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=          STREETWISE SELF DEFENCE          =
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Self defence becomes more important every year. Yet the traditional Martial Arts demand a physical fitness and understanding of complex techniques which are beyond most of us.

HERE IS A NEW AND PRACTICAL SYSTEM WHICH RECOGNISES OUR LIMITATIONS.

It is quick and easy to learn because it is based on adopting one move to a variety of defensive situations.

The system assumes that the defence will be against a more powerful attacker.

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= PART I : THE BASICS =
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## INTRODUCTION :

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This file has been written for those of us who do not want to take up the martial arts as a sport, but who would like to be able to defend ourselves in a potentially dangerous situation.

This course is intended to teach you to cope with practical situations, i.e. circumstances in which you may actually find yourself. You may not aspire to a black belt, but you will learn how to defend yourself effectively in a

emergency. You don't have to be particularly fit or well co-ordinated to use these techniques, which have also been designated for the not-so-strong. They are simple and easy to learn. They are also highly effective.

#### PRACTICE :

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"Practice makes perfect" they say, and this is true. Practise what you would do in a serious situation, so that you are sure of your moves. Try to do this with a partner, to help you practise the timing of these moves. Try to choose moves which you find easier and which come more naturally to you. It is advisable to practise in your everyday clothes, as these are what you are most likely to be wearing in the event of an attack.

Practise punching, kicking and jabbing as described in the PART II firstly and very slowly. When you have mastered the moves slowly, build up your speed and power, but without a partner. Finally, practise your self defence techniques with a partner, so that you can put what you have learned into practice and get used to body contact.

#### SOME GENERAL GROUND RULES :

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There are some important rules on how to react if attacked. If you bear these in mind, you already have the advantage over your attacker.

If at all possible, avoid a confrontation. Try to engage your assailant in a conversation. This way you gain time to calm yourself down and work out an effective strategy to fight off your attacker.

If you cannot avoid a fight :

1. Breathe slowly and deeply to calm your nerves.
2. ALWAYS look your attacker in the eyes.
3. Turn sideways to make it harder for your attacker to grab you.
4. Only use techniques you have really mastered. DON'T hesitate.
5. Be careful not to let yourself be cornered, and don't allow yourself to be backed up into a doorway or against a wall.

#### THE LAW AND SELF DEFENCE :

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Section 3(1) of the Criminal Law Act 1967 states :

" .... a person may use reasonable force in the prevention of crime ...."

Obviously " prevention of crime " covers a wide range, but this may include

1. Defence of yourself
2. Defence of another

### 3. Defence of property

What is considered reasonable depends on the circumstances and is, ultimately, a matter for a jury to decide. That is, if you have been slapped, it would be unreasonable to defend yourself with a knife. If you use more force than is reasonable in the circumstances, you could be prosecuted.

#### SHOCK TACTICS. THE ELEMENT OF SURPRISE :

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Surprise is an important factor in self defence. If used properly it throws your assailant off balance and may give you valuable time. There are many types of shock tactics but I shall restrict myself to a few simple ones which will distract or confuse your attacker.

1. Sudden, loud screaming
2. Spitting in the attacker's face
3. Smiling while looking behind of the attacker

#### THE MOST VULNERABLE AREAS OF THE HUMAN BODY :

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The eyes and groin are your MAIN TARGETS. A hard kick or punch in the groin will quickly put men out of action, and can even render them unconscious. This is a very sensitive part of the body and very vulnerable to injury, no matter how big and strong a man can be. You can achieve similar results by jabbing your assailant in the eyes with your fingers, which is one of the best methods of self defence. Your attacker will be helpless if he cannot see.

Of course, the human body can be attacked in other areas like nose, chin, knee, shin and bridge of the foot. These are your SECONDARY TARGETS.

DIRECT YOUR PUNCHES AND KICKS, AS DESCRIBED, ONLY AT THE MARKED POINTS OF THE BODY, AS OTHERWISE THEY MAY NOT AFFECT YOUR ATTACKER.

