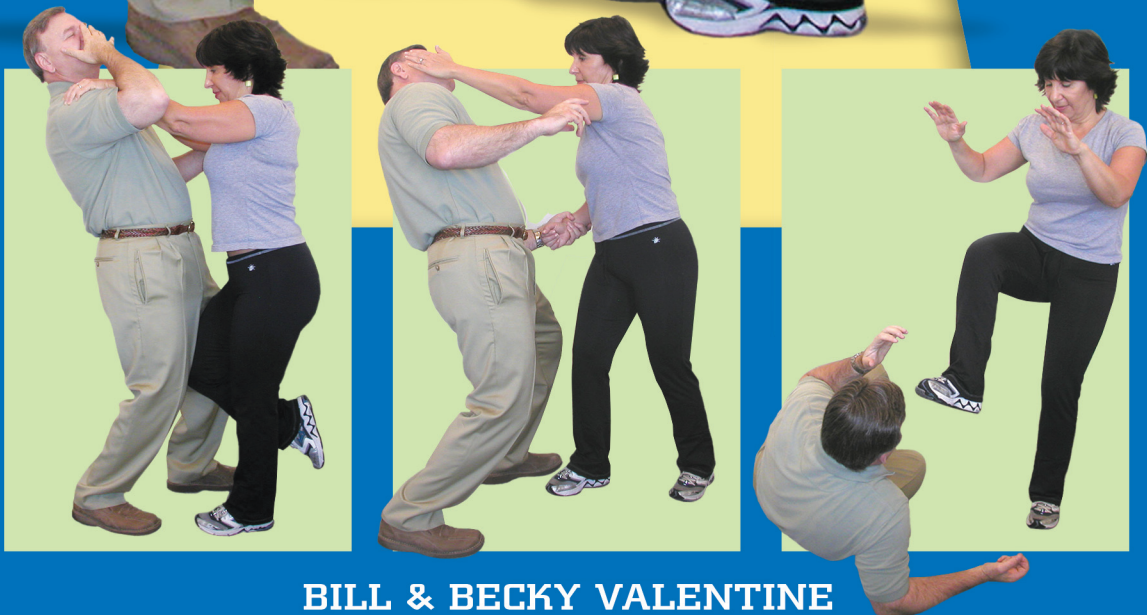


WOMEN'S SELF DEFENSE WORKBOOK



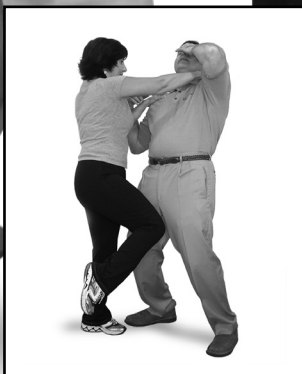
WITTS

[whatever it takes]



BILL & BECKY VALENTINE

WOMEN'S SELF DEFENSE WORKBOOK



WITS
[whatever it takes]

BILL & BECKY VALENTINE

DEDICATION

For all the women who have asked themselves the question, –How can I defend myself against an attack?”

No More "What-ifs..?". You can expect to find all the Basic Self Defense Moves you will need within this book.

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A C K N O W L E D G E M E N T S

Becky and I have been fortunate in having a great support team around us when we need them. Candy Sorgani agreed to shoot the photos for the book with me on short notice. Candy's effort and enthusiasm for the physical skills made taking the photos fun, and a little painful. Good job! Many thanks to Dave Break for taking the multitudes of photographs.

The visual impact of this booklet was created by a very talented graphics designer, Kathryn Louyse. Kathryn has a special background in both self-defense training and as a black belt in martial arts. Kathryn has been an avid supporter of Women's Self Defense Classes, assisting Becky and I when the class sizes exceeded one hundred. The idea for this booklet came from teaching such a class. Another thanks goes out to Dora Herrera, a second degree black belt who has also assisted Bec and I with classes, and also believes that basic self-defense is best.

Also, special thanks to Glendale Eye Medical Group and all the Optical Staff. They covered for me when I was out and about conducting Self Defense Instruction.

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ABOUT THE AUTHORS



BILL VALENTINE

wrestled in college, studied Judo and Jiu Jitsu in the Phillipines while in the service, and trained in Korean style karate, reaching the level of 5th degree black belt. While attending graduate school in the mid-70's, Bill taught karate part time.

Realizing the difficulty in teaching karate as a form of self-defense, he began to apply practical skills that were easy to learn when confronted with physical encounters.

Bill and his sister Becky, a physical educator, felt that a self-defense class was needed that was easy to learn and teach. They decided to combine their experiences to craft a program that would be both practical and effective. Bill and Becky co-authored "*Self Defense For Life*," and designed school programs for 7th and 10th graders that follow the California State Framework. This workbook evolved from the self-defense programs that Bill and Becky have developed over the last 22 years together.

BECKY VALENTINE

received her Physical Education Degree from Occidental College and capped it off with a M.S. Degree in Instructional Curriculum. She previously spearheaded a physical education department that was chosen as a model program for the State of California, and has been a guest speaker at several CAHPERD conferences.

In and out of the classroom Becky is on the cutting edge of self-defense. Along with her brother Bill, they have created and developed the "*Self-Defense for Life*" program and handbook. You don't have to be a black belt to defend yourself. Because this is a verbal and physical approach that everyone can use, this program has been implemented at the Cal Poly Workshop for Physical Educators, the California Middle School Physical Education Workshop and many school districts throughout California.

DATE/ACQUAINTANCE RAPE & SEXUAL ASSAULT

What is it?

“Date rape” occurs when someone you know forces or manipulates you into having sex with them when you haven’t given consent. It can happen between partners, on dates, with friends, or acquaintances.

What’s the difference between date rape and sexual assault?

There isn’t any; “date rape” is a form of sexual assault and can meet the legal definition of a criminal offence.

Is this common?

“Date rape” as with all other forms of sexual assault tends to be heavily underreported to authorities but recent research has shown that up to one in four females have had an experience that meets the legal definition of rape.

“Date rape” is extremely common especially for younger women who often have had little experience of sexual intercourse prior to the attack.

“There was a part of me... that thought that’s the way “it” was done. Guys pounced on you, you struggled, then forgot the whole thing... it was unwilling sex. I just didn’t want to and he did. Today, at 29, I know it was rape.”

(Sandi, who at 17 was raped by an acquaintance.)

Victims of date rape can feel great pressure not to report the crime: “I felt I couldn’t go to my parents... the police were out... and my friends would quickly disown me for having one of our own thrown in jail.”

(Melissa, a high school victim raped by a friend.)

What do they mean when they talk about consent?

Deciding to be sexual with someone should be an experience that you both want, or where both people feel good, safe, and able to stop at any time. You have not given consent to sexual contact if you:

- submitted because of force or the threat of force
- were held captive
- were asleep, unconscious or so drunk or under the influence of another drug as to be incapable of agreeing
- don’t understand the sexual nature of what is happening

You have also not consented if you:

- felt scared to say no
- felt pressured with emotional threats such as “you know you really wanted this” “Why else did you come here” name calling or threats of a break up.

INTRODUCTION

What you need to know now!

This workbook addresses the need for a fast effective way for a woman to learn to fight back against a sexual assault. There has always been a lot of discussion about crime on the streets; however, the fact of the matter is that date, or acquaintance rape accounts for 80 to 90% of sexual assaults, and stranger rape occurs 10 to 20% of the time (Koss, Dinero, Siebel, & Cox, 1988, Russell 1984). Approximately, only 20 percent of sexual assaults against women are perpetrated by assailants the women did not know. The remainder are committed by friends, acquaintances, intimates, or family members. Acquaintance rape is particularly common among adolescent victims. Although one out of every three women will be a victim of sexual assault in her lifetime, only one out of nine will report the crime.

Research indicates that sexual assaults among college women are approximately three times greater than the rates among women in the general population. Also, there is some evidence that approximately 15 to 25%, or 1 out of 4 college women will be victims of a sexual assault by the time they start college (Koss et al., 1987).

We can surmise from this research that college women have an increased risk for sexual assaults, and are more likely to be assaulted by someone they know. Women are less likely to successfully avoid these assaults when they are acquainted with the perpetrator (Rozee, Bateman, & Gilmore, 1991; Russell, 1984). Women, especially college women, need self-protection skills.

Reducing sexual assaults is possible. The mindset needed is to help change women's attitude about their own vulnerability through empowering principles. Programs promoting clear and effective communication in dating situations may also help to reduce the risk of sexual assaults. A good self-defense/self-protection program is a start towards reducing the numbers of sexual assaults. Raising

the social consciousness about sexual assaults will take time and effort. A change in attitude towards sexual assaults may not always result in an immediate change in behavior. Therefore, learning a few physical skills now can "get the point" across in situations where a sexual assault might occur.

WITs will increase your ability to respond to risky situations. When there is a clear and present danger of an assault, you can react with confidence. Remember that in most cases of sexual assault one self-defense technique can make the critical difference in avoiding sexual contact.

You will feel empowered and learn to act or react to a potential assault with the ability to use a physical skill with confidence. You will enjoy a sense of self-empowerment, and will have more control over your life with *WITs Workbook For Women*.

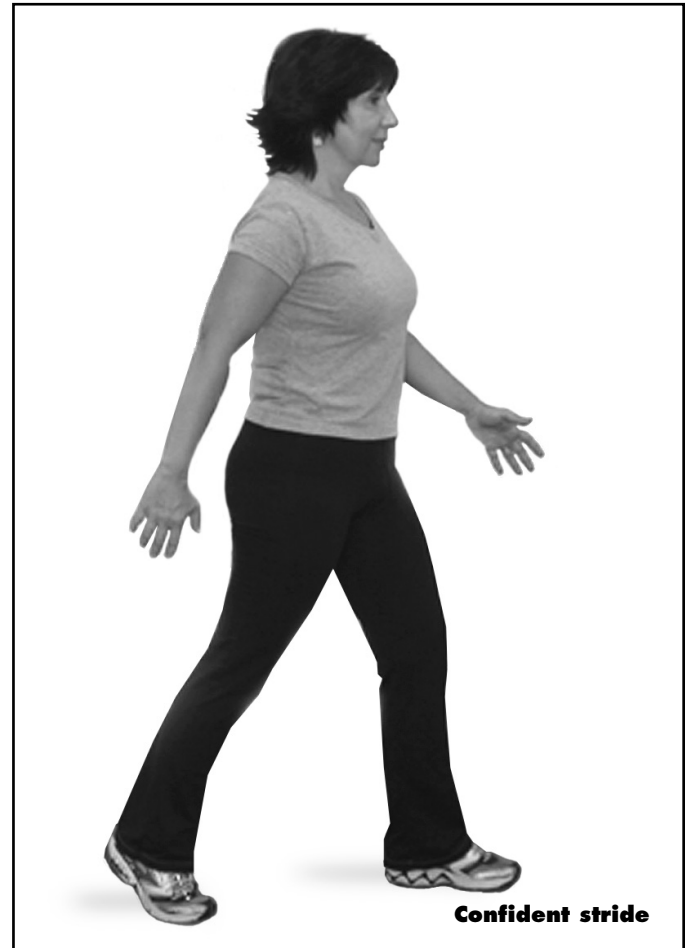
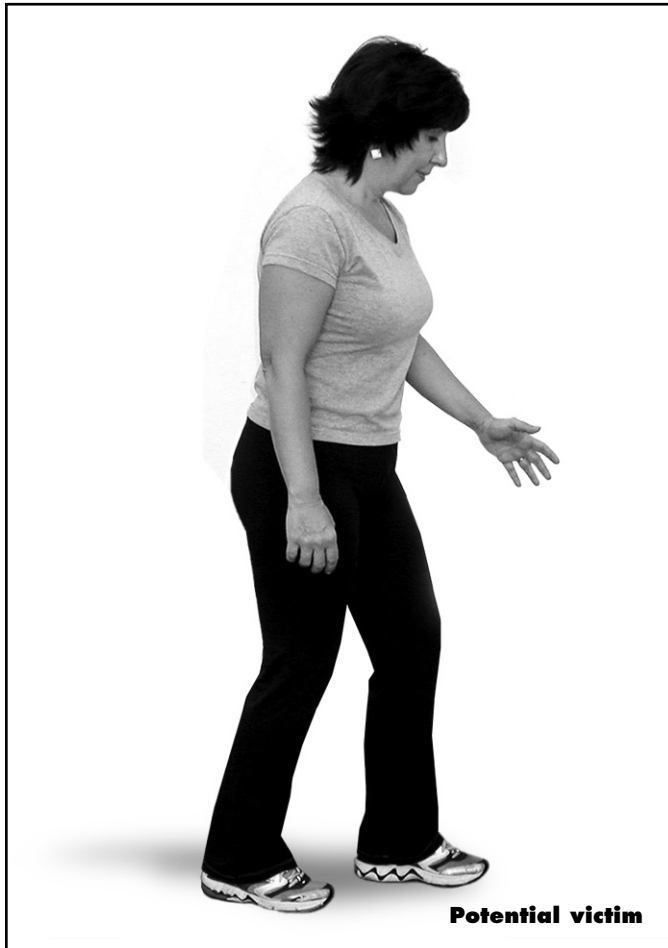
Start from the beginning and thumb through the course material. Then go back to the beginning and work through the physical skills as suggested to lock in the techniques. The sequence of skills has proven effective in learning to use your body as a weapon in less time. The mental strategies and psychological secrets to success are placed throughout the program outline. Please read the warnings and observe the safety protocol when practicing with partners.

