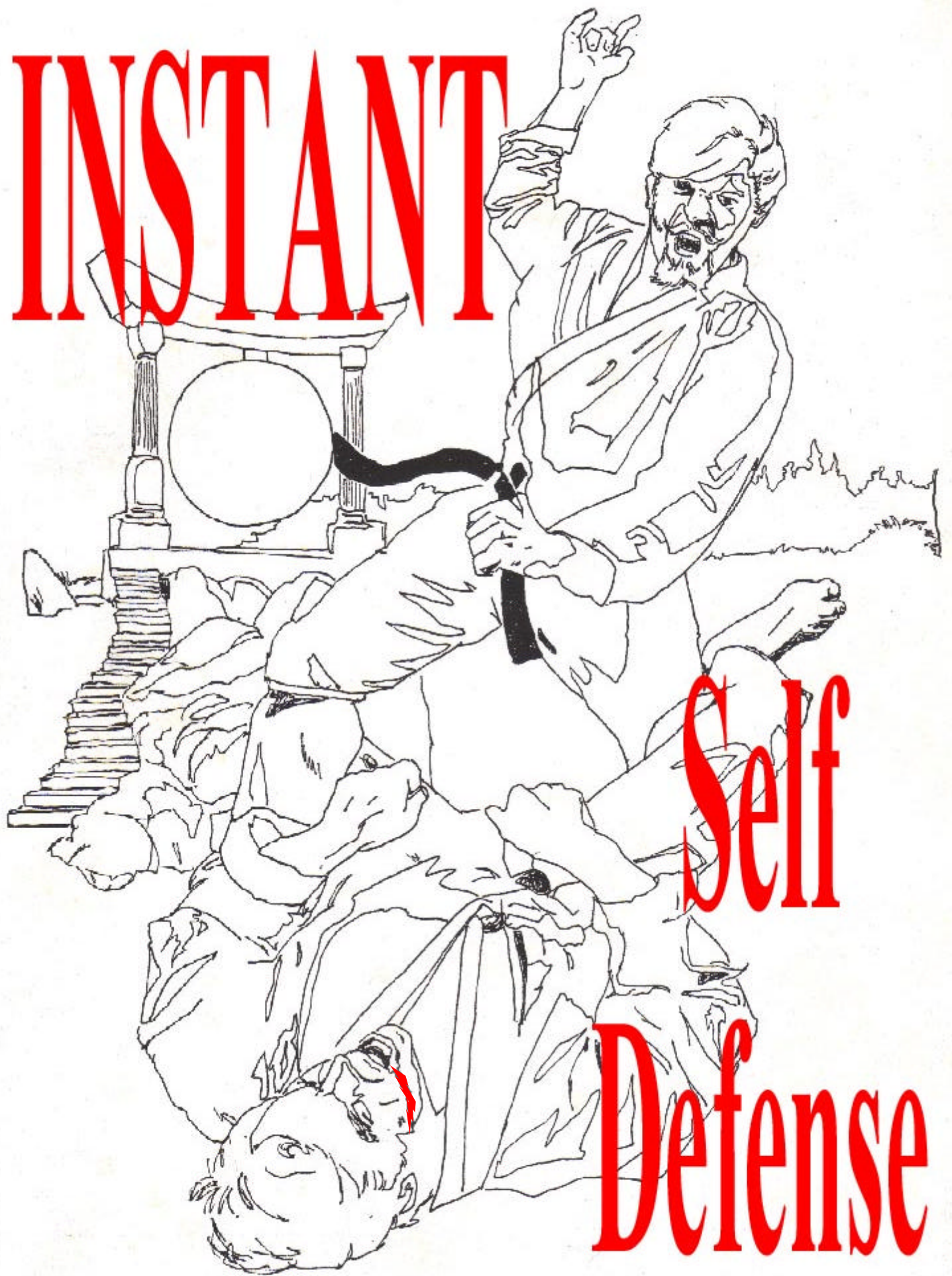


INSTANT



Self Defense

We must defend ourselves, as the People have always done, by fighting back. We are not going to waste your time telling you about not going into dangerous neighborhoods. No place is safe any more, not even the mall parking lot. We are going to tell you how to fight back and **WIN!!**