#### THE RIGHT STANCE :

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Correct stance is essential as a basis for all defence movements. In order to achieve maximum mobility, balance your weight equally on both legs, keeping your knees slightly bent. Do not tense up; relax and be prepared to react quickly on all sides. Your shoulders should be diagonal to your assailant, so that you present the least surface area for your attacker to grab. Protect your chest and your chin by keeping your arms up at an angle. Clench your fists to minimise any damage to your fingers when defending or blocking. This is NOT a static position, quite the opposite, and you should be constantly moving, like a boxer in the ring. Do not keep your arms still, but remember to keep up your guard. This behaviour will confuse your attacker, leaving him no

time to recognise the defensive action you may be taking. Try to stay out of reach of your attacker, but remember to maintain eye contact.

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= PART II : BEST TECHNIQUES =

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## USING YOUR HANDS :

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In this part of the course you will learn techniques in which you can use your hands, arms, elbows or fingers as weapons with which to disable your attacker. The difference between a punch and a slap is the way in which the arm or hand movement is carried out. When pushing or punching, the arm movement is always straight ahead, towards the attacker, whereas, when slapping, the arm movement is circular or semi-circular (a swing or a hook).

In self defence it's very important to learn how to use your hands as weapons. A well-targeted punch, using the heel of your hand or elbow, is easily carried out and highly effective if your FULL body weight is behind it.

It is NOT necessary to harden the skin on your hands or elbows on order to make'em less sensitive to pain; they have been designated by nature to resist knocks and punches.

Making a fist in the correct way is very important to prevent any finger injuries when punching your assailant or using blocking techniques. When your fist is clenched correctly, the thumb should lie in front of your index and middle finger, and NOT be covered by them.

### Move 1 : JABBING WITH THE HEEL OF THE HAND

Bend the fingers up, hold your palm upright and bend it back as far back as you can. Take up the correct stance and push your hand forward with as much force as possible. The palm will connect with the target area. Remember to swivel your hips and follow through in the same direction. The best effects can be achieved if you hit your attacker just under the nose

### Move 1 : DEMONSTRATION

1. Your opponent is about to aim a punch at your head.
2. Take evasive action by moving one step diagonally forward from the normal position.
3. Block the punch and, at the same time, jab the heel of your hand under your attacker's nose.

### Move 2 : THE FINGER JAB

This technique is highly effective but may also cause severe eye injury. For this reason, the finger jab should only be used in life-threatening attacks. Bend your index and middle fingers slightly. Stand in the correct basic stance and move forwards to carry out the finger jab.

#### Move 2 : DEMONSTRATION

1. Your assailant is trying to strangle you with both hands.
2. Hunch your shoulders and pull your chin in to protect your neck.
3. Now jab your assailant in the eyes with your fingers, taking a step backwards at the same time.

#### Move 3 : ELBOW PUNCH

The most important thing to remember here is to bend your arm very sharply. You can elbow forwards or backwards. Your assailant is then hit by the hard little bone of elbow. If you elbow forwards, your arm moves in a semi-circle, hitting the side of your attacker's face or his chin. If you elbow backwards, stretch your arm out forwards, with the back of your clenched fist facing downwards, and then bring your arm backwards sharply and with as much force as you can muster. In both cases, your fists should stay clenched and you should follow through with your shoulders.

#### Move 3 : DEMONSTRATION

1. Your attacker grabs your arm.
2. You step forward, bringing your arm up in a semi-circle.
3. As you set your foot down, elbow your attacker in the face. This way you have the FULL force of your body weight behind you.

#### USING YOUR FEET : -----

Using your legs gives you the advantage of greater reach, coupled with the fact that your legs are considerably stronger than your arms. If you react quickly enough, there is a good chance that you will be able to stop the attack in its initial stages. All the kicks are easy to learn. Good balance and speed are important. A quick, powerful kick to a sensitive part of the body is one of the best methods of self defence. Aim your kicks below the belt and always kick with as much speed and force as possible.

#### Move 1 : FRONT KICK

Start with your kicking foot behind you. Then raise your knee until your thigh is almost horizontal and kick sharply upwards with the lower half of your leg. Then bring your leg back quickly to the starting position, with your kicking foot behind you. This kick is carried out in one movement, with the bridge of your foot hitting your attacker's groin. Imagine you are kicking a foot ball

with all your might.