Always be safe and you won't be sorry.

Good Luck.

S.O.S.

Stature. Observation. Stride. A simple plan.



Above are two examples that demonstrate what you don't want to do, versus what you should do when, for example, walking to your car.

The picture on the left shows a higher *Victim Potential* because the person is looking down with her shoulders slouching forward, appearing to be distracted in thought and taking short strides.

You want to be the person on the right. Good stature when walking, no drooping gait, eyes and head observing your environmental surroundings, walking with a stride that suggests self-confidence.

You can beat the odds on crime right now by changing the way you walk. Stand up straight, be alert, and exude confidence that says "I am not a victim." Also, be aware of your surroundings and walk with a stride that projects your confidence. A potential attacker is not looking for someone who may have already seen him and can identify him later, or even "his hunting ground." As mentioned earlier, the criminal is going to "attack" the person who looks to be the most vulnerable. If you don't resemble easy prey, then you cut down on the odds.

THE MOST IMPORTANT FIRST MOVE

**The most important first move when being attacked...
always move in toward your attacker.**



Before we begin learning the self-protection skills that can make that all-important difference in a physical assault, it is necessary to understand the most important first move to make if you are assaulted.

If you are being grabbed, do not pull back but move into the attacker.

Moving into close range with the attacker can maximize your power with the techniques you are about to learn.

This can be a difficult concept to understand, however, it will become clear as we move through these lessons why this “first move” is important. This program is not training you to be a fighter, and self-defense is not a sport. We are preparing a person to survive an attack in an unregulated setting. Creating enough pain to your attacker will provide the space for you to leave a high-risk situation. When you move into the attacker your body becomes a more effective weapon in terms of both power and speed. With Center Strength we are most powerful when we move into the attacker.

CENTER STRENGTH THEORY

CENTER STRENGTH THEORY

essentially states that the closer our limbs are to the center of our body, the more strength we possess. Try holding a ten-pound dumbbell extended straight out from your body at chest level. In a matter of seconds the weight of the dumbbell will be too much to hold out in the extended position. Now, try holding the same ten-pound dumbbell in close with your arms and elbows up against your chest and notice the difference. You can manage the weight of the dumbbell for a longer period of time with less effort. Moving into an attacker capitalizes on this theory of **Center Strength**, as well as doing the unexpected.

The advantage of moving in strengthens you physically and psychologically. The natural tendency is to pull away from an attacker, especially if grabbed by the arm. Moving away from the attack gives the attacker an advantage. If the intent of the attacker is to punch you, then moving away puts you at a distance that gives the punch more impact. However, by doing the unexpected and moving in, you cut off the power of the strike by cutting the distance the arm travels to the target. When you are in close quarters to the attacker you can more effectively use your body as a weapon. The attacker's size, strength, speed or condition will not matter with the physical skills you are about to learn. The best part of all these self-defense lessons is that you don't have to be in good physical condition to be effective!

SURPRISE & ABILITY

The two elements that can change an assault/attack situation in your favor are surprise and ability. These elements will prevail over size and strength to make the critical difference in removing yourself from a dangerous situation. Prevention is where a good self-defense program concentrates most of the effort. Learning to avoid any physical action is the best defense.

When physical contact is unavoidable the mental mindset is now **offense**. The old saying, "the best defense is an offense" holds true when your health or life is in the balance. For example, in a "defense" situation, the attacker is controlling the action while the person being attacked is in the position of trying to defend themselves. Turning the situation around from being attacked to being the attacker is the goal. Escaping the assault means controlling the moment or action. The means to power this strategy is within all of us, and the way to begin is to study and practice the offensive techniques and drills in this program.

A SLICE OF REALITY

Expect to take a hit. This is an important point about self-protection that everyone needs to realize. Real life is not a motion picture fantasy where only the bad guy gets hurt. I want your mental mindset to be prepared for some form of contact. If you have ever played soccer or basketball then you know what it is like to be accidentally kicked or hit with an elbow.

It is just part of the game. You accept the possibilities of physical contact as part of the sport. Self-defense is not a sport and there are no medals for second place. According to the Pasadena Rape Hotline, most rapists are not murderers. Of the women who chose to resist an attacker, fewer than 9% sustain injuries more than a cut or a bruise. Preparing yourself for the possibility of getting struck is accomplished through the suggested partner drills and psychological exercises.

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READY STANCE



Ready Stance/Hands in Soft Guard Position

This is the only stance you need to know. Begin by taking a **Ready Stance** as pictured. Your feet should be shoulder width apart. The leg you favor to kick with will be placed approximately the length of your foot behind the other, as demonstrated in the side view. Arms should be bent up with your hands facing out. This is a protective stance that is non-threatening. The non-kicking leg is called the supporting leg, and it should be slightly bent at the knee with the foot firmly flat on the ground. You should feel well balanced.

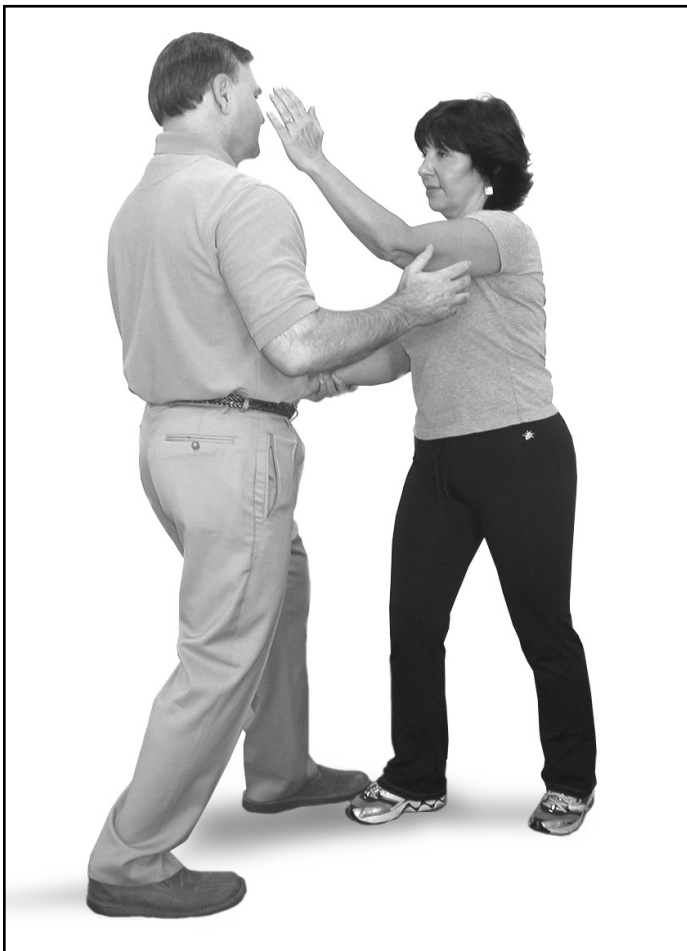
WARNING!

You can seriously injure someone with any of the following self-protection techniques. Follow the suggested training guidelines to safely learn all the physical skills. Remember, always avoid physical confrontations whenever possible, and use only enough reasonable force to remove yourself from a dangerous life-threatening situation. Let's begin.

One physical skill can make the critical difference. A study of high school girls suggested that in approximately 80% of attempted rape cases, girls with any self-defense training avoided sexual contact.

EAR SLAP

A surprisingly simple move that can devastate an attacker.



PROBLEM

You are being grabbed from the front. The attacker is a lot heavier and stronger than you. Immediately, you feel the threat to your safety and want to get away. You need to create an attack on the offender that will generate enough pain to allow you an opportunity to get away safely.

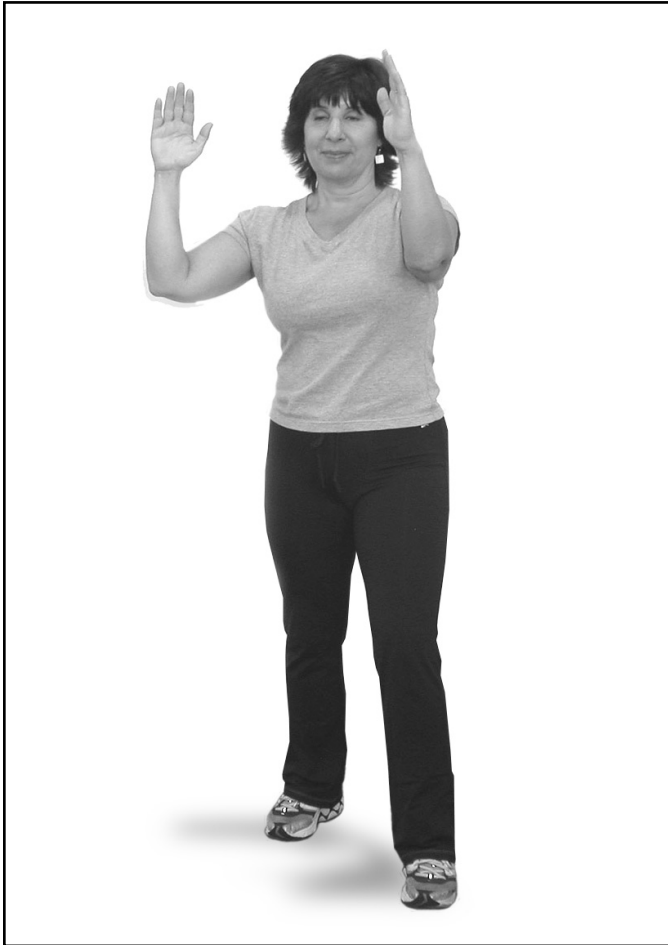
A physical skill is needed that is simple to learn, requires a minimum of practice, and that is easy to execute under the stress of an actual assault. As a parent and self-defense instructor, I asked myself what chance does my child (then 70 lbs.) have against a 170-pound attacker. This is every parent's nightmare. This is also the premise for the offensive physical skills being presented.