The first thing you must learn is to stop being a victim. Stop doing what the hijacker or rapist tells you. Stop believing he only wants to rape you or take your money. He is going to kill you. **YOU MUST KILL HIM FIRST!**

STRIKE FAST, STRIKE HARD, NO MERCY! Most people wait until it is too late to fight back. You must realize when you are in danger and take control of the situation before it is too late. Most people would defend a friend or loved one more quickly than they would themselves. Stop It! This is your life! You **MUST** win or **DIE!** Would you rather have your friends telling you they are glad you are still here? Or, attending the funeral of your mutilated body? Here are five techniques guaranteed to kill, cripple or maim any attacker. They are simple and effective, learn them well. They may save your life.

The first thing to do is **GET ANGRY!** Instead of being a frightened victim, ask yourself who is this moron to think he can pull this crap on you? Of course, the first reaction to a surprise attack or a sudden threat is to be startled. Most people report a "sinking feeling in the pit of their stomach." Even the ancient Samurai felt this fear when faced with death and dismemberment on the battlefield. They developed a method to overcome it. "Tighten your belly and charge!"

Steel yourself! Grit your teeth! **MAKE A FIST!** Get ready to fight! Your body will do most of the work. Every human being is equipped with the "flight or fight response" that pumps adrenaline into the system and gives you the strength of ten men when you need it. And, you need it now!

If you can't run, **ATTACK!** Scream at the top of your lungs! Do anything, hit, punch, kick, bite, fall down on the ground and refuse to be dragged away without a struggle. You may take a beating, but it is better than being dead!

Second, just because you get captured doesn't mean you can't escape. If your hands are tied, work on the knots. If they are taped, use your teeth. If blindfolded- **LISTEN!** If gagged, try to find something to hook the gag on and pull it down. In the U.S. Army they teach you to escape as soon as you can if captured, the longer you are in enemy custody, the less will you have to get away.

Third, **FIGHT TO WIN!** Once into the fray, attack only the most vital and fatal points of the enemy body. Go for the eyes first. Even a shark, bear or lion will let you go if you start poking him in the eyes. Grab the attacker by his ears and drive your thumbs into his eye sockets. Hold on no matter how loud he screams. Ride him to the ground and, maintaining your hold, keep banging his head on the ground until he becomes unconscious or goes into shock from the pain. You think this sounds extreme? Would you rather hear your own screams as he rips the flesh from your body or buries you alive or sets you on fire?

HIGH BALLS AND LOW BALLS- If you can't get to his eyes, go for his groin. Grab his testicles and squeeze as hard as you can. This is the primary method of inflicting pain with this point. But, don't stop there! Jerk, pull, rip, tear and continue to mash his balls as hard as you can. If you can't get a hand on him, use your knee. Keep driving your knee into his groin with the intent of crushing his testicles against his pelvis. As soon as your hands are free go for his eyes. These are the high balls, his testicles are the low balls.

FINISH HIM OFF! Once again, once he is down pick up a brick, a pipe or the heel of your shoe and beat him to death. The court will understand a defenseless woman improvising a weapon to save herself in dire stress. If you hesitate to kill him he may yet recover enough to attack you or someone else again. Worse yet, with the current state of the law, he may even sue you for attacking him and win. Do not let concerns for his life, nor for what may happen after you have escaped cause you to pause, even for a moment, in a life-and-death situation.