#### Move 1 : DEMONSTRATION

1. The attacker grabs you with both arms.
2. You set your kicking foot behind you and spread your arms out.
3. Now lift your leg and shoot your lower leg forwards

#### Move 2 : SIDE KICK

When you use the side kick, you hit either your attacker's knee or shin with the outside edge of your foot, or the sole of your foot. Lift your front foot up to knee height and then, using your hip, kick sideways with as much force as you can, keeping your leg extended. By pivoting on your balancing foot, you will be able to use full force of your hips and follow the movement through. If carried out correctly, the heel of your extended foot will point towards your assailant. Bring your leg back to the starting position immediately. To add power to your technique, lean a plank of wood against a wall and practise the hip movement, by kicking the plank until you can break it. Remember to keep your shoes on when practising this technique (if you are VERY stupid you can try that with your shoes OFF !!!!!)

#### Move 2 : DEMONSTRATION

1. Your attacker grabs your arm.
2. Lift your front knee up.
3. Keeping your leg extended sideways, kick your attacker in the knee.
4. Then wrench your arm free.

#### Move 3 : HEEL STAMP

The heel stamp is used solely to distract your opponent, before you follow it up with another defence technique or action. From your basic position, bring your knee up as high as possible and then stamp down sharply with the heel of your foot. Your heel should hit the bridge of your assailant's foot. Remember to keep your toes pointing upwards, so that your heel is in the correct position. If you are carrying out a heel stamp to the rear, keep your toes pointing downwards, to make sure you connect with your target. You should hit, rather than his thumb, the weakest point, i.e. the little finger.

#### Move 3 : DEMONSTRATION

1. Your assailant grabs your arm.
2. Lift your foot and stamp on your assailant's foot with all your might.
3. Then wrench your arm free.

#### Move 4 : KNEEING YOUR OPPONENT

This is a technique used in close combat and therefore ideally suited to self

defence. Speed and power are essential for this move to be effective. The top of your knee should connect with your assailant's groin.

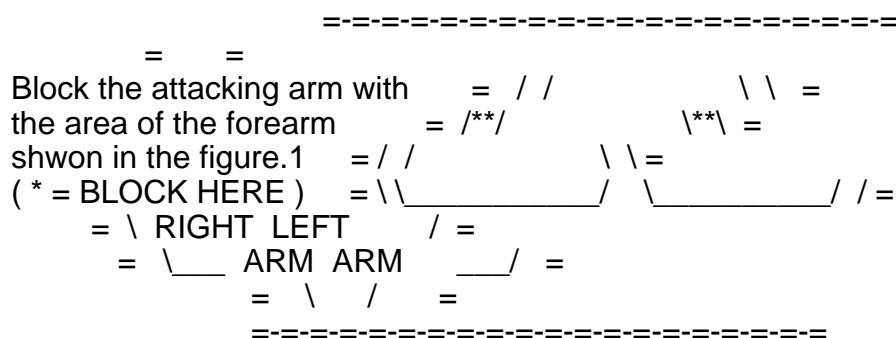
#### Move 4 : DEMONSTRATION

1. Your assailant grabs you in a body hold with both arms.
2. Grab your assailant by the hips, push yourself away from him, at the same time stepping back with one leg.
3. Pull your opponent down and bring your knee up sharply into his groin, with as much force as you can.

#### BLOCKING OR DEFENSIVE TACTICS :

As you would expect, it is defence and not attack, which is the cornerstone of self defence. The object is to divert or deflect any blows or punches your assailant may be aiming to you, and to protect your own body from severe injury. It is only possible to attack your opponent if you first deflect his attack on you. First, we should distinguish between the upward block, which deflects attacks to the head and shoulders, and the downward block, which prevents attacks on the chest and abdomen. When defending yourself, never carry out only a blocking movement, without following it up with a counter move. Only by doing both, will you be able to prevent any renewed attack, and also protect yourself.

#### Move 1 : UPWARD BLOCK FIGURE.1



Move your rear leg diagonally forward from the basic stance, bringing your arm up in front of your face. The power of any attack on you can be further diluted by stepping to the side or rear with other leg.

#### Move 1 : DEMONSTRATION

1. You are in the basic defence stance.
2. Your attacker tries to throw a punch to your head. You move diagonally forwards, deflecting the power of the blow.
3. The underside of your forearm immediately blocks your attacker's striking arm.

## Move 2 : DOWNWARD BLOCK

Here, again, you should move diagonally forward from the basic position and bring your arm down to protect the lower part of the body.