SOLUTION

A surprisingly simple skill that has devastating potential is an **Ear Slap**. This technique has reliable results. It has a lot of shock and pain value, as well as being an apparently well kept secret. You don't need special talents or abilities to use the motor skills you already possess. So this is a great technique that is also easy to learn. An Ear Slap can be used while standing, seated in a car, or executed with your back to the ground.

EAR SLAP EXERCISE

A surprisingly simple move that can devastate an attacker.



LEARNING GUIDELINES

To learn to use this skill, begin by holding both your hands out in front of you at about face height. Position your hands out flat in a vertical position, as if you were going to begin clapping. Your left hand will be your target. Space your hands about 12 to 16 inches apart to begin. The object is to clap the right hand to the target (*left hand*) and generate a loud clapping sound.

Use the trunk of your body and twist in a rocking motion to generate some circular energy into the target. This little whipping motion can add power to the delivery of this strike.

You can learn by using a mirror to monitor yourself as you perform this movement. Keeping your arm, wrist and hand loose and relaxed until you strike the target hand will make executing this technique very fast. This will increase your speed while tense muscles will slow down your execution. With a little practice, you will be able to strike a target in less than half a second!

EAR SLAP DEMONSTRATION

This technique can be used if grabbed from the front or side and you have a hand free. Also, you can be sitting or on the ground and use this skill.



TARGET AREA

The primary area is around the ear. Your hand can either be flat or slightly cupped, as if placing your hand on top of a volleyball. Even a poorly executed **Ear Slap** will be effective in this general area. A strike to the jaw or neck area can get good results. If the jaw is opened while being struck it is possible to unhinge or break it. This is a good skill against a larger or taller opponent.



Move into the attacker while using the trunk of your body to twist in a circular motion to generate more slapping power. Do not drop your hand back to make a big circular swing at the ear. This will slow the delivery of the hit and telegraph your intentions to the attacker. Remember to keep your arm muscles relaxed throughout the delivery of the strike until just before you hit the target. Your muscles tense up on the strike.

HINT

When you practice with your hand as a target, have the striking hand only 8 to 10" away. Having your hands close together forces you to use the trunk of your body to whip the hand over for a loud slap.



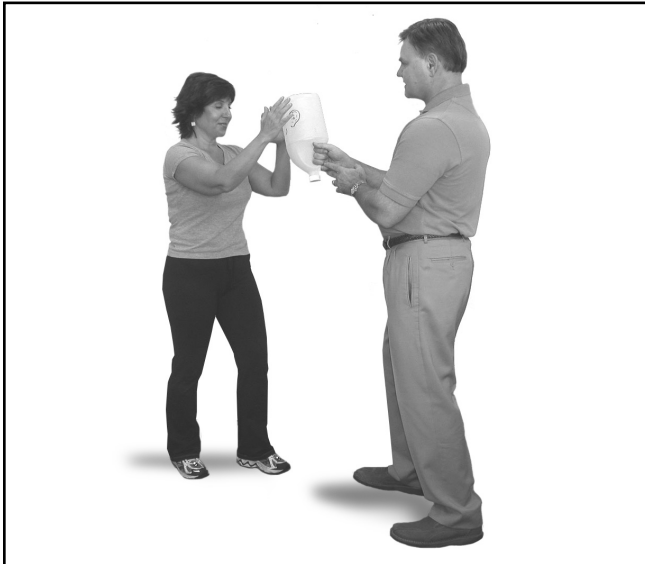
NOTE THE RESPONSE

The head will move in the direction of the slap, and the arm and hand on the side of the ear being struck will move to cover and protect injured area. It is time to leave the scene, or if the situation warrants, to follow up with another strike. But, before I get ahead of myself, let me show you how to practice this skill safely in the comfort of your own home. A parent can even teach their children safely with this method.

HOUSEHOLD PROP FACILITATES LEARNING



A common gallon container with a built-in handle makes an excellent training tool. I added a face to the container with ears to make this exercise more fun and at the same time, creating a target for learning some of the techniques. Using a mirror to self monitor yourself while hitting your hand is great way to begin learning this skill, **but using a prop will help lock in the motor movement** and allow you to begin judging distance and timing.



The partner holding the container should extend their arm **out and away** from themselves, while the other partner slaps at the side of the container. Keep the container a safe distance away from the partner holding the target.

Safety First! The partner slapping the container should be holding their arms up in front, bent at the elbows about shoulder width and palms facing the attacker. No wide arcing swings! Next, have the partner holding the training tool move around slowly with the plastic container extended out about waist high. When the plastic container is raised to head level, at moderate speed, the slap technique is executed.



FIND A GOOD PARTNER...

& enjoy learning together!



Partner drills are noncompetitive. *The safety protocol for all the drills is to only move at slow speed.* Find a willing partner to practice the self-defense techniques in an atmosphere of fun and support. A good partner drill that will help you grasp the concept of moving into the attacker is the **Grab Drill**. Designate one partner as the attacker, and have them grab the other partner by the arm or wrist as they move around the other partner in a circle. At this point, it is important that the partner being grabbed only makes a small move in the direction of the attacker, and *not*

run into the attacker. You just want to feel the grab and learn to make the first move in the direction of the attacker. Speed is not necessary to lock in this motor movement into your memory. There is no element of surprise in Partner Drills, and that is why the reaction of the partner being grabbed should only be at half speed. The physical skills you will be shown will work better in a real life situation where surprise and ability can help level the playing field. Practice this drill for a few times and switch roles with your partner.

How to safely practice the Ear Slap Technique

PARTNER DRILLS

Do Not Practice an Ear Slap to anyone's ears! Above are some safe ways to practice with a partner. All practice protocol calls for slow or half speed!

Face off with your partner at arm's length. One partner will be designated as the attacker, and on cue grab the other. The moment the attacker grabs the other partner, that person will *step into* the attacker and execute at **slow speed**, an **Ear Slap** technique to the **shoulder area only!** After practicing this skill from a stationary position, try moving around.

Again, at slow speed the person being grabbed should move into the attacker and use the hand nearest a shoulder as a target to strike. It might be advisable for the designated attacker to wear a heavy coat or padding around the shoulder. Distance, timing and coordination are accomplished with these drills. Learning to track the designated target (shoulder or gallon container) should be getting easier, so let us move on to the first Lower Body Technique.

KNEE KICK EXERCISE

An Introduction to the Knee Kick



This is a good way to begin putting this skill in your motor memory. Begin by standing in a relaxed frontal position with your feet staggered. Your feet should be shoulder width apart, and one foot should be approximately the length of your foot behind the other. The foot you will kick with will be the foot that is behind, the other leg is called the support leg. Remember to keep the knee slightly bent with the foot flat on the ground.

Extend both hands out in front of you, one hand over the other, about waist high. Your hands will be the target, so have them extended out away from your body about 10 or 12 inches.

Practice your knee kicks by striking your hand. Switch legs so you get a feel for either side. For rapid knee strikes to the hands, be sure to push down slightly with your hands as the knee makes contact.

It is important to keep the large muscles of the leg relaxed until just before striking the target area.

This will increase the speed of the technique. The support leg should have the foot firmly planted flat on the ground with the knee slightly bent for maximum balance and to transfer power to the target area.

Another suggestion is to practice your knee kicks in the type of clothing you would normally wear. This is so you can learn what restrictions may cause limitations in your range of motion. Wear comfortable flat shoes to begin learning this skill.

The **Classic Knee Kick** is powerful when you know the correct execution strategy. The biomechanics of this physical skill are similar to walking up a flight of stairs. Lifting the knee up with the purpose of striking into a target area is only an extension of this familiar motor movement.

KNEE KICK DEMONSTRATION



KNEE KICK APPLICATION

The possibility of needing this kick in your lifetime is real. About one in three women in this country stand a chance of being raped or assaulted. When your life is at stake don't kick lightly! An attacker is not concerned about being a gentleman, so don't be gentle.

Practice the **Knee Kick** with both legs. A slow "Walk Thru" partner drill should help make this kick comfortable when grabbed from different points.

Kick through the target and not to the target. Imagine, for example, that your target is not the groin area but the top of the head!

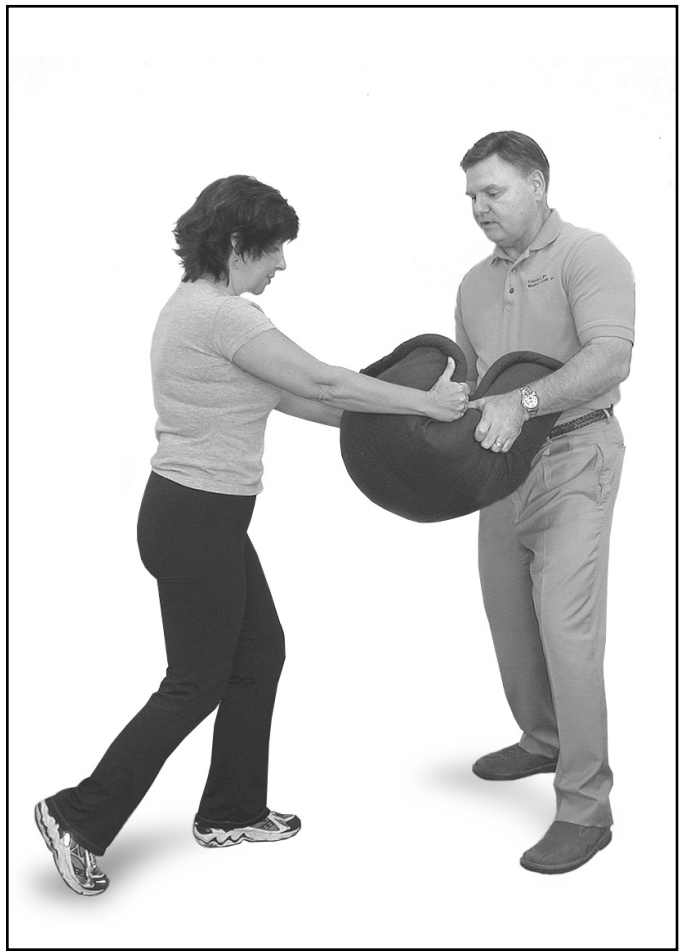
Use your hands to grab the attacker and pull into him for more impact. The illustrations will demonstrate this important action. **Don't kick your attacker only once.** Continue kicking in the area as hard as you can until you get free. Think of three to get free!

NOTE THE RESPONSE

For every action there is a reaction and a knee kick to the groin area is no exception. It is important that you understand the typical response to this attack to avoid getting hurt yourself. A properly placed knee into the groin area will create enough pain for the offender to immediately bend forward with his head while the body falls forward at the waist to a crouched position. This reaction by the offender is to lessen the pain and protect the impacted area. Keep yourself off slightly to the side to avoid getting hit by the attacker's head as he bends forward. **Understanding how someone will respond to a strike will help you put more than one technique together for better results.**

TRAINING TOOLS... THE CUSHION

Use a cushion or an oversize pillow as a training tool.



PARTNER DRILL

Don't Go Fast! A "slow" walk through practice to start will help make this technique more of an automatic response. Find an old cushion or pillow to be used as a target for the knee kick. Have your partner grip the pillow/cushion on both sides and hold it away from their body about waist high. Have the partner holding the target keep their elbows slightly bent to absorb the impact of the knee kick.

Grab the pillow as you move into the target and knee kick the cushion. Keep your leg muscles relaxed until just before you strike the target.