The Art of Self-Defense

Following are a series of techniques commonly found in most martial arts schools. They are, without doubt, the most savage and terrifying self-defense techniques known to man. Each one of which is guaranteed to kill, cripple or maim any attacker regardless of size or physical strength. Given also is the infamous Japanese Deathlock. A chokehold that can render a student unconscious to the point where he may require resuscitation in its sport application. Or, effectively dislocate the skull of a mugger or rapist, resulting in instant death.

Some of these were originally used for sport among professional soldiers of true Black Belt rank who had learned to control the power of their striking techniques in accordance with the ancient tradition of teaching these deadly arts. We, of course, are not interested in good sportsmanship or perfect technique. Only in simple, brutal effectiveness. When America was first introduced to Judo, the players were taught to throw each other and “pull back” at the last second to prevent their partner from being injured while they practiced. One of the reasons for the emphasis on slapping the mat was to demonstrate the impact that was possible if they were not playing. After a few years Americans interpreted this as “not being real Judo” and changed to a “drive them through the mat” mentality.

This is part of “psyching yourself up” to fight back. Many karate schools do not teach real “blood-and-guts” fighting techniques for fear someone will be injured in class and sue them. Therefore, they focus on “safe” or “sport” techniques that, while all well and good, may not save your life in an emergency because of the inborn tendency to hesitate and be careful not to hurt one’s partner for the sake of fair play. There are no rules in a knife fight. You must WANT to hurt the enemy. You don’t have to “make it happen.” All you need do is LET it happen. When the adrenalin is gone, the anger will fade with it. You will not become a monster if you defend yourself.

The first step is the spirit shout, the KIAI. In Marine Corps bayonet training they are taught to shout **KILL!** In most self defense situations the first word to shout is **NO!** Keep shouting to disorient your opponent and attract any nearby help. Practice these to motivate yourself and develop fighting spirit.

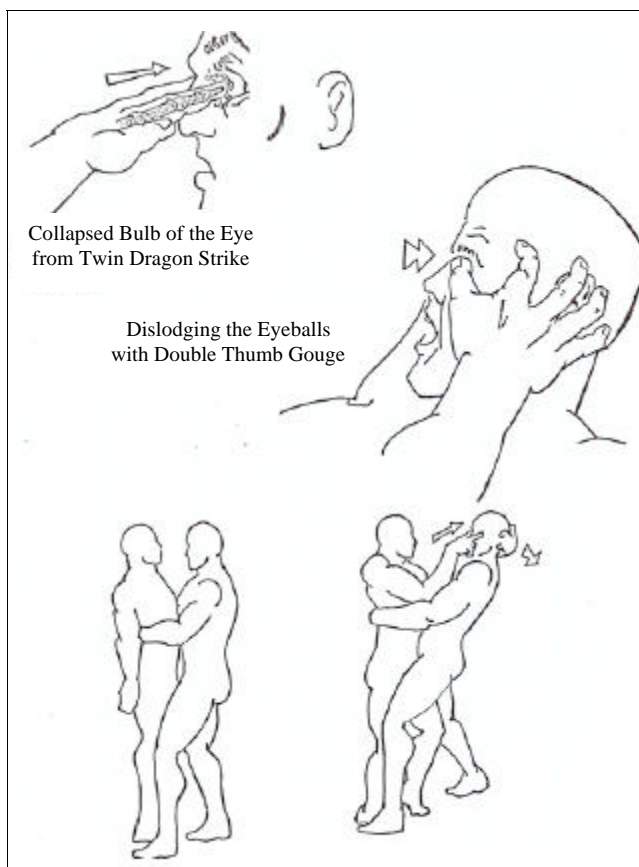
POKE HIM IN THE EYE

This is a severe tactic as it will temporarily or permanently blind an opponent. The result of this attack upon the target is obvious. A torn eyelid, in most cases the upper one, is the minimum damage one should expect from this attack. It is usually the result of a sharp fingernail piercing a lid that has blinked at the last possible instant. Aside from the temporary blindness this will cause, and the shock and trauma to the eye itself, there is also the likelihood of infection because of small debris (dirt, germs, hair, etc.) which enter the eye with the finger and nail. In some cases, this can be a more serious complication than the strike itself.