## Move 2 : DEMONSTRATION

1. Your assailant attempts to punch you in the abdomen.
2. From the basic stance, move diagonally forward, slamming your arm down sharply on your opponent's wrist.
3. Now deflect your assailant's striking arm to the side, weakening the potential force of the blow.

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= PART III : DEFENCE AGAINST GRABBING AND HOLDING =  
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Wrenching free from a body hold is not always easy. This is why it is crucial to react as quickly as possible if an assailant tries to grab and hold you, so that the attack can be stopped in its initial stages. However, if your attacker has already managed to get you in a body hold, the next few pages should help you to deal with this. By using the following techniques, with as much power as you can, you will probably be able to break free.

## FINGER WRENCH :

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This can be extremely painful if properly carried out. The pain can be maximised by pulling and twisting the finger joints. Pull the fingers away from the joints: in this case it is up and back across the back of the hand. Pull the little finger if possible, because this is the weakest joint.

## COMPRESSION BLOW:

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Cup your hands over your assailant's ears, and then slam your hands very sharply into the side of the head, so that the compressed air in your hands creates pressure in the ears of your adversary. This creates a balance disturbance and temporarily disables your attacker.

## HEAD BUTT:

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Use your forehead, or the back of your head, to butt your opponent. This move has the advantage of the element of surprise and will not injure you, providing you hit your attacker's nose. You will be considerably more sure to hit nose if you can grip your attacker's head.



## OTHER VARIOUS TECHNIQUES:

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### \* GETTING OUT OF A ONE-ARM HOLD

You are leaning against a fence. A man tries to force his attentions on you, placing an arm around your shoulders. Elbow him sharply in the ribs and follow up with a powerful punch to the nose.

### \* DEALING WITH AN AMBUSH

You are walking along the street. Suddenly someone grabs you and tries to force his attentions on you. Raise your knee and, using the front kick technique, kick your assailant in the groin.

### \* DEALING WITH A SHOULDER HOLD FROM BEHIND

A man is following you. He grabs you by the shoulder and tries to pull you towards him. Spin round as fast as you can and jab his nose with the heel of your hand.

### \* DEFENDING YOURSELF WHILST SEATED

You are sitting on a bench. A man sits down next to you and puts his hand on your knee. Stay seated, swivel round and jab him in the nose with the heel of your hand.

### \* WHEN YOUR BAG IS GRABBED FROM BEHIND

You are standing in the street. Suddenly someone grabs your bag from behind. Bend your arm inwards to hold on tight to your bag and follow up with a side kick to the knee.

### \* IF YOUR HAIR IS PULLED FROM THE SIDE

An assailant approaches from behind and then pulls your hair from the side. Grab your opponent's arm and turn inwards to face him. Then jab your attacker on the nose with the heel of your hand.

### \* IF YOUR HAIR IS PULLED FROM THE FRONT

Your assailant pulls your hair from the front. Grab him by the hips, pull him down and slam your knee into his groin.

### \* DEALING WITH A DIAGONAL HAND HOLD

Your assailant grabs you by the forearm. Step towards your assailant. Jab him in the nose with the heel of your hand and wrench your arm away.

### \* IF YOU ARE ATTACKED GETTING OUT OF YOUR CAR

Your attacker opens your car door and tries to pull you out of the car. Lean back across the passenger seat and slam your foot heel into opponent's face or groin. If you do NOT have time to carry out the above move, you may still be able to defend yourself with a finger jab to the eyes.

### \* UNDERARM HOLD FROM BEHIND

You are about to open your car door. At that moment you are grabbed from the rear. You raise your knee and stamp hard on your opponent's foot. Then grab your assailant's little finger and pull it right back. Your assailant will loosen his grip and you will be able to break free. Then jab his nose with the heel of your hand.

**\* OVERARM HOLD FROM BEHIND**

Your attacker grabs you from behind with both arms. Raise your knee and stamp hard on your assailant's foot. Now pull your arm forward and snap it back sharply into your assailant's ribs. Turn to face your attacker and jab him in the nose with the heel of your hand.

