

COMMON 'SENSE' & 'SELF DEFENSE'

**A Hands-On Approach
Focusing On The Application
Of Practical, Effective
Common-Sense And
Self-Defense Techniques**

PROTECT YOURSELF
AGAINST SEXUAL ASSAULT

COMMON-SENSE AND
SELF-DEFENSE TECHNIQUES
THAT WORK

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INTRODUCTION

The purpose of this book is to help women avoid the trauma of a sexual assault or rape.

It is a handbook of **Common-Sense and Self-Defense** techniques that can be used effectively by females of all ages.

We do not propose to have an answer for every conceivable situation that may occur. Every would-be assailant, every potential victim, and every environment where an attack takes place contains its own set of unique situational advantages and disadvantages.

However, we do suggest that by adapting some common-sense techniques into her life, and by becoming aware of her mental and physical potential, a woman can, in many cases, protect herself from sexual assault and rape.

In this book, we have set forth some easy to follow guidelines that when adapted into her individual lifestyle, will help a woman completely avoid the possibility of an assault.

We realize though, that women are assaulted even under the most cautious of conditions, and it is for these situations that we offer a number of self-defense alternatives.

We do not advocate any particular technique for any specific situation. As was stated earlier, every situation is unique, and as such, a woman's personality and physical ability may lead her to apply one technique, while a different technique may better serve another woman under very similar circumstances.

Concerning self-protection, there are two fundamental principles, which cannot be over emphasized. They are so entirely vital that they alone may determine your survival.

They are, **1)** your ability to remain calm, and **2)** your level of commitment regarding your personal safety.

The importance of these two factors is stressed throughout this manual, and cannot be ignored in regards to the implementation of The Rape Strategy and the Self-Defense Techniques.

As difficult as it may appear, and as difficult as it may prove under real-life circumstances, by initially remaining calm when assaulted, you greatly increase your chances of escaping unharmed.

The first step of The Rape Strategy is devoted to this essential component of self-protection.

Make A Commitment To Your Personal Safety: is a section devoted to just that, driving home the importance of taking that first step in adapting some simple habits that may help you completely avoid the trauma of a sexual assault.

Our sections on Common-Sense prevention techniques, The Rape Strategy, and the presentation of Self-Defense techniques are the results of our years teaching the martial arts and conducting Self-Defense Seminars for women.

Our approach to self-defense is straightforward and highly effective. We do not teach flashy, complicated techniques that require years of training to master, but instead we advocate the utilization of a few, easy to understand movements.

We do not stress the use of follow-up techniques that are meant to disarm or disable an attacker.

We emphasize the execution of very powerful, effective techniques that may afford a woman the opportunity to escape unharmed.

THE PREVALENCE OF SEXUAL AGGRESSION AND RAPE

From the early 1980's to the present, incidents of Rape in the United States increased at four times the overall crime rate, and "has reached **epidemic proportions**" according to a 1991 report released by Senator Joseph R. Biden Jr., D-Delaware.

In the early part of this decade, for the first time in history, the reported number of rapes in the United States exceeded 100,000.

However, due to the fact that rape and other forms of sexual assault often go unreported, estimates push the actual number of rapes well **over 2 million annually**.

Considering only the approximate six to seven percent of rapes that are reported to authorities each year, almost 300 women are raped every day, that's twelve every hour, which means that every five minutes a woman is raped in this country.

Sexual assault and rape can be divided into a variety of categories that include acquaintance or date rape, spousal rape, stranger rape, and victimization by multiple attackers, most often referred to as gang rape.

One recent university study took a close look at the prevalence of sexual assault and rape on university and college campuses, particularly incidents involving campus fraternities.

Six hundred college men and women were asked about their most recent dating experiences and their worst experiences involving sexual aggression.

Their definition of sexual aggression involved any time a woman was forced to participate in acts against her will, ranging from kissing to intercourse.

Over 75 percent of the women and 50 percent of the men admitted to a sexually aggressive dating experience, with 15 percent of the women and 7 percent of the men reporting they had intercourse against the woman's will.

A study by the dean's office at the University of Illinois at Urbana-Champaign revealed that fraternity brothers perpetrated 63 percent of the sexual assaults reported on its campus.