To apply the Twin Dragon Strike, grasp the opponent behind the head with the left hand and execute an upward fingertip strike to the eyes with the index and middle fingers. Drive the fingers into the eyes and follow through until the attacker is overcome. The result of this attack is almost certain rupture of the eye bulb with protrusion of the watery and the gelatinous contents when the eye bulb is no longer able to withstand the direct pressure directed against it. This, of course results in permanent blindness.

To execute the Thumb Gouge, grasp the head firmly in both hands, palms covering the ears, and simultaneously gouge the thumbs into the eye sockets. This will either rupture the eye, or force the eyeball from the socket by displacing it with the thumb. You can also slap his ears to rupture his eardrums and cause vertigo, pain and disorientation.

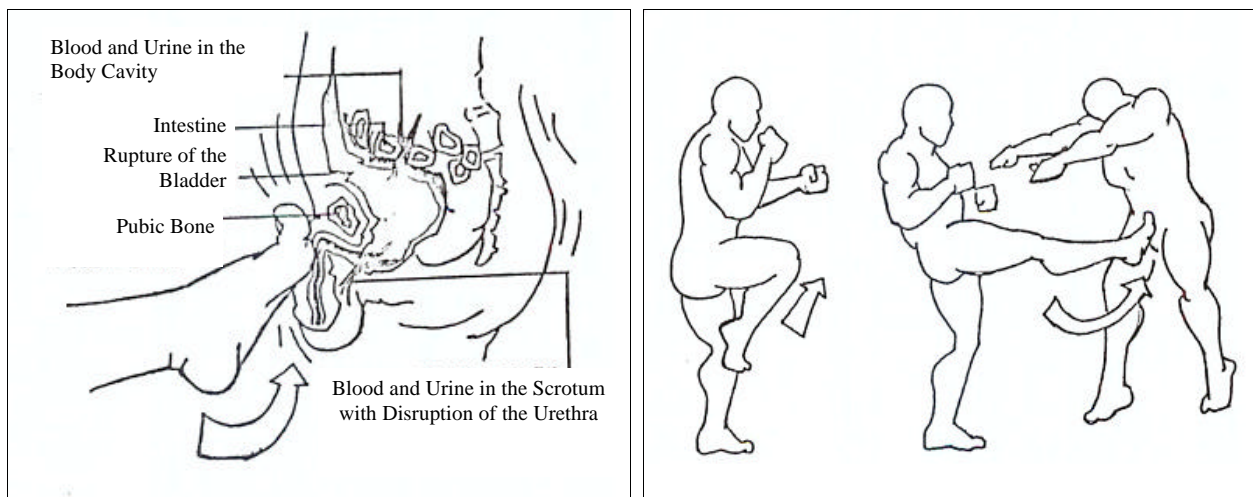
Blinding is considered a “maiming” technique rather than a “knock-out.” It is, however, a sure-fire fight ender. It is the single most effective technique for self-defense against any attacker, man, animal, or monster.



KICK HIM IN THE BALLS

The second most vulnerable area of the body is the Groin. This target area is considered to include the penis, testicles, scrotum, bladder, and the central portion of the pubic bone. An attack on the groin will not kill, and can only rarely cause sterility, but it will stop a fight. As G. Gordon Liddy once said, "When you've got 'em by the balls, their hearts and minds will follow."

The effects of this attack are as follows: rupture in the bladder wall from the percussive shock of a solid kick or from a fracture of the pubic bone, with blood and urine in the abdominal cavity, together with tenderness and pain, is the least one can expect from even a poorly placed kick to this area. The center of the pelvis is the weakest and most probable point of fracture. An inability to walk because of the accompanying nauseating pain caused by the pinching, abrading pain of the pubic bones rubbing together will leave the attacker in a prone position, doubled, with arms across the abdomen.



