tight, kick shin or knee first to loosen.

### **INDIVIDUAL GRIPS:**

1. **Same Arm/Same Side: Straight Across:** be sure to bring elbow sharply toward your attacker when you break the hold. This action will produce the **TWIST** necessary to break free.
2. **Same Fist/Same Side: Fist in Front of Face:** pull your arm in tight to your shoulder and rotate your whole upper body. Keep you elbow tight to your side and your shoulder will hit the back of the attacker's hand, forcing it to "pop" open.
3. **Cross-Arm - "Hand Shake" Grip:** bring your free hand to cover over top of both of the arms and grab your fist firmly. Your elbow must come up toward your attacker to break free.
4. **Cross-Arm Grip - Fist in Front of Face:** bring your free hand under both of the arms and grab your fist. Pull straight down sharply and then straight up sharply, on the other side, like a "J" motion.
5. **Cross-Arm Grip with the Weak Spot Facing Straight Down:** grab your fist in your free hand and turn it away from you (like a door knob). Using your body weight and letting your knees bend, pull straight down.

## **General Rule (Double hand Grips)**

Take a fighting stance with your back leg, prepared to kick. Make good fists to strengthen wrists. Always kick first to loosen grips.

1. **Two hands - Straight Across:** Break up by bring arms over head and then cover one fist with other hand to smash down in double fist on top of nose.
2. **Two hands - Fists in Front of Face:** Break down following through with heel of hand coming up the attacker's body to break the nose.
3. **Two Hands on One Arm:** Step into it with the same leg as the arm that is grabbed. Cover fist with your free hand and pull up and to one side following through with elbow to throat, or if the target is further back, then use a back fist to throat or nose.

## **Back Holds:**

If hold is very tight, loosen it with a shin scrape (scrape down on the shin) with knife (outer) edge of foot, ending in a hard stomp (with heel on the high arch of foot), a hard bit to the most available place, reaching out with hands and closing to face, smashing the back of your head into his face or groin punch (swing hip to one side and punch to groin).

## **Headlock:**

**Attacker's Arm Around Your Throat from Behind:** Do a groin punch, as he loosens, bite arm hard; follow through with elbow or fingers to face or throat and then bring knee up into groin (or face), grab him by the hair, if he has bent forward from previous hit.

## **Back Choke:**

**Attacker Standing Behind You:** bring your chin down tensing your neck, dig your thumbs under this little fingers, wrapping your whole fist around them as your pry them up. Bend them backwards and as your break them, begin to turn around, letting go of one finger, and punch to the face (keeping your arm and fist close to your body to avoid it being blocked). Follow through with a knee to the groin, etc.

## **Bear Hug:**

**Attacker's Arms Wrapped Around Your Upper Body:** shin scrape, grab for groin, bite, smash head into face and follow through with punches to face or inhale and expanse chest, making yourself as large as possible, then exhale-pushing the air forcefully out of lungs and simultaneously collapse, falling (sliding) down to the ground. From this position, elbow to the groin or turn and kick to the knee.

## **Arm Lock:**

**Attacker Holding Your Bent Arm Behind Your Back:** hip swing and groin punch, shin scrap and foot break, follow through with punches to throat and face, knee into face (grabbing him by the back of his head) and pulling down as our knee come up into his face.

## **Back Lift:**

**Attacker Wrapping His Arms Around Your Waist and Lifting:** Find his face and go for the eyes. Follow though . . . . .

### **Front Holds:**

Kicks are better than punches as the first move because they can't be seen and therefore blocked. A punch or heel of hand must come up the body, **NOT** straight forward into the face to avoid being blocked. **MAKE GOOD EYE CONTACT AND YELL.**

### **Front Bear Hug:**

**Attacker Standing:** Bite to loosen, knee up in between his legs into the groin and follow through . . . . .

### **Front Bear Hug:**

**With Arms Free** - Thumb gouge to eyes or box ears. Follow through . . .

### **Front Attack:**

**Attacker Coming at You From the Front** - Kick to the knee before he can reach you. Block any punches with the forearm. Make a good fist when you block. Make eye contact and "YELL".

### **Lying Down Holds:**

Remain calm if your hands are pinned by both of his and wait for the weight to come off one of your hands and prepare to strike. Go for the face or, if you can't reach throat. When you have him off balance, do a hip throw and run.

### **Hip Throws:**

**Attacker Sitting on You and Pinning You Down** - Coming up the body, go for the nose, eyes or throat, then grab the shoulders (preferably the clothes) firmly in both your hands and a sharp thrust of your hips and a strong pull with your arm (over your head but a bit to the side), throw him off you and follow through before he can get up with kicks, etc.

### **Lying Down Choke:**

**Attacker Sitting on You With Hands Around Your Neck** - bring your hands up his body on the **INSIDE** of his arms to do a thumb gouge or a nose break. Follow through with a hip throw, etc.

### **Face Down Pin:**

**Attacker Sitting on Your Back - Your Face Down** - using a strong "KYAll", try to get your legs under you; if this doesn't work, don't squirm - wait for him to turn you over and then go the face. Follow through . . . .

## **IMPORTANT:**

**Make Good Unwavering Eye Contact!**

**Use Your Voice!**

**Don't Stop . . . . . Follow Through!**

**Fighting a Little Bit is Dangerous!**

# REMEMBER . . .

## Vulnerable Points

- EYES - Thumb gouge or finger jab
- NOSE - Fist, Double Fist, or heel of hand
- THROAT - Fist, Elbow or firm press with thumb
- GROIN - Fist, Twist and pull to testicles, Knee or Kick
- SHINS - Scrape with knife edge of foot or kick
- RIBS - Elbow
- FEET - Stomp down firmly on instep

## Body Weapons

- FIST - Thumb on outside, latching knuckles down
- FINGERS - Two fingers together and curved
- THUMBS - for eye gouging
- FIST AND ARMS(S) - to strike nose, throat or double fist down on bridge of nose
- LEGS AND FEET - Snap kick or knee to shin; shin scrap
- KNEE to groin or up into face
- VOICE - Strong tones, assertive messages, YELL!!
- EYES - Make clear, unwavering eye contact

Having all the information and skills will make you less likely to panic or freeze and most likely to take action when needed.

**ALWAYS** be assertive; it is your key to **AVOIDANCE!** Avoidance is your first line of defence.

Listen to your instincts! If you feel something is not quite right . . . pay attention!

If faced with a dangerous situation:

**Remain calm and think:**

**Where are his vulnerable points? Where are my body weapons?**