

COME TAKE A CLASS WITH US!

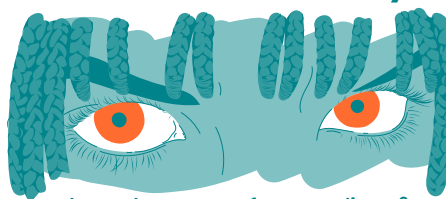


SCAN CODE FOR DOWNLOADABLE
VERSION OF GUIDE.

IG: @SOAROVERHATE



GOAL of self-defense: de-escalate & exit safely



always be aware of surroundings &
personal belongings

identify exits
& where
they
lead
to



watch out for
abnormal
behavior,
not race
and/or
gender

POWER OF YOUR VOICE

**YOUR VOICE IS YOUR MOST POWERFUL
WEAPON. NEVER BE AFRAID TO YELL.**

·reminds your body to breathe
·repeat words like "No!"
"Stop!"
or
"Help!"



KEEP YOUR DISTANCE
·hands up w/palms
open signals 'stop'
and that you
don't want to
engage



MAINTAIN EYE CONTACT

·to read their intention & next moves
·to remember aggressor's face &
description

FOOTWORK & BLOCKING

STAND STRONG & BALANCED

·always stand w/dominant
foot behind @ 45°
·to back away, lead w/foot in
direction you want to go.
·Don't cross your feet!

·back away
w/eyes on the
aggressor
safe
distance
& run

·until at a
safe
distance
& run

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BLOCKING

·important to protect:
temple, jaw, &
back of head

·use your arms to
block & cover
chin down,
eyes open!

·until at a
safe
distance
& run



STRIKING

PALM STRIKE

·strike
with
bottom
part of
palm
·target
eye,
nose,
& jaw

·until at a
safe
distance
& run

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& run

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·until at a
safe
distance
& run



front
foot
planted,
back
foot
turned
inward,
hip
turned
over

·for control, firmly hold onto aggressor's
arms or shoulders. Grab clothes if easier
·raise knee, use hip to drive forward,
target groin

ESCAPING A WRIST GRAB

·the thumb is the weakest
point in grip, pull away in
the direction of
aggressor's thumb

·one option:
keep your
elbow down &
windmill arm
outwards



SAFETY DEVICES

BEST PRACTICES

·choose an item you're
comfortable using.
DON'T carry a knife!
·learn to use item
BEFORE you need it
·keep item accessible,
NOT at the bottom of
bag

·practice taking out
item while backing
away at an angle

·until at a
safe
distance
& run

·until at a
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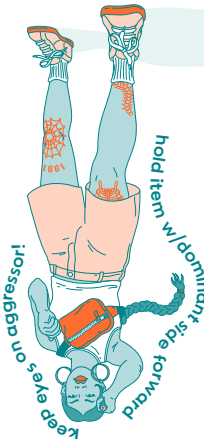
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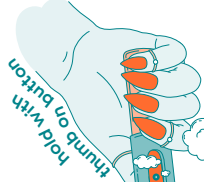
·until at a
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TYPES OF SAFETY DEVICES



PEPPER SPRAY OR PEPPER GEL

·beware of drawbacks!
·outdoors: wind can
blow back @ you
·indoors: may
affect others
·target eyes, nose,
mouth. Spray in
Z-pattern
·practice w/water trainer



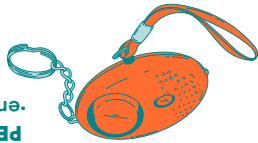
TACTICAL FLASHLIGHT / TACTICAL PEN / KUBOTAN

·use for striking
·flashlight has
powerful light, tail
button for easy on/off
·fingers hold barrel, thumb
on tail end
·hold next to
your temple.
Point flashlight
where you're facing
if striking, target face.
Target hand if
aggressor's
punching



PERSONAL ALARM

·emits loud noise to
draw attention



*everyday items can be used to strike if
you don't have anything else.
EXAMPLES: metal water bottle, umbrella,
pen.