The forward Snap Kick is the single most effective weapon for attacking the groin at long range. It allows you to keep distance between you and the assailant. In order for the kick to penetrate to the underside of the frontal pelvis, it must first drive through the penis and the scrotum. As these tissues are soft, this is not a difficult feat. Disruption of the urethra bleeding and urine in the scrotum, will be the minimal injury. Naturally, such contamination of the body cavity holds the inevitable possibility of infection and peritonitis.

A controlled kick to the groin will induce only sufficient pain to end the contest. A medium power kick may result in bruising and temporary swelling of the testicles; or even a small amount of blood in the urine if the urethra is bruised. Kicking underneath the pelvis with the instep of the foot is used to strike and injure the testicles. These are very mobile within the scrotal sac and easily damaged by impact or crushing pressure.

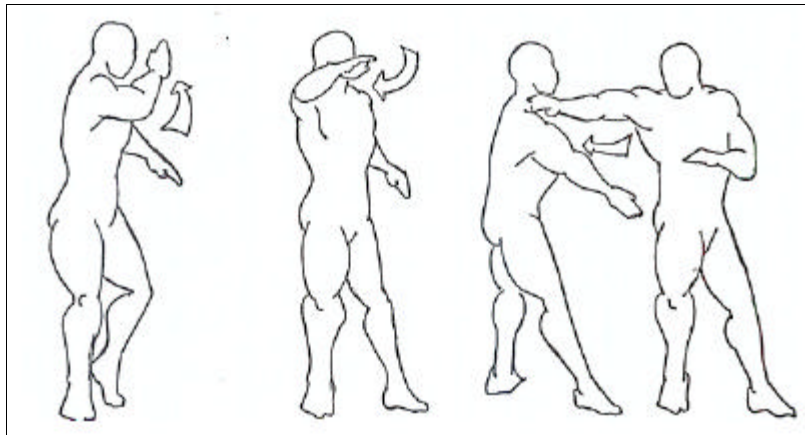
Slap upward under the attacker's groin with your open palm and drive his testicles against the underside of his pelvis to inflict the initial damage. Then grab his balls and squeeze as hard as you can. Next, jerk downward, twist and snatch your hand back toward your hip with the intent of ripping his balls off. In Kung Fu, this is known as Monkey Stealing a Peach.

Pain, shock, loss of breath, nausea, vomiting, unconsciousness and rarely death, follow such an attack.

GO FOR THE THROAT

Every animal in Nature understands the principle "Go For The Throat" as a means of inflicting a killing blow. Even in mock combat animals expose their throat as a sign of submission. The reason is that this area of the anatomy connects the head to the rest of the body and through it all manner of nerves and blood vessels flow which are exposed to a variety of strikes.

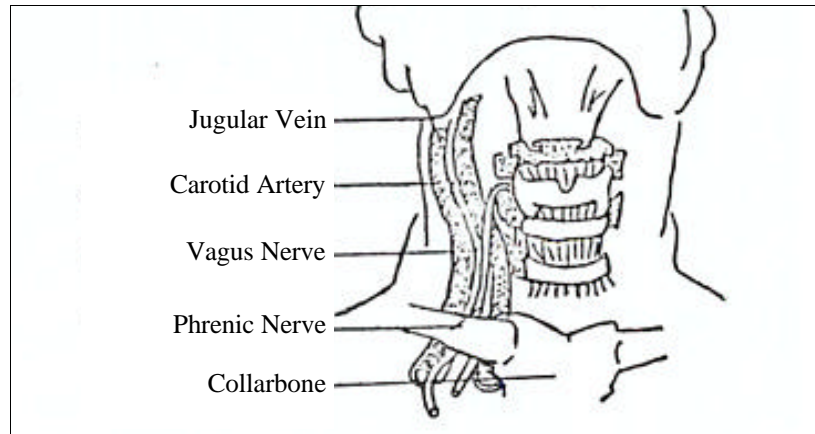
The target area lies from the underside of the chin to the "jugular notch" between the clavicles. Striking the neck from the front, back, or side, can set an attacker off balance and breathless. The weapon used to attack this target is the "Hand-Sword", which is created by extending the fingers, knuckles together, and tensing them upward to "harden" the edge of the hand. The thumb is then "cocked" to create the proper tension for the attack. A sharp blow to the side of the neck with the edge of the hand or "Judo Chop" can often render an opponent unconscious without stopping his heart or injuring his throat in sport competition. For self-defense, we want to inflict as much damage as possible. So, keep hammering the attacker until he is down. NEVER STOP until he is stopped permanently.