It is helpful to grab the pillow and pull it in as you kick. This also gives more impact to your kick. Start out kicking the pillow easy, it will take a few kicks on your part to help the other partner learn the best way to hold the pillow. Take turns holding the target. Balance, timing, coordination and a sense of the power you can expect from a knee kick will give you more confidence.

Once you have mastered kicking a stationary object, have your partner move back one step after you kick with the pillow. Again, begin slowly at first so both of you can readjust to the change in distance and timing. You can kick and step across the room as you follow the target.

ANCIENT MARTIAL ARTS...

The secrets are revealed

VOICE AS A WEAPON

A yell serves to focus one's energy into a strike, and increase the power of your attack. Learn to shout "NO!" Shouting will temporarily stun the attacker, but only the first time. The response appears to be universal – the person you shout at is momentarily stunned, and usually blinks as their head moves slightly back. You will notice by shouting loudly your stomach muscles will tighten and it will add more power to the strike. It does take practice to learn how to yell and tighten up the abdominal muscles. This is a learned behavior that begins down in the stomach area.

Statistics show that up to 80% of assault cases, people have escaped serious harm by screaming. If screaming is the best course of action, let everybody know exactly what is happening. Yelling "Help" or "Fire" may get attention but being specific like "I'm being attacked, call the police," may get a better response.

Shouting adds power upon impact when kicking and striking. Not only does it add more power to your strike, it may also startle your assailant to give you an extra edge. And remember, shouting while striking may not happen automatically. So practice while you workout! Here is another way to use your voice.

Your voice can also be used to possibly calm down an irrational person. If your attacker has a weapon, staying cool and calm may turn the situation around to your advantage. Speaking *slowly and calmly* may convince the assailant that he doesn't need a weapon. You may also try and keep the attacker talking. If the assailant is talking, chances are he is not attacking. It may be a good time for you to take the offensive. **Surprise is Essential!**

Learn these important facts to build confidence.

HOW A BODY REACTS TO A STRIKE

It is important to understand that if you strike someone in the upper chest and above, chances are they will fall back. If you strike someone in the stomach and below, chances are they will fall or bend forward. So when practicing the knee kick, realize that a properly placed knee into the groin area will create enough pain for the opponent to immediately bend forward with his head. As the body falls forward at the waist to a crouched position, to lessen the pain and protect the impacted area, watch out for an accidental head butt. When doing the knee kick in practice, keep yourself off slightly to the side to avoid getting hit.

Understanding how someone will respond when hit will help put more than one technique together for better results.

It is now time to begin demonstrating how easy it is to apply basic moves to take an unfair advantage over an attacker!

COMBINING SIMPLE SKILLS

The secret to surviving an assault is to combine simple physical skills. Using the knowledge of how an individual responds to a strike makes it easy to react offensively with another strike.



As an example, using the skills we have already demonstrated, let us suppose your arm is being grabbed. The first move you would make is into the attacker for the element of surprise.



You will notice that the shock and pain value of a slap to the ear will make the offender react in a predictable manner. The slap will make the head bend to the side away from the strike in an effort to protect the ear from further insult.



When the offender moves to protect the ear they are now open and vulnerable to another attack by you.

You can then follow up by executing a knee kick to the groin while pulling into the offender for greater effect. **Remember to kick more than once.** The offender will react to the kick/kicks to the groin area by bending forward and assuming a crouching position to lessen the pain. You need to remember to keep your head off to the side to avoid an uninten-



tional head-butt from your attacker.

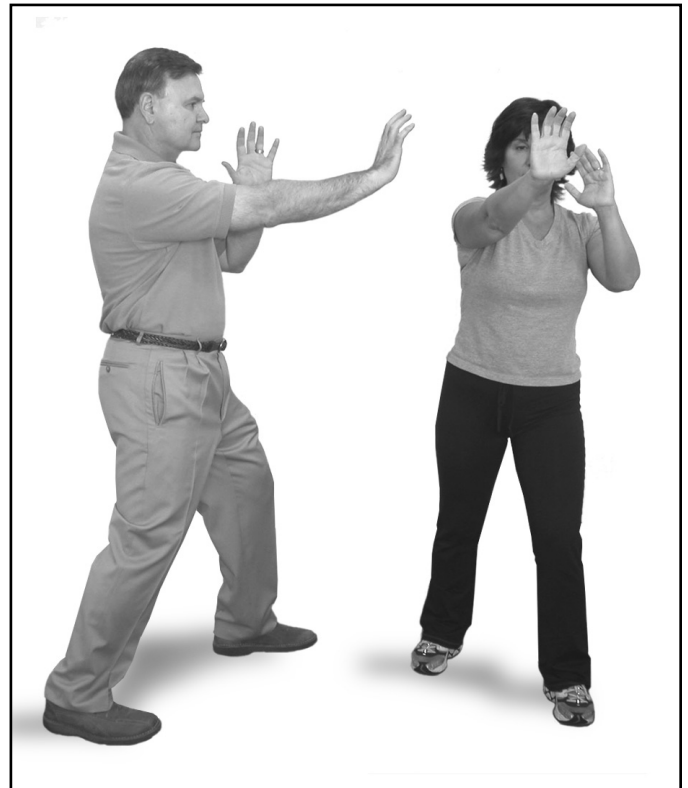
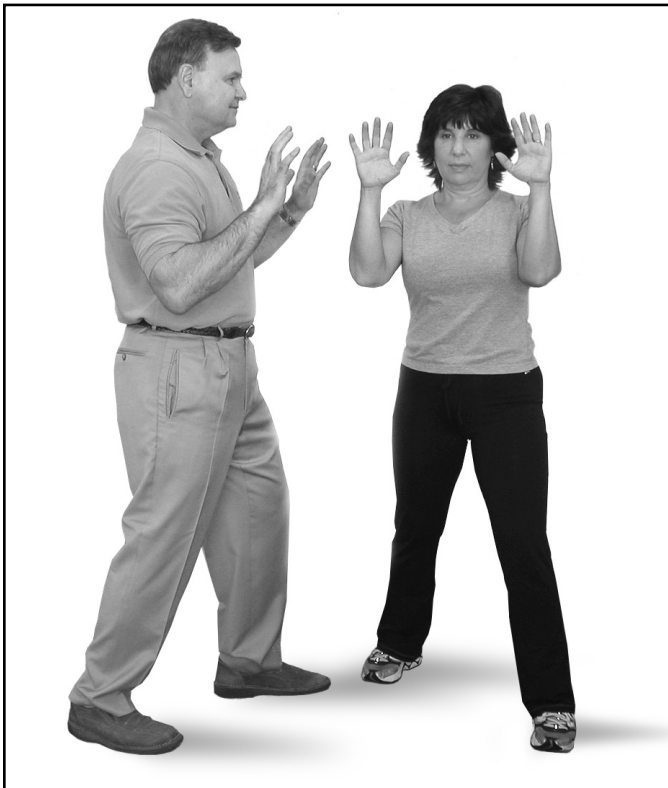
The offender is now open to yet another attack by you, if necessary. While the offender's head is bent over at the waist, you could follow through with yet another knee kick to the face!

Grab the back of the head of the offender and push down as your knee impacts with the head. At this juncture, you should be able to walk away instead of running away!

PALM HEEL STRIKE

BACKGROUND

Before beginning this physical skill, I would like to preface with an understanding as to why I do not teach self-defense students how to punch, and why I feel that the palm heel strike is the preferred choice to strike an attacker. Those readers who have had any boxing training immediately understand that learning to punch involves a great deal of practice and skill. Keeping the wrist in line with the arm to transfer the power takes practice, discipline and time. Also, the strike zone of the fist is a small area, and it is possible to break fingers or the wrist bones using the fists to strike the head. Simple offensive skills require only a minimum of practice and they are easy to use under stress. These are the essential ingredients to a successful self protection program. **The Palm Heel Strike** is the safest way to use your hands.



TO BEGIN

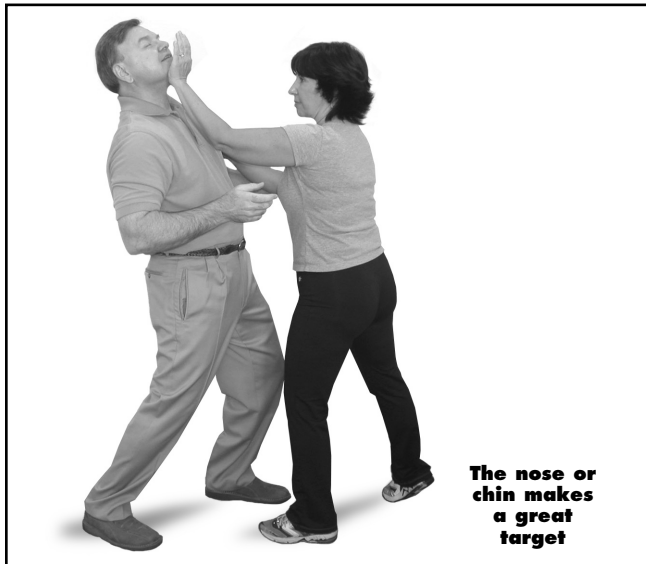
From the **Ready Stance** snap the arm straight out in front while rolling the wrist back as you strike a target. The picture on the right captures this movement.

The striking area is the padded portion at the base of the hand. Clapping your hands together using this lower portion of the hand should give you a good idea of the strike zone.

Palm heel strikes are effective when attacking the chin, nose, jaw, ears and sternum. They can be executed from the front or the side. This technique can be executed with one or both arms to the chest when your back is up against a wall or car.

Snapping the arm out in front of your body while rolling the wrists back quickly transfers the power. This position of the wrists is usually uncomfortable when first learning. With the wrist in this hyper extended position, the palm heel portion of the hand is in direct alignment with the arm and the power that is generated from the body. The finished position should be with your fingers pointing upward. Your fingers are close together, but loosely parted to make this position easier. This skill can be used standing, while seated in a car, or even on your back if you find yourself on the ground with someone on top.

PALM HEEL STRIKE DEMONSTRATION



NOTE THE REACTIONS

The possible responses will vary depending on the strike point. A palm heel strike to the nose will drive the head back and the attacker may step back and bring one or both hands up to the injured area. Withdraw responses will be more dramatic depending on the strength of the impact.

The nose is a great target simply because it is in the center of the face and breaks or bleeds easily. The eyes will water making any escape or follow-up move safer. A strike to the chin may have less of an affect than to the nose. However, a palm heel strike to the jaw can easily create pain. It does not take much power to unhinge the jawbone, especially if the mouth is open.