This 63 percent is startling considering that fraternity men comprise only one quarter of the male student contingency.

Another study reported that one out of every four college women will be sexually assaulted on a college campus, with only about

one out of ten reporting the incident. The attacker will be a fellow student 80 percent of the time, and a dormitory room or fraternity house is the most common place for an attack to occur.

Another report by two university researchers cites a number of studies regarding the sexual assault of college women. Their study of 174 college sorority women revealed that 17 percent of the students surveyed, reported sexual assault through penetration, with three respondents reporting unwanted penetration by two or more men.

Thirteen percent of the respondents had experienced forced attempted intercourse while on a university date, with four of the women reporting a forced rape completion.

These statistical findings conform to an earlier study, which revealed that 15 percent of sophomore and junior college women had been forced to have sex against their will.

In 1985, the Denver Post reported that among undergraduate women interviewed, almost 50 percent had been touched, held, or kissed against their will, while 20 percent had been forced to have sexual relations while on a date.

Another university study revealed that the gross majority of rapes and sexual assaults against women were experienced while of college age, 94 and 92 percent respectively.

Recent newspaper and magazine articles reflect the fact that more and more young girls between the ages of 14 to 19 are experiencing the trauma of a sexual assault or rape.

In the majority of these cases the assailant is an acquaintance of the victim, and is very often a relative. The damage to these young girl's lives is irreparable.

The bottom line is that sexual assault and rape does not respect any boundaries of age, race, religion, or socioeconomic status.

As stated so clearly by Senator Biden, Jr., Rape in the United States has indeed, "reached epidemic proportions."

THE MOTIVATING FACTORS BEHIND SEXUAL ASSAULT AND RAPE ARE:

- 1. ANGER AT WOMEN**
- 2. A NEED FOR POWER OR CONTROL
OVER WOMEN**
- 3. UNDERLYING FEELINGS OF INSECURITY
CONCERNING MASCULINITY**

MAKE A COMMITMENT TO YOUR PERSONAL SAFETY

By making a personal commitment to your safety, you have taken the first step in avoiding a sexual assault or rape.

If you make personal safety a high priority in your life, you will automatically and even unconsciously begin to change your behavior in ways that will positively affect every area of your life.

We do not advocate that you live your life in fear, but quite the opposite. By becoming aware of your surroundings, and your alternatives, you can live your life with more confidence than ever.

This increased confidence level alone, may deter a potential assailant from attempting an assault.

The current rape literature reveals the fact that most rapists tend to select targets that appear to be submissive or vulnerable.

Within our three-hour Common-Sense & Self-Defense seminars, we emphasize the importance of making a commitment to personal safety.

We model positive affirmations and provide strong encouragement for those who are willing to commit themselves to the Common-Sense & Self-Defense techniques we teach.

We provide an opportunity for every participant to realize her mental and physical potential.

Although our Taekwon-do students must wait a year and earn the rank of blue belt before breaking a board, our seminar students are given the opportunity at the end of the intense three-hour session.

When a student is asked to break a board with her hand, forearm, or knee, it is not brute force that we are emphasizing, but technique and commitment.

For the board to break, the woman must strike beyond the board, thus fully committing herself to the action.

Therefore, the key to personal safety is committing yourself to take positive action.

The actions you choose may be quite simple, such as replacing the old locks on your doors and windows, or glancing into the backseat area before getting into your parked car.

Whatever the actions you choose to implement, practice them consistently and you will find your total personal awareness is increased tenfold.

For a person cannot adopt new habits without simultaneously adopting a new outlook.

As his anger and need for control increases, the rapist's inner desire for his women to be completely submissive, often manifests itself in fantasies of making love to women who are unconscious, dead or dying; the woman therefore, having lost all control over the situation.

COMMON-SENSE PREVENTION TECHNIQUES THAT WORK

There is a lot of good advice floating around about how to protect yourself from the bad guys. Most of it involves simple, easy to follow tips that you may have heard many times in the past.

The reason we keep hearing the same suggestions over and over is for a very good reason, it's because they work.

Simple things such as keeping your doors locked securely, not opening your door to strangers, and parking in a well lit area, is good advice that requires just a little bit of conscious effort to turn into a habit.