**\* GETTING OUT OF A DOUBLE NELSON**

Your opponent has got you in a double Nelson. You react with the utmost speed and raise your knee. Stamp with all your weight, keeping your heel well down. Then move your arms up and pull your attacker's little finger wrenching it to the side. Once you have broken free, slam your elbow back into your attacker.

**\* UNDERARM HOLD FROM THE FRONT**

You are walking along a path. Suddenly you are grabbed from the front by someone walking towards you. Hit your attacker on both ears using a compression blow and break free, jabbing your assailant's nose with the heel of your hand.

**\* OVERARM BODY HOLD FROM THE FRONT**

Your opponent grabs you with both arms. Raise your knee and stamp hard on your attacker's foot so that he will loosen his grip. Then knee your assailant in the groin.

**\* GETTING OUT OF A HEAD HOLD**

Your attacker has your head in a firm hold. Hit your attacker in the groin with the heel of your hand. At the same time, use your other hand to pull your attacker's hair and pull him backwards away from you. Then jab your attacker on the chin with the heel of your hand.

**\* STRANGLE HOLD FROM BEHIND**

Your assailant approaches from behind and begins to strangle you. Tense your neck muscles and stretch your arms out in front and then elbow your assailant in the ribs, as hard as you can. At the same time, use the other hand to free yourself from the strangle hold. Then turn around and jab your attacker with the heel of your hand.

**\* STRANGLE HOLD FROM THE FRONT**

You are just about to get into your car. You are attacked and your assailant tries to strangle you with both hands. From the basic position, jab your assailant in the nose with the heel of your hand, following through with your hips to help you hit with more strength. If this does NOT work, use a finger jab to help you break free.

**\* FOREARM STRANGLE HOLD FROM BEHIND**

You are sitting down when you are grabbed from behind. Tense your neck muscles immediately and pull your attacker's hair forwards. If your attacker's grip becomes too tight, use a finger jab.

**\* IF YOU ARE ATTACKED IN THE CAR**

The attacker tries to strangle you through the car window. Tense your neck muscles and finger jab your attacker in the eyes.

**\* IF YOU ARE THROWN TO THE GROUND #1**

Your attacker tries to strangle you after having thrown you to the ground. Jab him in the eyes with your fingers then pull your assailant's hair with one hand and take hold of his chin with the other. Pull your attacker's head downwards, twisting it at the same time, using your other hand (neck twist). Pull your leg up and roll over sideways, freeing yourself from your attacker.

**\* IF YOU ARE THROWN TO THE GROUND #2**

Your assailant has brought you down and is approaching you again. He is about to kick you. Raise your knee and then kick your opponent on the shin, using the side kick technique.

NOTE: If attacked when lying down, make sure your legs and feet are facing your assailant, as this gives him the least possible opportunity to grab you.

**\* FIST PUNCH FROM BEHIND**

You are leaning over the boot of the car. Your assailant grabs hold of your right shoulder and tries to throw a right-hand punch to your head. Turn round to face your attacker and block the punch with your left arm, then jab your assailant's nose with the heel of your hand.

**\* FIST PUNCH FROM THE FRONT**

You are about to open the door of a telephone box. Without warning someone tries to punch you. You block the punch and jab your assailant's nose with the heel of your hand.

**\* IF PUNCHED WHEN SITTING**

Your attacker approaches you while you are sitting down and tries to punch you. Turn sideways away from your attacker then jab your attacker in the groin with the heel of your hand. Your fingers should be pointing towards the ground.

**\* IF GRABBED BY THE LAPEL**

Your attacker grabs hold of your lapel with his left hand and tries to punch you with his right. You take evasive action to the right, blocking the punch at the same time. Slam your left knee into your attacker's groin and then jab your attacker's ear with the heel of your hand.

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= PART IV : DEFENCE AGAINST WEAPON ATTACK =  
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How to defend yourself if you are threatened with a weapon is one of the most difficult chapters in this course. If you have not FULLY mastered the techniques, your situation is a hazardous one. The best advice is to try to avoid this type of confrontation in the first place. If this is not possible, be as determined as you can and do NOT show any hesitation.

IF THREATENED WITH A GUN:  
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Try to lull your attacker into a sense of security. Show that you are frightened and distract your assailant by trying to engage him in a conversation. Any offensive action you may take has to start with a diversion. One old, but surprisingly effective, ruse is to look over your assailant's shoulder, for example, and act as if you have seen something important or surprising. Do NOT make a move until your assailant has fallen in the trick. The element of surprise is very important, so you must act with the utmost speed.

