

SELF DEFENSE CURRICULUM

Vital Points

*Define VITAL – painful, important to continue attack

Eyes – gouge, scrape, poke. Don't wind up like the three stooges.

Ears – This is the ONLY vital point you must have two hands free to attack.

Cup your hands and strike the head at the ears very hard to drive air into the attackers ear attempting to cause pain or dizziness.

Nose – With the heel of your hand, drive the nose up, smack it down, or hit it from the side.

Chin – with the heel of the hand strike the chin in an upward motion.

Side of Neck – use the pinky side of the hand to hit the side of the neck attempting to interfere with blood flow to the head.

Throat – hand is in a "V" position, striking quickly at the Adams apple.

Soft Spot – push back with one finger

Collar Bone – this must be attacked with a closed fist*, strike down and hard attempting to break the collarbone. Cannot use arms if collar bone is broken

Solar Plexus – punch the area below the ribs. Takes breath away

Groin – Knee or if your back is to the attacker, shift your hips, look and strike with a fist.

Knee – Kick through the knee from the front or from the side forcing the knee a way in which it does not bend.

Shin (Scrape) – With the SIDE of your foot, scrape down the shin. The side of your foot is stronger and has more surface area. Might not work with jeans on.

Foot (Stomp ankle and foot) – finish the scrape with a stomp on the ankle, inset (where the shoelaces are) and toes. Use your HEEL because your foot bends too much.

*Punch - make a fist by having the thumb outside of fingers
Near body with palm up
Step forward with opposite feet
Rotate palm down and "STRIKE" (punch through target)

Kick = Use SIDE of foot (more surface area)
Kick through target forcing it beyond contact
When kicking the knee must be directly in front or to the side

Body Holds

Back Over – 5

Head Butt
Groin
Scrape
Stomp
Pinky
+BKSS

Back Under - 9

Reach over
Shoulder for:
Eyes
Nose
Chin
Soft Spot

Head Butt
Groin
Scrape
Stomp
Pinky
+BKSS

Front Over – 4

Head
Groin
Scrape
Stomp
+BKSS

Front Under – 12

Head
Eyes
Nose
Ears
Chin
Throat
Side of Neck
Soft Spot
Collar Bone
Groin
Scrape
Stomp
+BKSS

Grading – on 4 slips of paper, write BACK OVER, BACK UNDER, FRONT OVER, FRONT UNDER. The girl comes up to you with a partner, chooses one slip and her partner attacks her that way. She should say each vital point as it is attacked and attack each vital point like it was taught.

Wrist Grips

NEVER PULL OUT OF WRIST GRIP. PIVOT OUT.

Break free thru the thumb; it is the weakest part of the grip.

When breaking free the grabbed arm pivots toward the opposite shoulder.

After you escape from a wrist grip, your back should be towards the attacker. Strike a vital point and run the opposite direction.

- (1) Right to right – Pivot don't pull. Grabbed hand to opposite shoulder breaking free from the thumb.
- (2) Right to left – Rotate or adjust your hand to get the attackers thumb exposed, pivot to your opposite shoulder.
- (3) Both hands on one wrist – put free hand through the attackers arms to grab your own hand. Use that hand to guide grabbed wrist to opposite shoulder.
- (4) One hand on each wrist – Get a good base of support, rotate your fists up to expose attackers thumbs, drop down just a little so there is a slight bend in your knees, drive up as if you are trying to elbow the attacker in the chin, strike collar bone.

Grading - Each girl will come to us with both arms extended. We will grab the two times. One time one hand on one wrist (there are two ways to do this). The second time we grab with two hands (there are also two ways to do this). If a girl cannot get free and she attempts to attack a vital point, loosen your grip.

Chokes

If you are attacked from behind and choked by the arm surrounding your neck, pull down hard on his forearm with BOTH of your hands giving you enough room to turn your head to the side and put your chin down. This makes it impossible to block your air flow/ windpipe; you can keep breathing in this position.

FRONT CHOKE – join both your hands together, lock fingers, keep your elbows out bend the knees a little to gain force and drive up, breaking his grip from your neck. Immediately strike the nose and run the opposite direction.

REAR CHOKE – You are going to use a windmill action (a BIG circle) with your arm. You have to turn to the right when using your right arm and vice versa for left. While turning to face the attacker circle your arm over the top of his two arms bend your arm locking his arms and lift up. This makes it impossible to pull away. Attack the eyes and/or groin and run the opposite direction.

Other IMPORTANT info

BKSS – Bite Kick Scratch and Scream

Best defensive position if you are knocked to the ground
ON YOUR SIDE KICKING WILDLY

Topics for Discussions

What should you avoid if walking at night?

Bushes, garbage cans, Parked Cars, wooded Areas, Strangers, parking lots, construction sites (dark), allies, etc. Have cell phone ready to dial but don't talk on it,

What should you be do or not do when you are babysitting (or home alone)?

Don't answer the phone, avoid the windows, Keep doors windows closed, covered and locked, make sure lights are on (make it look like someone is home), don't answer the door, know emergency numbers, have a "back up" (some one close who could come to you quickly), keep the kids inside, don't have food delivered, etc.

What should you say or not say if you do answer the phone?

You are alone, your name, how old you are, where you live, say your mom/dad are in the shower/can't come to the phone. It's OK to HANG UP if you are suspicious or uncomfortable. Call parents or police depending on severity.

What information would the police want to know if you were attacked? Or, if you encountered a suspicious person?

Size – height weight – compare to some one you know, race, hair color, beard/moustache, clothes (can link to other attacks), vehicle (color, model, rust, loud), direction he went, license plate (even a part of it or state), Tattoos, if you left any marks, etc.

What could you have with you that could be used to defend your self?

AND

How would you use it?

Your backpack – swing and try to hit them

Pen/pencil/nail file/keys – stab /scrape / gouge eyes

Pepper Spray – REMEMBER IT HAS TO BE ON AND READY

What precautions should you take when staying at a HOTEL?

Don't go anywhere alone, Don't get on the elevator with a single person, don't use the stairs, don't tell anyone your room number, avoid deserted places (ice/vending areas), if you are alone, stay near a group/other family, etc

What precautions should you take when at the MALL or MOVIE THEATER?

Don't go anywhere alone, avoid bathrooms, report suspicious men, sit with a group/ family

What kind of LOCK is in your house?

Chain lock can be pushed in

Dead bolt – good but if near a window can break in and open it

Dead bolt with a key keep key near other wise you can't get out