

# 'Choices'

Women's Self Defense and Personal Safety

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Practical Component  
Team Wasabi Pty Ltd

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# Introduction

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- Pop quiz: what are the 4Ps of self defense mentioned in the lecture component?
- Remember that physical self-defense is but one of the 4Ps available to you.
- Our objective today is to review some of the physical movements and theory available to non-martial artists.



# Objective

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- The purpose of the physical component of our course is to give an understanding of some of the self-defense techniques available to users.
- Good effective self defense comes after many hours of constant repetition, with and without an opponent. Users should not think that a few minutes of practice constitutes mastery of such techniques.



# Perspectives of Fighting

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- How would you feel if you jumped into a cage with a tiger or other wild animal?
- That fear is the same as being confronted by a physical aggressor. It's shocking. It's overwhelming.
- Fighting is difficult; there are many challenges, the least being to get your body and mind working together.



# Tennis Lesson #1

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- aka 'How to hit a person'
  1. **Stance:** standing with the legs wide
  2. **Breathing:** forcing your breath out
  3. **Commitment:** your focus and conviction
  4. **Follow through:** how to hit harder
  5. **Aim:** where to hit
  6. **Shouting:** "No!" or "Stop!"



# Against an Opponent

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- Using your body to generate force is the same for martial arts as it is for any other sport.
  - The tennis player adopts a wide stance,
  - Look how the player winds up to hit the ball. Aiming. Exhaling forcefully.
  - And how the follow through occurs.



# Tactics

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- Any force applied to another person to deter an attack ...

**MUST RENDER THE PERSON  
UNABLE TO CONTINUE  
WITH THAT ATTACK FOR  
3 MINUTES AT LEAST**

- That means you need to know what works in an attack and what doesn't.



# General Attacks

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- **Ears:** clapping your hands over the ears
- **Headbutt:** using the forehead against some parts of the face
- **Heel Palms:** using the base of the palm to strike (safer than a balled fist)
- **Elbows:** using your elbows to strike an attacker
- **Knees:** using the knees against an attacker
- **Shortkicks/stomps:** using the instep against the shin or top of the foot



# Other Facial Attacks

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- Be careful when using these – even in practice. They are devastating even with the most minimal of force.
  1. **Biting:** using your teeth against ears/nose.
  2. **Eyes:** fingers/thumb versus the eye.
  3. **Pressure points:** under the ear, and at the base of the throat.



# Break Falling

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- Break Falling is a very important because invariably all rapes will occur after the victim is thrown from a standing position.
- Backward Breakfall (from standing)
  1. Go to a kneeling position
  2. Go to a sitting position
  3. Tuck your chin on your chest, hands up
  4. Roll on your back, slap the ground
  5. Come back forward



# Escape from Grabs

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- You can try a hand lock, but the best way is to work your wrist or arm toward the attackers thumb and pull hard.
  - One handed grab
    1. Hit the attacker.
    2. Make a fist with the hand that is held.
    3. Hold on to that fist with your other hand.
    4. Aim towards the attacker's thumb.
    5. Pull both hands free.



# Groundwork

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- Main idea is to get on leg up and use your hips to unseat your assailant.
  - Face up, attacker lying on top
    1. Victim lying down, legs together.
    2. Bring one knee up.
    3. Push down with leg onto floor and move right side of hip into the air.



# Other Groundwork Positions

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- Face down, attacker lying on top
  - Right knee comes up, right hand comes down; right hand and hip push off the ground.
- Face up, attacker sitting on top
  - Almost impossible to throw from this position.
  - Trying bringing your hands in front of you and use your elbows to hit the attacker's groin.
- Face up, attacker on all fours on top
  - Try kneeing your attacker hard in the butt.



# Weapons

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- Word on weapons – each of them have their advantages and disadvantages. Remember to find out things such as why you don't spray mace into the wind, or how bad would it be if you had a stun gun applied on you.
  - Keys: Grab the bunch of keys in your palm. One key held firmly between forefinger and thumb.
  - Pens/Pencils: Held like the keys or an icepick.
  - Clipboards/folders: Use the edge on the attacker.
  - Umbrellas: Held like a gun. Use either ends.



# Conclusion

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- The only way to get good is to practice over and over again. Don't think that physical moves will come easily after one practice session.
- Go home and practice on a friend. Make sure you are careful with what you're doing and moderate your force during the exercise.