

Technique: Super Slap**Overview**

Striking a larger, stronger assailant in the face with punches has limited effectiveness and may cause you to break your hand. In this lesson, we teach you how to use a Super Slap to disrupt the attack and facilitate your escape. First we will teach you how to maximize power with a solo preparation drill, and then we'll discuss how to apply the Super Slap in combination with previously learned techniques.

Technical Slices**1. Solo Slap (Preparation Drill)**

- Essential Detail: Utilizing the momentum of the whole body to maximize power.
- Most Common Mistake: Using only the arm strength to swing.
- Bad Guy Reminder: Stay clear of each other.
- Drill Orders: Helicopter drill for 10 seconds, 5 solo slaps with each arm, reverse roles.

2. Super Slap Combos

- *Indicator:* You break free from the assailant's grab and you want to strike him.
- Essential Detail: Establish a solid base during the escape to maximize leverage.
- Most Common Mistake: Winding the arm back too much and telegraphing the strike.
- Bad Guy Reminder: After the escape, continue to pursue your partner, forcing them to establish a post.
- Safety Tip: Don't actually slap your partner in the face.
- Drill Orders: Combine super slap with 2-on-1 Wrist Release and Front Choke Defense, reverse roles.

Mindset Minute

Anytime you are able to escape a hold, choke, or grab, put on you by a determined assailant, chances are he will immediately attempt to regain control of you. As a result, it is vitally important that you master the Super Slap and its uses in combination with all the escape strategies featured in the Women Empowered program.