

MOVES FOR GETTING OUT OF OR DEFENDING AGAINST COMMON HOLDS OR ATTACKS

Wrist Hold: Know what to do when an attacker has grabbed your wrist. Instead of pulling back to try to get out of the hold, squat down into a strong stance, then lean forward and bend your elbow toward him all the way toward his forearm until he can no longer hold onto your wrist.

Front and Back Choke Holds:

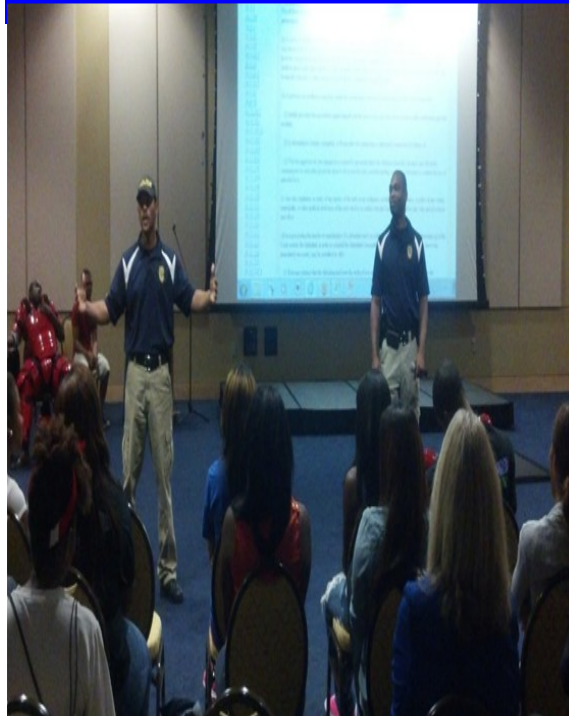
Bend your elbow in to get out of the wrist hold, but then pushing upward to break free. Swing one arm across to break the attacker's hold, then use your other arm's elbow and in knife strike position to hit the attacker.

Bear Hug: Drop your weight and try to hit his head with your elbows or stomp his feet with your feet. If that doesn't work, pull his fingers back to force him to release you, rotate out of his hold, and attack him with your knees/kicks. (Pulling fingers is also an effect we move in a choke hold in some cases).

Mount Position: If the attacker has you pinned on the floor, you can pivot to be on top with this technique. Hook onto his wrist with one hand and use your other hand to grab behind his elbow, trapping his arm to your chest. Then use your foot to trap his foot and leg, lift your hips and turn over onto your knees to get on top.

Sexual Assault: There are four phases to nearly all sexual attacks on women: 1) Identify an unsuspecting target, 2) Subdue the target, 3) Exhaust the target, and 4) Execute the sexual assault. We want to **fight with all our might** and the moves we have above in the second phase. In the third phase, however, right before an assailant executes his sexual attack, all he wants to do is exhaust the victim and gain complete control, so fighting back actually may backfire at that point, wasting energy. **Pretend to be compliant (kind of like playing dead for a bear). In those split moments, the predator will loosen his grip, giving you a chance to get away.**

SELF DEFENSE



Assistant Chief of Police Gregory Elder and Lt. Marcus Guess facilitating Self Defense for Women Training at Albany State University in 2013.



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SELF DEFENSE

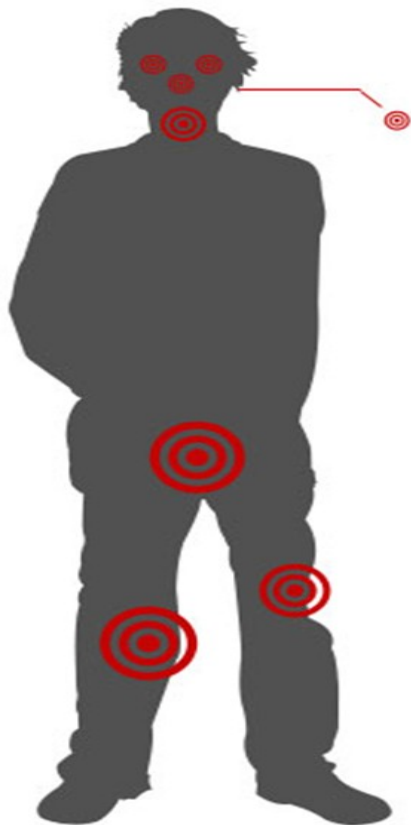


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STAY AWARE, STAY ALIVE

The Most Effective Body Parts to Hit:



When you're in a confrontation, you only have a few seconds and a few moves to try before the fight may be decided. Before an attacker has gained full control of you, you must do everything you can—conserving as much energy as possible—to inflict injury so you can get away. (This is no time to be civil. In a physical confrontation that calls for self-defense, it's hurt or be hurt) so aim for the parts of the body where you can do the most damage easily: the eyes, nose, ears, neck, groin, knee, and legs.

POSITION OF ATTACKER DETERMINES WHERE YOU WILL STRIKE

Depending on the position of the attacker and how close he is will determine where you will strike and with what part of your body you will employ. Do not step in closer, say, to strike his nose with your hand, when you can reach his knee with a kick.

When striking a target on the upper half of the body, you will use your hand. Effective strikes can be made with the outer edge of your hand in a knife hand position, a palm strike or knuckle blow for softer targets or a tightly curled fist.

TARGET BODY PARTS

Eyes: Gouging, poking, or scratching the attacker's eyes with your fingers or knuckles would be effective, as you can imagine. Besides causing a lot of pain, this should also make your escape easier by at least temporarily interfering with his vision.

Nose: If the attacker is close in front of you, use the heel of your palm to strike up under his nose; throw the whole weight of your body into the move to cause the most pain and force him to loosen his grip on you. If he's behind you, you can strike his nose (from the side or front) with your elbow. Either way, aim for the nasal bones.

Neck: The side of the neck is a bigger target, where both the carotid artery and jugular vein are located. You could possibly temporarily stun your attacker with a knife hand strike (all fingers held straight and tightly together, with thumb tucked and slightly bent at the knuckle) at the side of the neck. (For even more injury, you could thrust your elbow into your assailant's throat while pitching the weight of your body forward.

STAY ALERT AT ALL TIMES

Knee: The knee is an ideal self-defense target, vulnerable from every angle and easily kicked without risk of your foot being grabbed. Kick the side of the knee to cause injury or partially incapacitate your attacker. Kicking the front of the knee may cause more injury but is less likely to result in imbalance.

HOW TO MAXIMIZE DAMAGE

Use your elbows, knees, and head. Those are the parts of the body that are most sensitive when hit. Now here are the parts of the body used most effectively for inflicting damage: your elbows, knees, and head (they're your body's bony built-in weapons).

Use everyday objects. Everyday objects you carry around with you or things in your environment can also be used to your advantage as weapons. Hold a key or pen between your middle and ring finger while you're walking home in the dark for more assurance. Outdoors, you can toss some dirt or sand into your attacker's eyes. Women are often told to spray perfume or hairspray into an assailant's eyes. The point is, use whatever you can to make your defense stronger.

Leverage your weight. No matter your size, weight, or strength in relation to your opponent, you can defend yourself by strategically using your body and the simple law of physics. This is the principle behind martial arts systems like Jujitsu and other self-defense programs where a smaller person is able to defend themselves from a dangerous person.