The effect of such a blow is profound in the extreme. First, the internal jugular vein pulses during the act of respiration. It distends during an exhalation, and collapses during inhalation. If a strike to the side of the neck occurs as the opponent exhales, the artery will be full of blood and semi-rigid. Thus rupture of the vessel by driving it into the surface of the rigid muscle beneath it could result in a quick death due to massive blood loss. Further, such an attack leaves the possibility of blood clots. If the artery is collapsed, the jarring effect of the impact against the cervical vertebrae alone is normally sufficient to cause a stunning effect.

Secondly, an attack to this area could result in damage to the Vagus Nerve, which lies within the carotid sheath. The primary function of this nerve is the control of heart contraction and lung constriction. While it is unlikely that a single blow would damage both branches of this important nerve, injury to one side would cause spasms of the lungs and heart, ultimately ending in a shortness of breath, irregular heart palpitations, and death.

Third, the Phrenic Nerve, which runs from the fourth cervical vertebrae down the neck, controls the responses necessary for breathing. The immediate effect is the feeling that the wind has been "knocked out" of the chest. This condition will continue until normal functioning returns as the result of massage or resuscitation. If the condition persists, death will result from oxygen starvation in a short time.

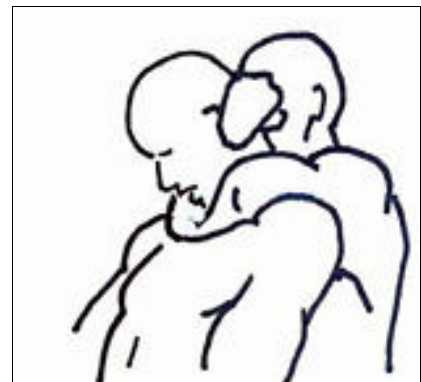
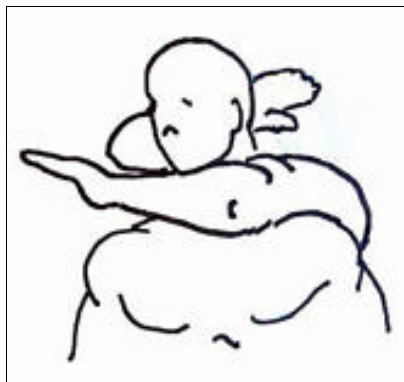
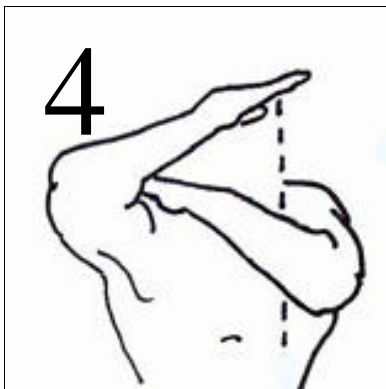


The throat/windpipe is composed of a series of fibrous cartilaginous rings and is pretty difficult to crush in normal combat. But, trauma to the windpipe from a blow or choke can cause swelling that will occlude (close) the airway. In this event professional intubation or a tracheotomy may be the only way to keep the victim breathing. Therefore, never practice this technique on a live partner. The risk of injury is too great. BUT! Do recognize the value of this target for self-defense.