RAKE THE FACE

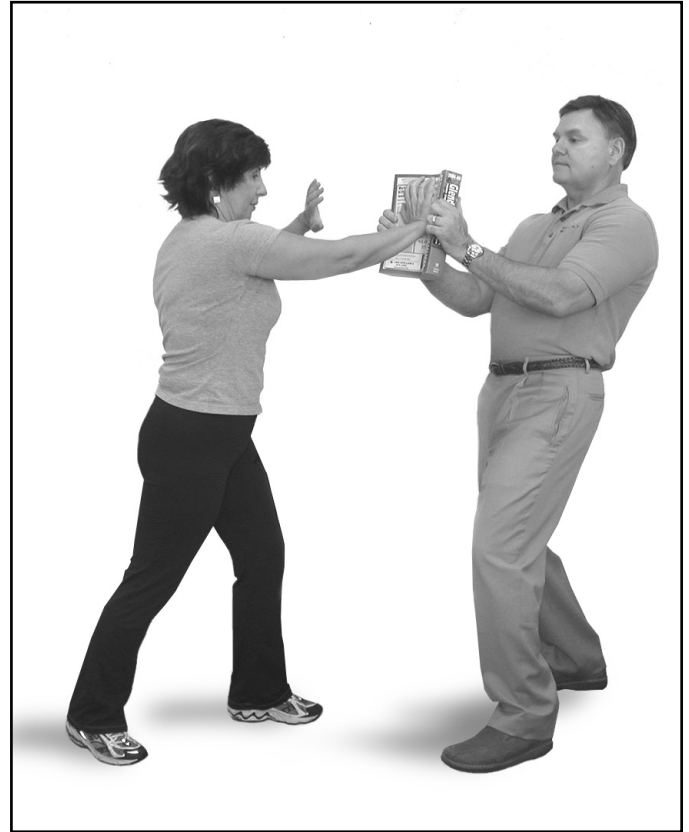
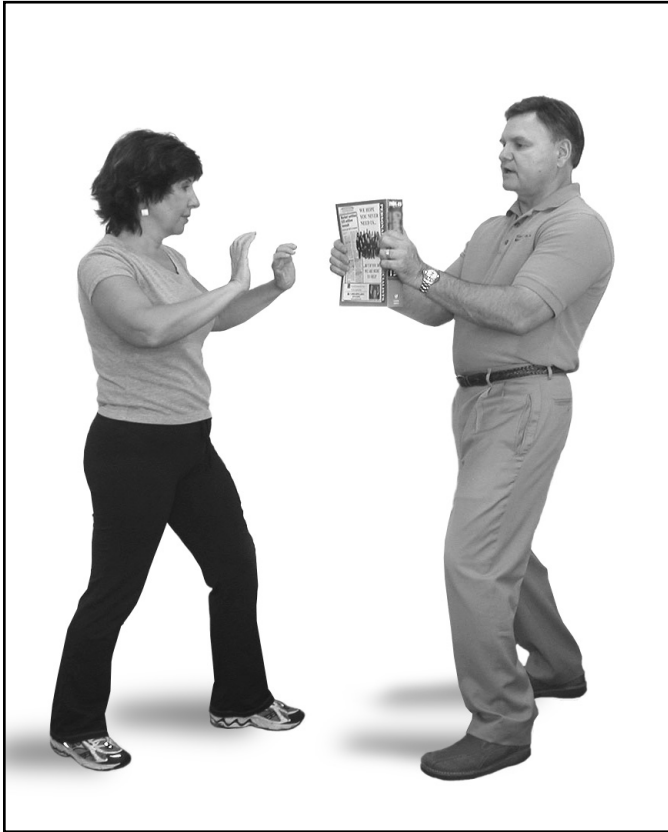
When striking the nose, curl and rake your fingers down the face to increase the pain. Most of us have seen Crime Scene Investigation [CSI], so you realize that you are collecting skin cells which may be used as evidence!

When the assault is life threatening you have to use your **WITS (Whatever It Takes)**. Another follow up would be to go below with a **Knee Kick**, since the head is back. **Remember, self-protection is not magical, it is simply bio-mechanical!**

Next, on to safe ways of practicing this skill while developing your striking aim and power.

PALM HEEL STRIKE DRILLS

A telephone book or something similar that is about 1½" in width or greater can be a great training tool to strike

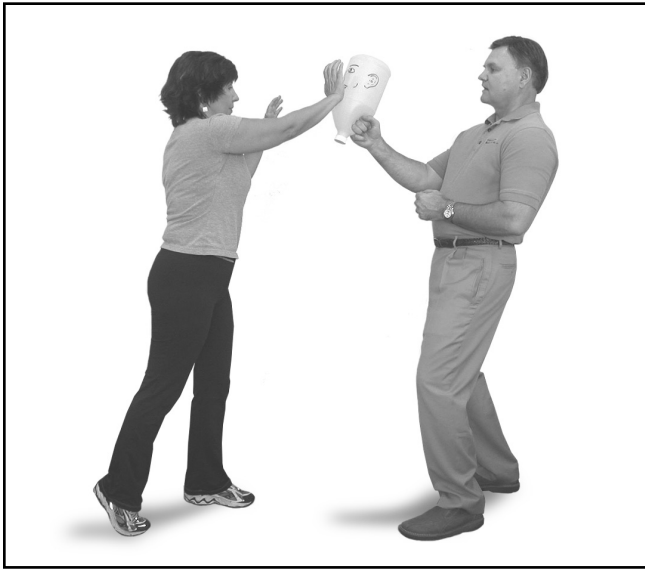


The partner holding the book should have the target well out in front with arms slightly bent at the elbows to absorb the strike. I keep my fingers on the target side curled around the telephone book, so there is more target area to strike.

The book absorbs most of the power, but it is a good idea to **begin by striking the target using only half speed and power.** This will help both you and your partner to adjust to this drill. *Safety First!*

Targeting the book after all the previous drills should not take a lot of time to get comfortable with. As with the previous partner drills, the routine of both staying in one position and moving around the room will help you to judge distance and timing.

SAMPLE COMBINATIONS



Using the empty gallon container try using combinations of both the **Palm Heel Strike** and the **Ear Slap**. Shown here is a demonstration of a Palm Heel Strike with the right hand.



Palm Heel Strike with the left hand.



Now the right hand comes back around with the Ear Slap Strike. You could then follow up with another Ear Slap Strike with the left hand or another Palm Heel Strike. You can mix any combination while alternating your strikes with both your hands.

HOW TO STRIKE WHEN SEATED

How to strike when in a car or seated next to an offender.



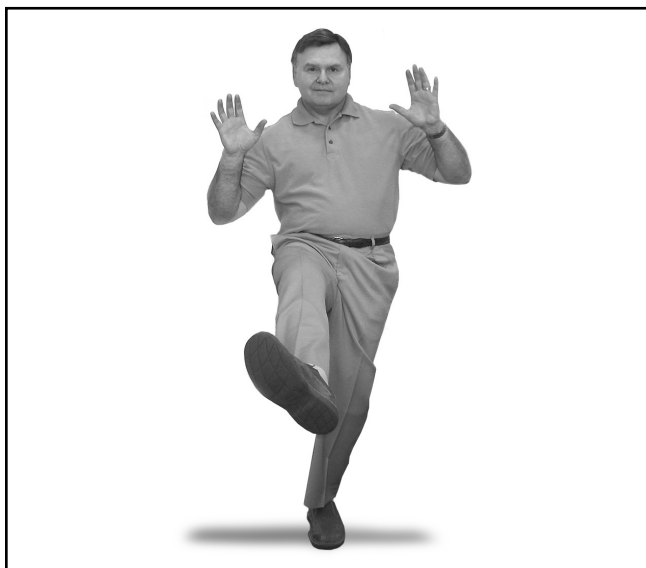
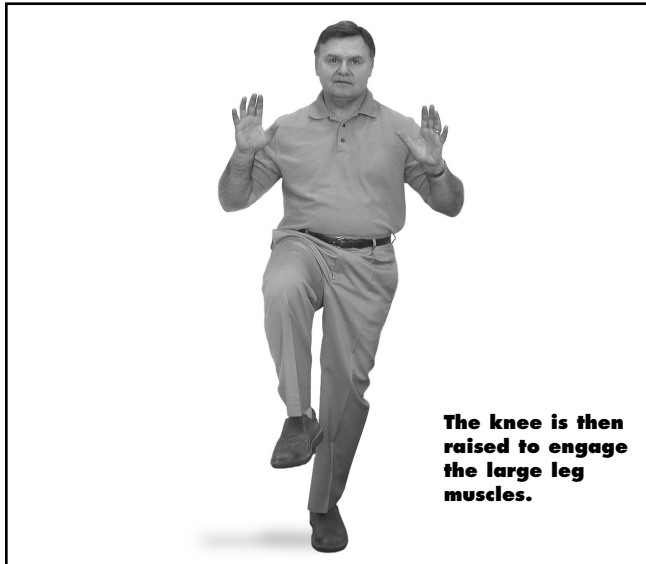
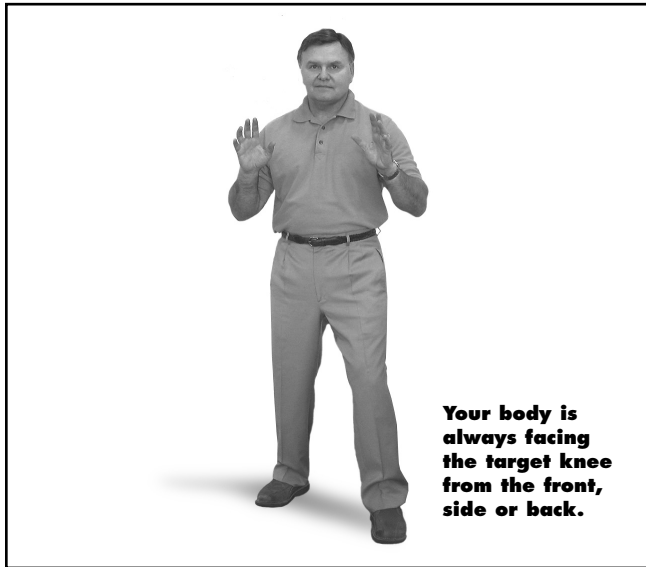
Here are two suggested ways to use your new physical skills while you are seated next to someone.

A **Palm Heel Strike** to the chin or nose can be very effective at close range.

If the situation was life threatening, remember, you can also **Rake the Face** with your fingers clawing down to collect DNA under your nails.

An **Ear Slap** while seated in close range can be very effective by creating a lot of pain to your assailant.

WHEN IN DOUBT... STOMP!



FOOT STOMPS

This is a physical skill that can take a much larger, stronger person out of action fast. The perception of football players is that they are well-conditioned athletes of good size and strength. However, the one weakness that affects their ability to play are their knees. You can cause serious damage to a support leg that is extended with only a few pounds of force to the knee joint. The knee stomp can be executed to the front, side, or back of the knee. There are two basic foot positions to learn. Learning a **Front Foot Stomp**, and **Side Stomp** will make you powerful.

FRONT FOOT STOMP

The Front Foot Stomp starts out like a knee kick.

The Front Foot Stomp refers to how your foot is positioned to kick. Your body is always directly facing the target knee from the front, side or back.

The knee is raised up to engage the large muscles of the leg and provide the extra power and force to strike through the target area.

With the knee raised up you will now snap in a sort of piston action driving the heel of your foot into the target.

The key here is to make sure you turn the foot out. The reason for turning your foot out is to increase the striking area of your foot. If you have a greater area to strike with than you don't have to be as accurate. If you miss the knee area with a direct strike from the heel, than you can still do damage with the other portion of your foot. Don't forget to kick more than once. Stomp! Stomp! Stomp!

FRONT FOOT STOMP DEMONSTRATION



GRAB FROM THE FRONT

Whenever your body is directly facing an offender you can use the Front Foot Stomp.

You can kick the offender from the front, such as pictured, or to the side or back of the knee using this same style of stomp. Your body position must be directly in front of the target to use this kick. You can strike the knee with the heel of your foot from the front, side or back using this technique.



The knee is up and the toes of the foot are facing out. This allows the kicker to drive the heel of the foot into the knee area.



If my leg was locked out this could easily break my knee joint.

Partner Drills should only be performed in a very slow manner. Walk around a partner and practice the **Front Foot Stomp** position on the knee to the front, side and back of your partner's knee. A soft gentle touch only to the knee.

The foot position is awkward for many at first, so give yourself some time to get comfortable with this skill. Another practice drill would be to stomp in front of a mirror.

STOMP WHEN GRABBED...

from behind or from the side



If an assailant has you in a bear hug from the back and your arms are pinned, you can stomp their foot.

Use your leg muscles to drive the heel of the foot into the instep portion of the foot!