By committing yourself to making just a few changes in your lifestyle, you may well save yourself from ever experiencing a sexual assault or rape attempt.

The purpose of the following common-sense prevention techniques is to help you along in that direction, start applying them today.

1. LOCK YOUR DOORS AND WINDOWS

This really sounds too easy, but it is surprising at the number of people who walk out of their house every day without locking their front door.

Your doors and windows are your first line of defense against a potential sexual assault. Statistics show that most rapes take place in the woman's home or apartment. Protect yourself accordingly.

Make certain that you have dead-bolt locks on all of your doors that lead outside. Be aware of who has extra keys. If your landlord insists on having a key in his possession, give it to him in a sealed envelope that you have signed across the seal. This way you will know if he enters your apartment without notice or without your permission.

Don't hide keys outside; potential intruders know all the obvious places, as well as the not so obvious. If you have a sliding glass door, use a broken broomstick handle or a metal pipe as a wedge to keep the door securely closed.

It's always a good idea to have a lock on your bedroom door as well, this way you are doubly protected as you sleep at night.

2. NEVER OPEN YOUR DOOR FOR A STRANGER

Never, under any circumstances, open your door to a stranger when you are home alone. This is advice that is offered so freely to children and yet so rarely practiced by adults.

If someone is requiring assistance, tell him or her that you will be glad to make a phone call. If you are expecting someone whom you are not familiar with, such as a repairman, don't hesitate to ask for an identification card. If you are still not convinced, call his office for proper identification.

Follow your instincts at all times, they are normally correct. Police officers are required to carry a picture identification card as well as their badge, do not accept their badge alone as adequate identification.

3. USE YOUR NAME SAFELY

Do not list your first name on your mailbox, in the phone book, on magazine subscriptions, credit card applications, etc. Always list two initials and then your last name.

Using one initial with a last name has become commonplace for women, and is recognized as such by intruders. Using a nickname such as "Hoss," or "Moose," implies that a large man lives at your

address and is an effective strategy that may deter a potential attacker.

4. KEEP A NOISY WATCHDOG

If at all possible, keep a small noisy watchdog. Any type of dog that has a loud and consistent bark for strangers is proven to deter criminals.

One of the best watchdogs my family ever owned was a Miniature Schnauzer that my sister rescued from the humane society. This particular dog was a ferocious protector and I highly recommend the breed. This is a case where a dog's bark may be as good as his bite.

Convicted criminals consistently agree that when faced with a noisy, barking dog, they continued on their way in search of easier pickings.

5. MAINTAIN YOUR AUTOMOBILE

Maintain your automobile on a regular and consistent basis, service it as the manufacturer recommends. Find a mechanic or dealership that you trust and use their services regularly.

Be aware of your gauges and what they represent, especially the gasoline gauge. Never, never let yourself be caught stranded on the road because you ran out of gas.

Pick a sunny afternoon and practice changing the tire on your car. Reading through the instructions in the manual is not enough; you need to actually change the tire.

All models are different, so be sure that you practice on your own car. In different types of automobiles the jack, the jack handle, and the tire are all stored in different locations. The chances are good that when you face a real-life tire-changing situation, it will be dark and raining.

Don't wait until that happens to learn how to change a flat tire, practice today in your own driveway.

6. SAFETY EQUIPMENT FOR YOUR AUTOMOBILE

Keep a working flashlight in your car and periodically check the batteries. Keep a pair of battery cables in your car.

In the event of an emergency on the road, you should be prepared to get your car running again as quickly as possible.

7. FILE A "FLIGHT PLAN"

File a "Flight Plan" with your friends or family whenever feasible. Let people know where you are going and when you expect to arrive back home.

Be dependable. If you break down on the road or experience any kind of trouble that makes you late, you don't want your friends explaining to one another, "don't worry about her, she's always late."

You want someone to come looking for you as soon as possible.

8. AVOID "BAD" NEIGHBORHOODS

Always avoid "bad" neighborhoods. Don't take unfamiliar shortcuts. If you don't show up at your planned destination and you took an unfamiliar route, no one will know where to start looking for you, and you cannot be sure of the availability of open businesses, and telephones.