DEMONSTRATION

Your assailant is holding a gun to your chest. After you have distracted your attacker, take evasive action sideways, grab the assailant's gun hand and push it away from you. Then, if the gun should go off, the bullet will not hit you. Keep hold of the attacker's hand until he has let go of the gun. After taking evasive action - always keep the assailant's gun hand blocked - jab your attacker in the eyes with your fingers. Hold the assailant's gun hand with one hand and grab hold of the gun from the outside with the other. Now wrench the gun free and pull it away backwards. You must always disarm your opponent in order to prevent a further attack.

IF THREATENED WITH A STICK:  
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If you are threatened with a stick, make sure you dodge out of your attacker's way, then come in as close as possible, leaving him no room to raise the stick or put any power into a blow.

DEMONSTRATION

Your opponent is facing you, armed with a stick: he tries to hit you. From the basic stance, take one step sideways and reach up to block the blow, thus deflecting its force. After this evasive action, jab your assailant in the

eyes with your fingers. Now grab the stick and pull it downwards out of your assailant's hand.

#### IF THREATENED WITH A KNIFE:

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This is a very dangerous situation. Again, try to distract or disable your attacker, by throwing keys or spitting in his face for example.

#### DEMONSTRATION

Stand in the basic position. Your opponent tries to stab you. You block his arm and take a step diagonally forward at the same time, then lean forward and jab your opponent in the eyes with your fingers. Keep hold of your assailant's arm until you have removed the weapon.

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= PART V : EVERYDAY ARTICLES AS WEAPONS =

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This chapter shows how everyday articles can become weapons. Umbrellas, keys, books, newspapers and other objects, which you may be carrying, can be used in self defence. Any sprays, such as deodorant, hairsprays or perfume can also be extremely useful, as you can spray this into your attacker's eyes.

#### USING A KEY:

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Your assailant grabs hold of your collar with both hands. With a key in your hand stab your assailant in the side of the face. Follow this up by jabbing your assailant's nose with the heel of your hand to free yourself completely.

#### USING A ROLLED-UP NEWSPAPER:

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Your attacker grabs your arm from behind. Turn and face your attacker and jab him under the nose with the rolled-up newspaper.

#### USING A BOOK AGAINST ATTACK FROM THE FRONT:

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Your attacker grabs you from the front and prepares to punch you. You step forward and block the punch with your forearm and jab the book under your assailant's nose.

#### USING A BOOK AGAINST ATTACK FROM THE SIDE:

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Your attacker approaches from the side and grabs your shoulder. You turn away sideways and jab the book under your assailant's nose with both hands.

#### USING AN UMBRELLA:

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You are strolling along the street. Your attacker grabs you from behind and tries to force his attentions upon you. You immediately swivel your hips away and slam your umbrella into your assailant's groin.

#### USING A HANDBAG:

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You are walking along the park. Your assailant pesters you and tries to stop you. Without hesitating, you take your handbag from the shoulder and hit your attacker in the face with it, distracting him for a moment. The you can use a front kick to kick your assailant in the groin.

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= PART VI : DISCLAIMER =  
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That's all folks. I spent 6 hours to type this file but now it's finished, thanx to God. I hope you'll enjoy my work. But DO NOT forget, I say, DO NOT forget following main points:

\* THIS COURSE IS DESIGNATED FOR SELF DEFENCE ONLY AND NOT FOR STREET FIGHTING.

ENOUGH SAID.      ^^^^

\* SPREAD IT AROUND AS MUCH AS YOU CAN !!!!

\* THIS COURSE IS GREETWARE, THAT MEANS IF YOU LIKE IT YOU MUST GREET TO THE

WRITER OF THIS FILE (I.E. ME!!!!)

\* YOU CAN CONTACT ME IN THE FOLLOWING MANNER :

- CALL VIA TYMNET OR TELENET FRENCH CHAT CALLED QSD (NUA 0208057040540)

- GO IN MAIL AND LEAVE A MESSAGE TO RENEGADE [RAF]

- ITALIAN USERS CAN ALSO CONTACT ME JOINING VANESSA OR SAMANTHA CHAT !

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