Remember, about 25% of all the bones in your body are in your feet, stomp the instep (*shoelace portion*) and not the toes.

Keep on stomping until you can get away.



FOOT STOMP FROM THE SIDE

Notice your body position is to the side of the attacker, so you change your foot position to adjust to the new circumstance.

Use the side of the foot to drive the heel through the target knee.



If someone grabs your arm and starts pulling you away, hang on to them, pick up the nearest leg and drive the heel into the side of the assailant's knee.

If an attacker's leg is locked out while pulling or holding you then the knee has little chance of holding up with a Side Foot Stomp kick.

PRACTICE STOMPS ON A CUSHION



To practice safely, I find using a cushion is a reasonable training device. Bracing the cushion against the wall is helpful. *Do Not Kick Hard!* The kicker should pay close attention not to accidentally stomp the hand that holds the cushion. The kicker can begin by standing so their side is facing the target to Side Stomp into the cushion. This is demonstrated in the above picture where the kicker is stomping into the cushion from her left side.

Next, have the kicker turn and face the target, and use the Front Foot Stomp into the cushion. Make sure the toes are facing slightly outward while the heel portion of the foot is driven into the cushion with a piston like snap. After a session of several kicks, have the kicker rotate a quarter turn to face the

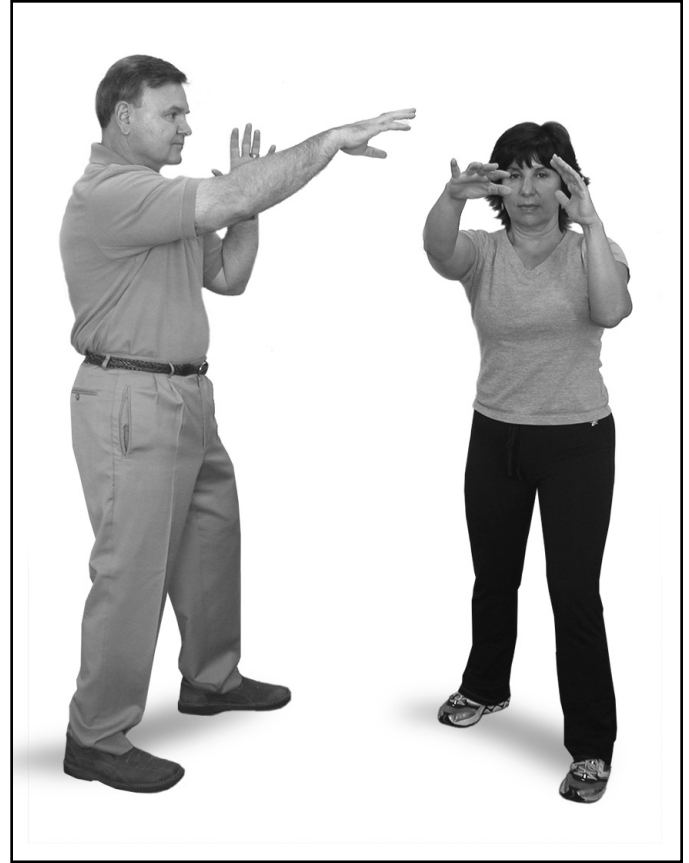
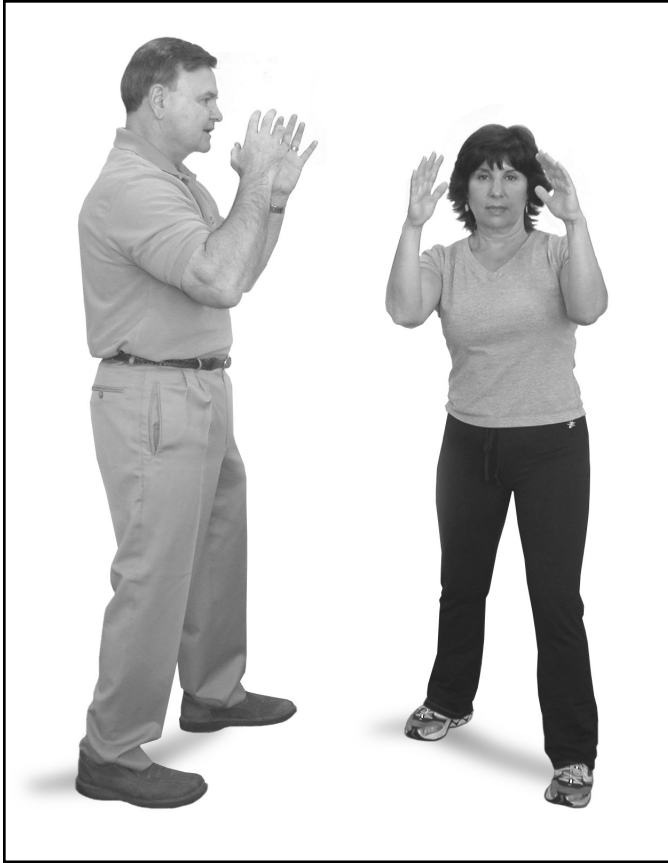
target from their right side. It is always a good idea to practice using both legs.

After having practiced facing front to the target and on both sides, it is now time to face away from the target and attempt to kick back into the cushion. This is similar to the stomp when grabbed from behind.

A slow walk around **Partner Drill** with just tapping the knee using the various stomps will help establish the movement in your motor memory. In a real situation when you are being threatened the adrenaline your body produces and a SHOUT will add real power to your stomp.

THE FINGER FLICK

Strike to eyes or glasses with fingertips



FINGER FLICK

The target is to strike the eyes or eyeglasses with your finger tips. This skill works against a larger opponent but not against someone too tall to reach. A very tall person is best attacked from the waist down.

Combine both hand and wrist movement with a straight jab-like motion with the arm. The key to this technique is keeping the wrist and fingers loose throughout the movement until impact.

FINGER FLICK MECHANICS

The mechanics of the finger flick are snapping around of the wrist with the fingers moving spear-like toward the eyes.

Your arms jab forward towards the target as the fingers flick and/or poke into the eye area.

Use a mirror to practice jabbing the arm out and snapping the fingers to an imaginary target. Keeping your fingers loosely parted makes the strike zone wider.

FINGER FLICK DEMOS & COMBOS



GRABBED FROM THE FRONT/SIDE

You have been grabbed, so move into the attacker while executing a Finger Flick.



NOTE THE RESPONSE

A strike into or around the eyes will give you immediate results. It should be possible to execute this skill in less than a second.

The universal unconditioned response to anything moving towards the eye is a blink. Scrapping the cornea or surrounding white part of the eye with your fingers will give an immediate response of pain. The head will go back and one or both hands will move to protect the eyes.

This type of strike usually does not result in any permanent eye damage, but the eyes will water resulting in decrease vision or temporary loss of vision.



ADD THIS COMBINATION

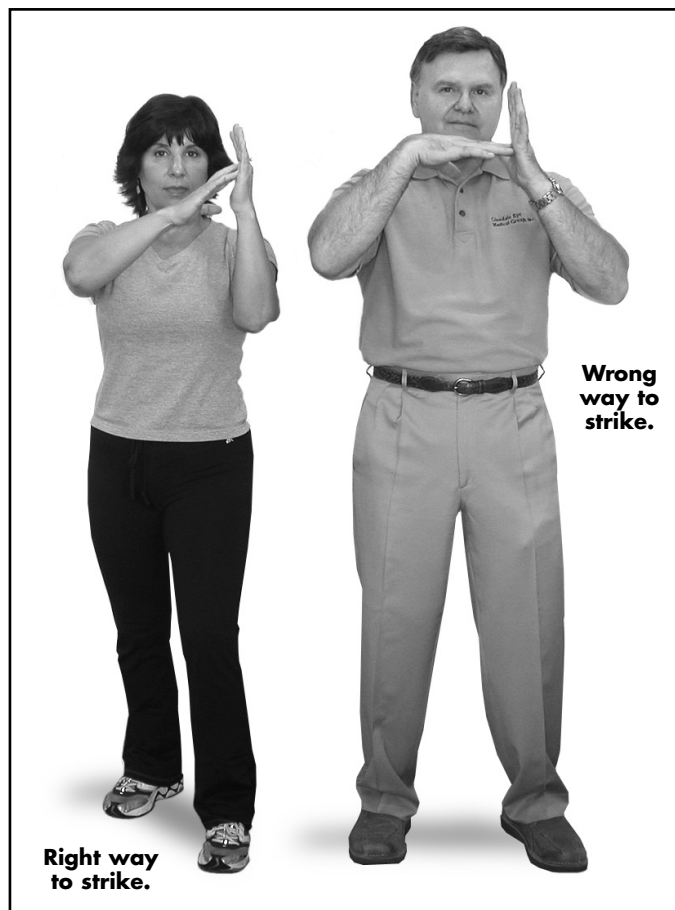
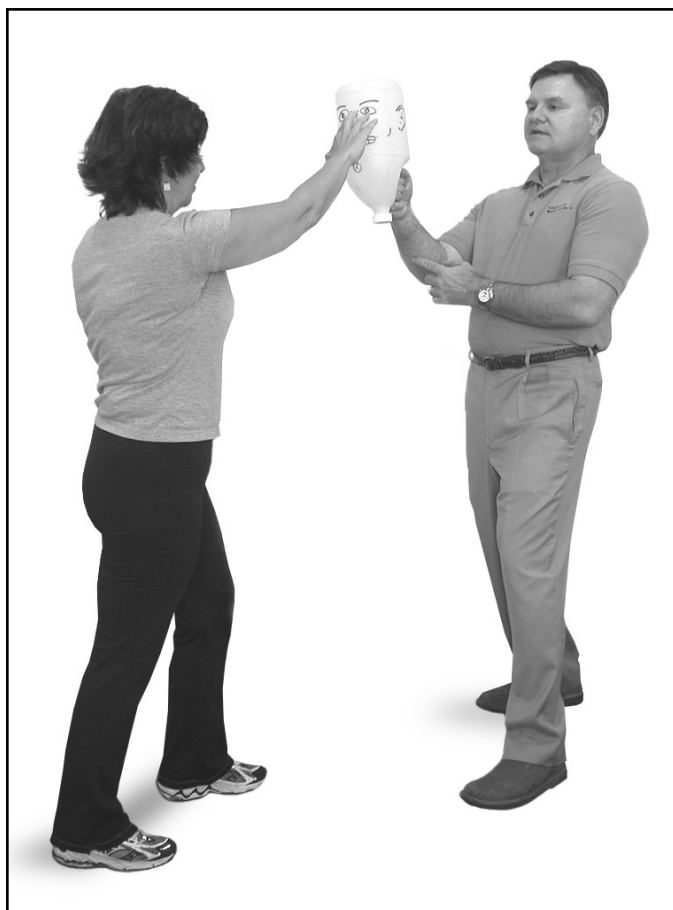
If you can't leave the situation and are forced to continue protecting yourself, follow up with another offensive skill like the knee kick.

An eye flick should cause the head to go back while the offender also may take a short step back. Now is a perfect time to strike below with a knee kick to the groin.

Knowing how someone will respond to a strike can help you take an unfair advantage over an attacker. I would like you to begin to visualize this sequence in your mind.

FINGER FLICK PROP

& study notes



PARTNER DRILL SAFETY PROTOCOL

When using the gallon container, the partner holding the prop should position the target slightly higher than the head of the striker. Make sure the target is held out and away from the holder. A light tap to the target is all that is necessary.

ONE VITAL NOTE

Don't strike the target at a perpendicular angle, or straight into the container. The picture above demonstrates the right and wrong way to strike the target.