Don't drive through "bad" neighborhoods even if you are familiar with the territory, if you are late for work or an appointment, placing yourself in an unhealthy environment is not the right answer.

It may work for you one time or even a dozen different times, but the first time you experience a break-down in a bad place, it may cost you more than being on time is worth.

9. WHEN A BREAK-DOWN OCCURS

Taking good care of your automobile will greatly reduce your chances of experiencing a mechanical breakdown on the road, but a car is a very complicated piece of machinery; and even considering preventive maintenance precautions you may still find yourself stranded on the road one night.

If you find yourself in this predicament, remain calm. You have a variety of options at your disposal.

If you are on a stretch of highway where there are no available telephones and for some reason you were unable to "file a flight plan," (therefore no one is going to come looking for you), an effective strategy is to open your car doors, raise your hood and trunk lid, tie a handkerchief to your antenna, and retreat to the edge of the trees where you are safely out of sight.

Raising your hood and trunk, etc., is an obvious distress signal sent to passing motorists. Wait safely at the edge of the woods for a "friendly car" to stop and offer assistance.

If an "unfriendly" car happens to stop, you simply remain hidden and safe.

Trust your instincts. Should you decide to walk for help, keep off the shoulder of the road. If possible, walk along the edge of the trees, etc., revealing yourself only when you feel comfortable.

10. PARKING YOUR CAR SAFELY

When parking your car in a public parking lot such as at an apartment complex, a shopping center, a University, etc., always try to park in a well lit area if you will be returning to your vehicle after dark.

This may prove to be an inconvenience, especially in rainy weather. Do it anyway.

Don't park next to other cars, especially at night. In some of our major cities it has become popular for carjackers to wait for their victim underneath a parked car. When someone parks in the next space, the carjacker slices through the victim's Achilles tendon with a razor blade. The victim is unable to run for help, and is very lucky if the car is all that is taken.

11. WATCH ME LEAVE

When leaving a place of business after dark, ask someone to stand at the door and watch you walk to your car. This way they can be sure that you get into your car safely.

When leaving your home, apartment, or dormitory, ask a family member or a roommate to do the same. Looking out for each other should become an expected courtesy among you, your family and your friends.

12. HAVE YOUR KEYS READY

When walking to your car, always have your keys ready in your hand. This will keep you from having to hesitate at your car door as you fumble for the door key, and in the event of a confrontation, your keys can become a very effective weapon.

Always glance into the backseat area before entering your car, this only takes a second and may save your life. Once inside your car, lock your doors immediately.

13. CALL THE POLICE

Call your local police station at the slightest hint of trouble. The police and fire departments are operated with tax dollars that you pay.

Do not hesitate to call them and report anything that you feel is out of the ordinary and potentially dangerous to yourself or others.

A strange car parked in front of your house may turn out to be innocent enough, but if it concerns you, it may also concern the local authorities.

Police officers typically don't mind looking into a situation for someone, they would much rather prevent criminal activity than to deal with the results of a crime that may have been prevented by a telephone call.

The word "rapist" is used quite conservatively throughout this text to describe a man who uses physical force or the threat of force to obtain or try to obtain sexual intercourse or oral sex with a woman.

THE RAPE STRATEGY

A strategy is a plan for achieving a specific goal. One particular strategy that may prove to be very effective in the event of a sexual assault is to use the word **RAPE** as an acronym.

Using an acronym to remember individual steps of a strategy is a very powerful technique that is popularly used across a wide variety of instructional settings.

An effective strategy contains steps that help the student choose an appropriate response, monitor the effectiveness of that response, make changes as they become necessary, and eventually reach a goal. Regarding sexual assault, your goal is to escape.

R=Remain calm

A=Alternatives

P=Plan of action

E=Escape

Let's take a closer look at each of these strategy steps.

1. Remain calm

Though this may prove to be the most difficult thing to do at the time of an assault; it is the single most important ingredient of **The RAPE Strategy**.

By remaining calm you hold a distinct psychological advantage over an attacker who may not be thinking as clearly. Although not appearing as such, this is an *active* strategy step.