JAPANESE SLEEPERHOLD

Shime-waza is the name given to choking and strangling techniques. Just as Atemi-waza is the term applied to the previous striking techniques.

The Japanese Sleeperhold, so named because an opponent or even a violent adversary could be “put to sleep” and then revived, is sometimes called the Figure-4 Strangle because of its resemblance to the Roman numeral four of the arms when properly positioned. Strangleholds act on the arteries; choke holds act against the windpipe.



Wrap your left arm around the opponent's neck, striking him on the throat with the inside edge of your wrist or hand. This action will cause him to inhale sharply. Continue the action until the crook of the left elbow/forearm lies around his trachea. Your left bicep will press on the left side of his neck, your right forearm will press on the right. His windpipe will be cradled in the hollow of your elbow. Place the right palm behind the base of his skull with the fingertips behind his left ear. This will be used to push his neck forward into the hold.

Grip your right bicep with your left palm. Relax your left arm and push with your right palm. This is not a “punishing hold” for the opponent. No pressure is on his windpipe, cutting off his air, so he often does not struggle to get out of it until it is too late. Pressure is directed to the sides of the neck specifically the Carotid Artery, which collapses, ribbon-like, when one inhales. That is the reason for making him inhale with a light strike to the throat. If the Japanese Sleeper is applied when the artery is full of blood, on the exhalation part of the breathing cycle, it is possible to cause blood clots that may cause strokes or brain damage later on. For self-defense, this is irrelevant.

Most Judoka would “tap out” or signal “matte” once they felt the technique locked into place. When properly applied unconsciousness occurs in 3-5 seconds. Even if improperly applied and only one artery is closed, the opponent usually becomes groggy and succumbs within 10-15 seconds. Even if it slips around his neck and becomes a choke, it cuts off the air supply and smothers him in less than two minutes.

If the strangle is released soon after the opponent succumbs, blood will usually re-inflate the Carotid Artery and restore the flow of blood to the brain. Even if the Phrenic Nerve which controls the rhythmic pumping of the large diaphragm muscles that draws air into the lungs in the Carotid Sheath (which also encloses the Jugular Vein to carry blood away from the head) is damaged; creating a condition similar to the Solar Plexus strike, the intercostal muscles of the ribcage are an autonomic “back-up system” that will continue sufficient respiration for the opponent to revive spontaneously in a few minutes. The danger lies in accidentally traumatizing the arteries if he struggles violently. If you hold the pressure in place, or the blood flow is not restored by Kuatsu, brain damage will begin in four minutes due oxygen starvation. Death usually occurs within eight minutes from cardiac arrest.

THE JAPANESE DEATHLOCK

For the purposes of self-defense, we are not concerned with resuscitating the attacker. In fact, the quicker he is dead the better. To accomplish this, stiffen the fingers of both hands and step back, pressing forward against the attacker’s head with your body weight. The leverage of this movement will result in a sickening crunch that dislocates the attacker’s skull from his spine. Resulting in instant death.

This technique was used by Oriental killers and “hatchet-men” for centuries to strike fear into the hearts of their adversaries. It was learned by a Col. William Fairbairn while he was chief of police in Hong Kong before WWII and was taught to both British Commandoes and American Rangers and Marines as the single most effective method of removing a sentry silently and efficiently from the battlefield. It works almost equally well from the side or front, requiring only slightly more strength to lift the skull off the spine from those angles.

If for no other reason than it is extremely quick, making the user less likely to hesitate for fear of causing pain and, being based on leverage, requires little strength, and is a natural and logical follow-up technique if the Sleeperhold fails or you become too tired to hold onto him long enough, the Japanese Deathlock is, at worst, a sudden and merciful end to the miserable existence of a mad dog not fit to live with civilized people.

It is considered virtually unbeatable.