By now you understand that the **Partner Drills** should be practiced both stationary and moving. You are learning to judge distance and timing to the target.

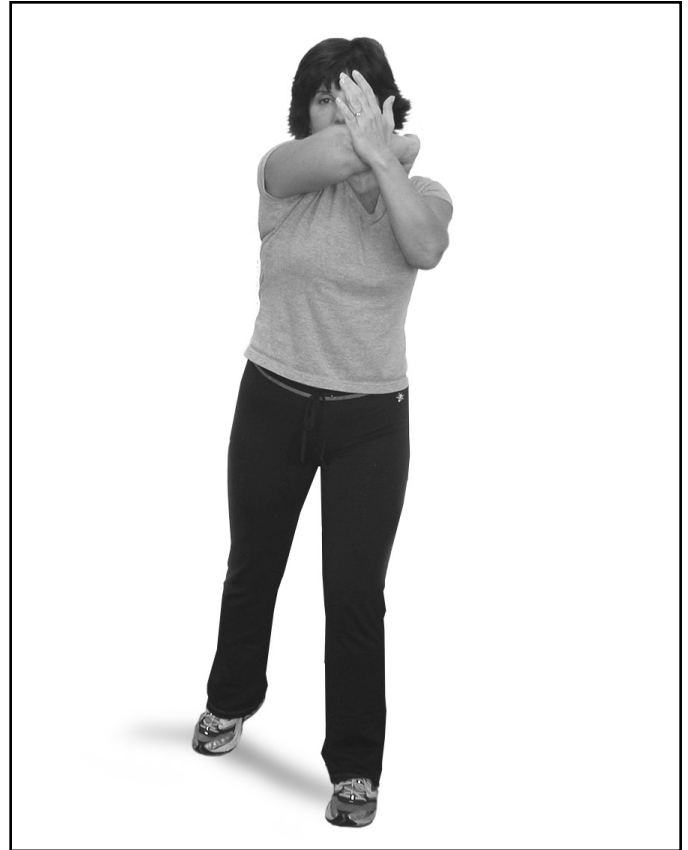
RIGHT AND WRONG STRIKING

In the above illustration, the person on the left is striking the hand at an angle is *Correct*.

I am making contact with my fingers perpendicular to my hand, and this is *Wrong*. Snapping your fingers straight ahead will jam your fingers and possibly be painful.

ELBOW POWER

You can practice Elbow Strikes by using your hand as a target.



ELBOW STRIKES

How many of us have had the experience of being hit accidentally by an elbow? The elbow is the hardest hitting surface we have in the upper body. The ulna bone runs the length of the forearm ending at the elbow tip, and has few nerve endings below the skin. This bony surface makes a perfect weapon, and can be used in a variety of ways to cause intentional pain.

There are several ways to use the elbow: forward, upward, side, and back. Multiple elbow strikes are more effective. You can change the path of the elbow strikes in many different combinations depending on your position. Don't just think of one strike to get free... think of three!

FORWARD STRIKE

Use your own hand as a target. Keep your striking arm parallel to the ground as you swing the arm forward into the target. You should feel contact along the ulna bone. Try as many different directions as you can while hitting your own hand as a target.

Next, a little demonstration on combination elbow strikes. Staying aggressive is the only way to overwhelm your attacker. Offense, not defense, will be your friend. The target areas are the face, neck, chest, and stomach.

ELBOW STRIKE DEMONSTRATIONS



A GRAB FROM THE SIDE

The moment I put my arm around this woman I knew it wasn't a laughing matter. Without instruction, she immediately moved into me and swung her arm and elbow up into my neck. This person has never had

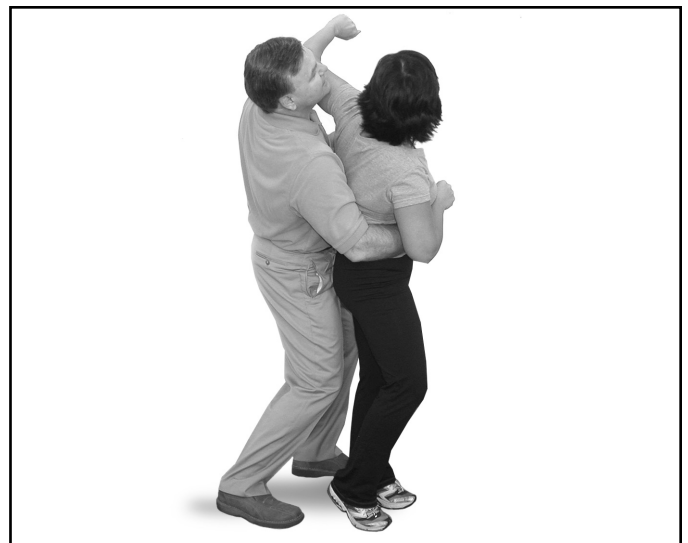


any self defense training before we did this photo session. I hope to survive it without any more pain because she is learning to use the physical skills at an accelerated rate. When you practice with a partner always **GO SLOW!**



A GRAB FROM BEHIND

When grabbed from behind and your arms are free – use them. Shown here the **Elbow Strikes** are alternating from one side to the other. Remain aggressive until you can safely get away. If I grabbed her from



behind and locked her arms, then she would STOMP, STOMP, STOMP! There's a reason I don't look happy.

PRACTICE ELBOW STRIKES ON A CUSHION



The cushion makes a relatively safe impact prop for this physical skill. Begin with a **Forward Elbow Strike**, next, turn with your side to the target and hit the cushion with a **Side Elbow Strike**.

BACK ELBOW STRIKE

Look like you are going to shake someone's hand and then swing your elbow straight back into the target. You may step back into the target as well. Stepping into the target adds more power to your strike when you have your body weight behind it.

When working with a partner, remember to go slow. **Speed is not important at this juncture.** Put a

combination together such as a forward elbow strike to the face and a knee kick. Let the partner respond to the elbow strike by slowly jerking the head back, then follow through with a knee kick to groin. **Remember, do not make physical contact with your partner when striking!**

Your brain is your greatest natural weapon, but sometimes you have to use your head. Get ready for the next physical skill, a **Head Butt**.

HEAD BUTT AS A LAST RESORT!



HEAD BUTTS

Effective if someone has you in a bear hug from the front or the back. If you are being held in a front bear hug and your arms are pinned, driving the forehead (*the contact area is at the hairline*) into the nasal area will increase your power. The devastating power of a head butt to the attacker's face will be felt far less on your skull. Remember the nose you are targeting is made of cartilage, not as strong as bone.



The correct way to execute the **Head Butt** is by thrusting your neck, head and body forward into the target area. Moving the body, neck and head into the target area together will prevent whiplash. You might cock your head back first then thrust your head, chin down, into the nasal area with your body mass following in the same direction. Keep your mouth closed and teeth together.

Use your legs to spring into the attack if possible. Breaking the nose is not difficult. The pain and effect on the attacker's blurry vision will give you time to leave or do more damage.



NOTE THE RESPONSE

Here again, the head will go back and open up an opportunity to follow up with a **Knee Kick**. After a well placed Knee Kick, then be careful not to get hit with an unintentional Head Butt as the offender will crouch forward.

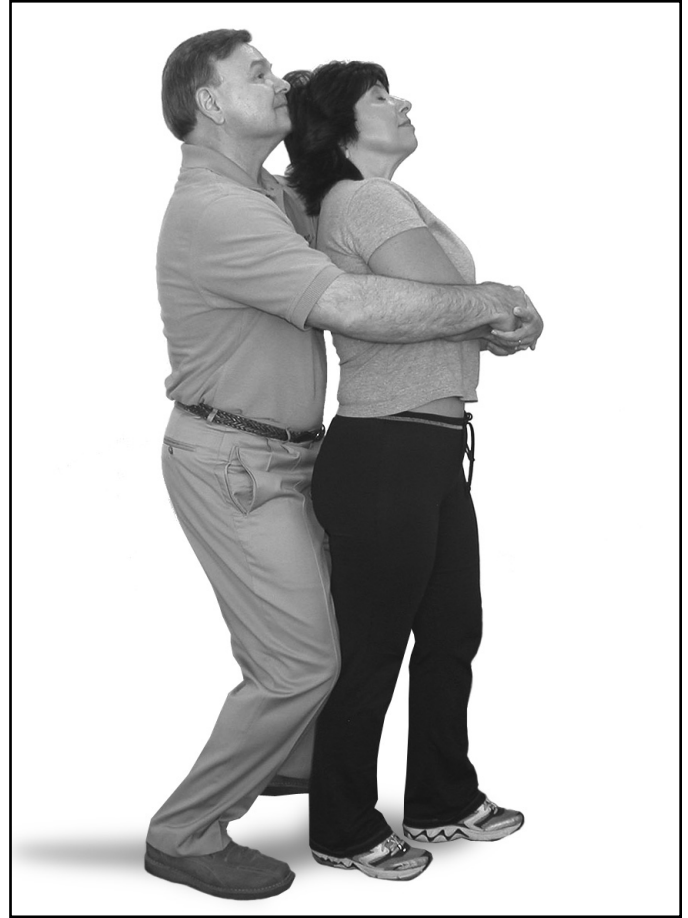
HEAD BUTT FROM THE BACK



HEAD BUTT FROM THE BACK

If you are being grabbed from behind with your hands being help captive, then the **Head Butt from the Rear** can be an effective technique.

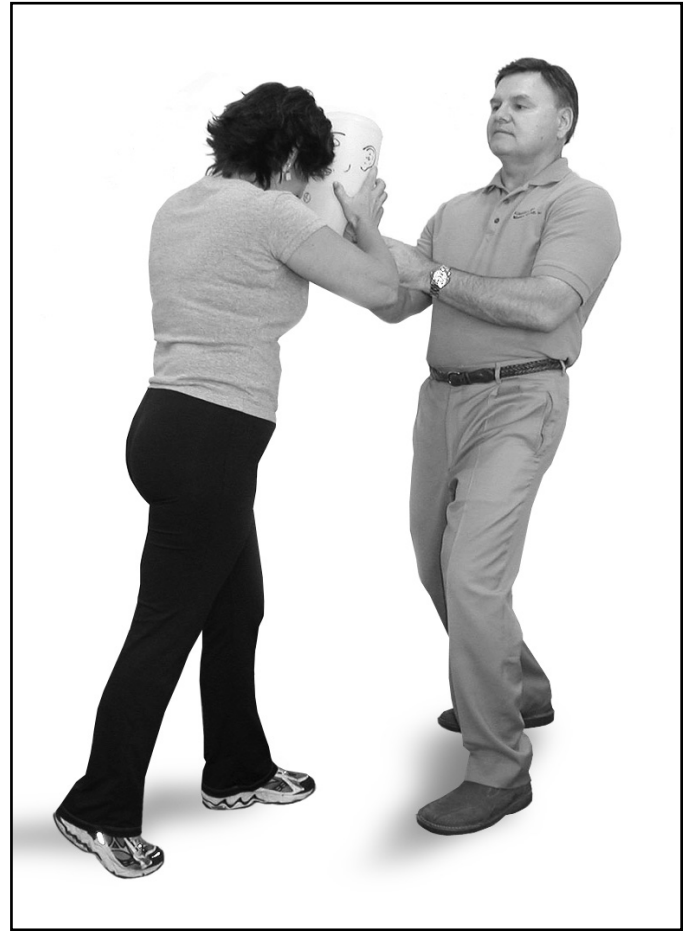
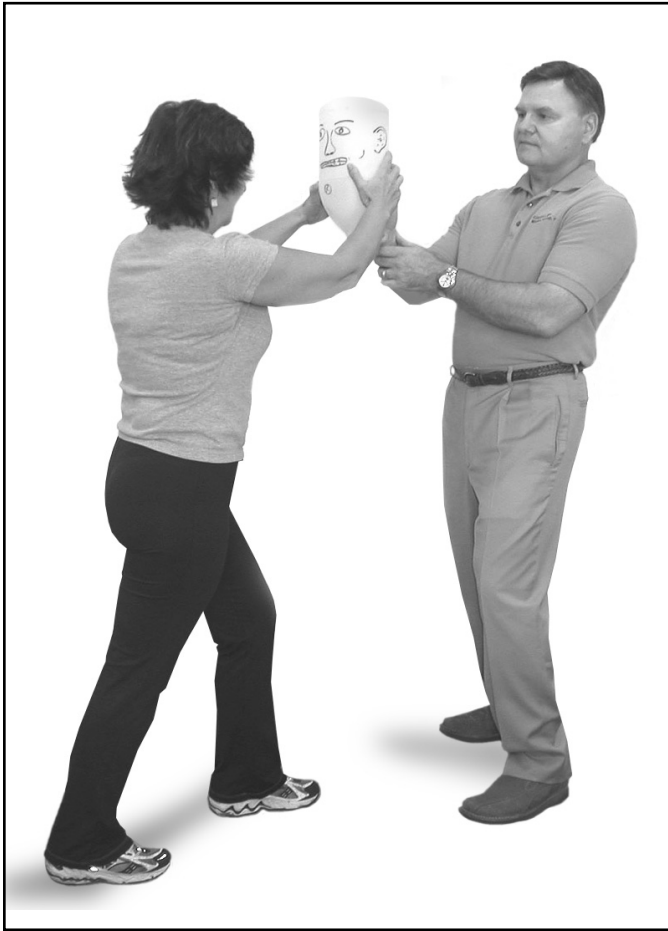
Even a tall person has to stoop over to grab a victim around the chest area. This is the chance to cock your head a little forward and spring with your legs as you drive your head back into the face of the attacker.



Demonstrating how the head is snapped back as the body has sprung back into the face of the attacker. Driven by the legs the body, neck and head are traveling in the same direction to the target area.

This is not a good technique to practice with a partner, since the target of the head butt is not visible.

PRACTICE HEAD BUTTS SAFELY



A safe way to practice a **Head Butt** is to use the empty gallon container.

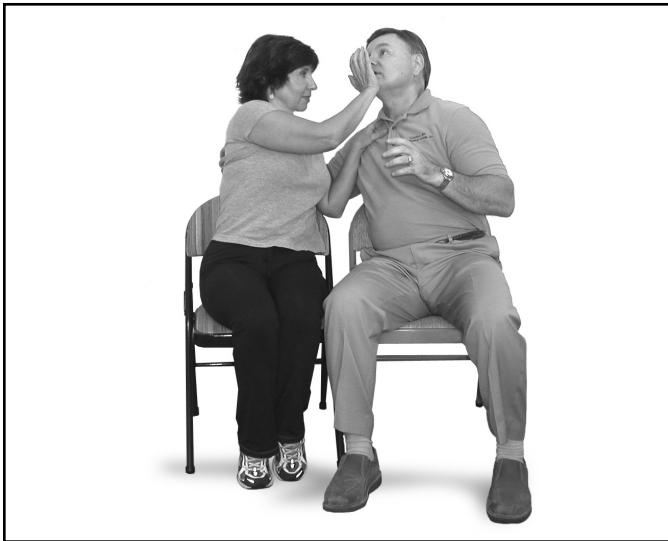
Grab the target with both hands, and begin by focusing on the designated nasal area of the container. Remember, the bony part of your skull is harder than the nose or softer facial bones of your attacker.

As the body, neck and head spring into the target together, you lose sight of the target on impact. This is why I like holding on to the practice gallon container. The part of your skull you strike with is at the hair-line. The skull bone is thick, and if a real event occurs you will feel less pain than your attacker.

You don't need much practice to learn this physical skill. There is not a lot of practice needed to execute a **Head Butt** correctly. **However, read and review this material on Head Butts for your own safety.**

GET THE POINT, JERK!

Defending yourself while confined in a seatbelt is fairly simple.



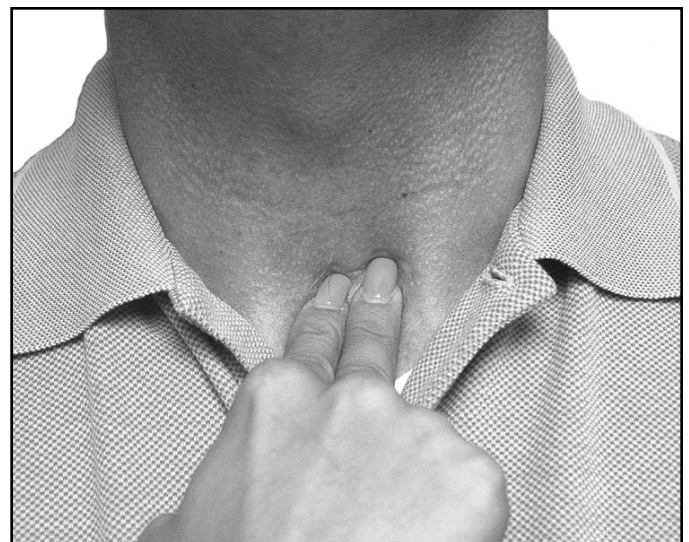
This is information I would want my daughter to have when dating. Remember, you can push someone away with a **Palm Heel Strike** to the chin. Better yet, a **Palm Heel Strike** the nose since it is more sensitive.



If the date is going badly, a mild strike with an **Ear Slap** is another option. Also, don't forget about a **Head Butt** to the nose, or an **Elbow Strike** to the face.



Potentially, a **Throat Poke** is very dangerous. If your life is threatened than this offender needs to "*Get the Point!*" Place your fingers into the hollow point at the base of the neck. This will stop a person fast.



You can try this on yourself lightly. A small amount of pressure into the throat will get real results!

COMBINE SIMPLE SKILLS

Combining Simple Skills will make you more powerful

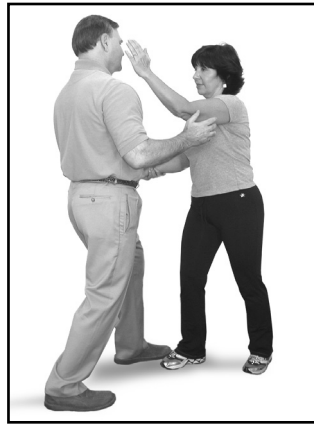
PARTNER DRILL WALK THROUGH

Walk slowly through the following combinations, and show the correct response to the strike. First up will be a grab, then move into the attacker and execute a slow **Ear Slap** to your attacker's shoulder. Wait for your partner to respond with their head going back

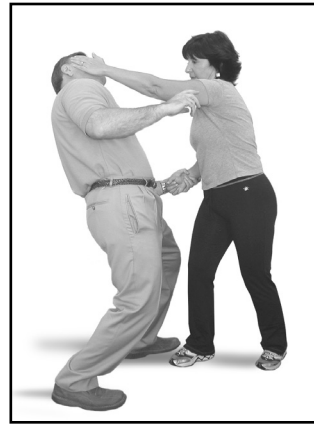
before executing a **Knee Kick**. Again, wait for the response, avoiding an unintentional head butt, and follow up with an **Elbow Strike** to the back of the attacker's head. While the attacker is on the ground follow up with a **Foot Stomp**. Now walk away!



The grab.



Move in, execute an Ear Slap.



Response to an Ear Slap Strike.



Follow up with a Knee Kick.



Elbow Strike, or Knee Kick.



Knee Stomp for good measure.



Stomp! Stomp! Stomp!



Time to go!

Remember to have fun with these exercises, but always play it safe. You only need to walk through the movements in Partner Drills.

In a real situation, the elements of *Surprise and Ability* (with some adrenaline) will help you level the playing field.

VISUALIZATION

Always be aware of your surroundings.

Visualization can be used to “*play out*” in your mind different assault scenarios with positive outcomes.

The process of planning how you would react in a number of situations that might occur normally in your day, is both stimulating and helpful. Think about how you would act going to an ATM machine. First, rehearse the scene in your mind. Think about looking or scanning the area around the ATM for anything unusual, especially at night, when shadows might protect a criminal element. What if you were suddenly confronted with a criminal who wanted your money or purse? Are you willing to sacrifice your life for material things?

Worse case, what if an attacker surprised you from behind while grabbing you around the chest. How would you protect yourself? One way would be to immediately throw your head back into the face of the attacker, stomping viscusly into the instep and knees of the attacker until you are able to leave the scene. These mental gymnastics can be used to help you plan how you would react.

Offense or defense: that is the question

When confronted with a physical assault your only response is to protect yourself.

This part of self-defense is all about offense. You are either controlling the action or being controlled by the action.

The mental approach needed here is that even if the attacker advanced on you first, your response is to strike back with 110% commitment. You can't expect to win with defense because reacting means you will always be late to respond. Action is always faster than reaction.

Offensive techniques keep you in control, and allow you to remove yourself faster than learning defense. Making the attacker react to your offensive attack is taking you from victim to victor.

TRUST YOUR INSTINCTS

Intuition... the other sense.

Call it intuition, a hunch, sixth sense, gut, notion, an angel, feeling or inner voice, but learn to listen to yourself. If something doesn't feel right then go with your "feelings." It is a question of whether you want to be safe, or sorry. There are events that the brain records around us that have nothing to do with what we are consciously attending to at any given moment.

Here is an incident that involved a person named Maria, that is typical of just such a moment.

What should have been a normal shopping day at the supermarket for Maria and her children ended in a brutal assault and stolen property. Maria parked her van in the back part of the parking lot and took her teenage children into the store to help with the shopping. While shopping and talking with the children Maria felt uneasy. Later, after the assault, Maria recalled that she felt as if someone was watching her: the offender was in the background in her field of view several times while she was in the store.

Leaving the check out counter at the supermarket the kids were trailing behind Maria. When Maria started walking back to her van she noticed that another van was parked closely next to her vehicle in an otherwise empty section of the parking lot.

Maria felt very uneasy as an average-looking individual approached her between the vehicles while she was putting the groceries into her van. What started out as some innocent statement from the stranger turned into demanding her money and the keys to the van. Maria was suddenly punched in the face and pushed back into her van; meanwhile as her children were approaching their family van, they were unaware that a crime was being committed. Their mother and the attacker were hidden from the storefront with the second van parked very close.

Maria shook off the first blow to the face and screamed out to the children to go back and get help

from the store. It was only a minute or two before help arrived, but it seemed much longer. Maria suffered a broken nose and bruises from several punches to her face. The attacker then grabbed the keys to Maria's van and fled the crime scene.

Recounting the incident later, Maria said that the person who attacked her had been watching her throughout the store, but had blended into the background.

Maria felt she could have prevented this attack if she had just listened to her intuition. The first notion was in the store, the second notion was when Maria was approaching her van. The final uncomfortable feeling was the sight of an approaching stranger.

Hopefully, we can all learn from this experience.

Understand that a part of your brain is always looking out for you. Learn to go with your feelings and trust your instincts. The pathway between the conscious part of your attention and the unconscious/subconscious part of your brain that records everything in your vision wants to work together for your survival. Don't rationalize this pathway out of existence. You have another sense, so use it!

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Visit www.Womens-Self-Defense-Instruction-Online.com, for additional information on current safety tips and the latest on "less-than-lethal" weapons. Learn about the latest Pepper Spray Cannisters, how to train at home with pepper spray to increase your ability to fend off any attacker. Be safe!