Through implementation of the following strategy steps, you may decide that it is in your best interest to take immediate action; if this is the case, follow your instincts and act accordingly.

It is entirely possible to scream, bite, kick, and run as if in a blind panic, but to actually be acting in a completely rational manner.

By remaining calm you will be able to make decisions based on clear, logical thinking.

2. Alternatives

This step of the **RAPE Strategy** involves brainstorming your available alternatives. Your alternatives include those that are physical, such as applying a particular self-defense technique, and those that are psychological, such as trying to talk reasonably with the attacker, etc.

Your available options are literally unlimited in number, but even so, if you have remained calm it will only take a few seconds to mentally run through many of them.

Every situation is unique and will therefore present a unique set of alternatives from which you may choose. A few examples may include:

How far away is help?

If I scream, will someone arrive in time to help me?

How far do I have to run to reach safety?

Are the doors between safety and myself locked or unlocked?

Is my boyfriend/husband/roommate at home?

If I resist now, how far do I have to run?

Does the attacker have a weapon?

Should I act now, or should I wait for a better time?

Should I start kicking, screaming, and biting, or should I employ a particular self-defense technique?

These techniques are unlimited and may include the eyeball smash, testicle smash, or psychological techniques such as urinating, vomiting, or acting out in other strange ways, etc.

3. Plan of Action

From the mental list of alternatives you have produced, decide on a **Plan of Action.**

You may decide that now is not the time for action, if you believe that a more appropriate time will present itself, that is a valid decision that requires the same level of commitment as the application of a self-defense technique.

The successful implementation of this step requires the incorporation of a high commitment level concerning your decision to remain calm and to simultaneously carry out your plan.

Once you have decided to act, do not second guess yourself or hesitate in any fashion. If acted upon with 100% conviction, there is no such thing as a wrong decision.

However, to make a commitment to a particular plan of action, and then to "change your mind midstream" may only make the attacker more intent upon causing you harm.

Choose your best alternative and commit yourself accordingly to a **Plan of Action.**

4. Escape

Your one and only goal is to **Escape**.

If, through the implementation of a self-defense technique you are able to disarm or disable your attacker; do not follow-through by attempting to completely destroy him.

This is not a Hollywood script where the good guy always wins; this is real life. The good guy does not always win, and life is not always fair and as it should be.

Do not be guilty of sticking around to see what happens to the attacker or in which direction he goes. Get to safety as soon as possible.

When you contact the police, give them as many details as you can remember. By reporting the incident you may very well save someone else the experience of a sexual assault.

For now, what's important is that you keep your cool, make some decisions, and escape unharmed.



SELF-DEFENSE TECHNIQUES

SINGLE-ARM GRAB

As you are walking through a parking lot



you are grabbed with a single hand
by an assailant.



Close-up of a grab, note the position of the attacker's thumb. Always break away in the direction of the thumb. (The weakest point of the grasp.)



Turning with your body, break the grip against his thumb. Turning with your body increases your leverage and puts you into a position to escape.



TWO-HAND GRAB

As you are walking to your car,
an attacker, using both his hands,
grabs you.



Note the position of the grab, thumbs of
the attacker are on top.



Reach through his arms and grab your clenched fist with your free hand.



Grab your own fist and pull **upwards**, forcefully against his thumbs.



You must totally commit
yourself to breaking
Up and Away.



When free, turn and leave quickly.



Always remember that your goal is to **Escape**.

We do not advocate that you attempt to disarm the attacker. As soon as possible, make your exit.

FRONT CHOKEHOLD ESCAPE



You are approached from the front
by an assailant.



You are grabbed around the throat
with two hands.



Immediately tuck your chin to preserve your airway, while simultaneously...



...grabbing his thumbs and pulling **downward and outward.**



You must pull downward **forcefully**, and the outward position will enable you...



...to finish the break and escape the grip.

Move with a violent knee smash to the testicles.

GROIN KICK



When executing a kick to the groin area, remember that the penis is quite insensitive to pain, while the testicles are extremely sensitive.

Complete your kick as shown here, with the full force reaching the testicle area.



REVERSE CHOKEHOLD ESCAPE

You are entering a parking garage
where an attacker waits in the shadows.



As you pass by, he grabs your throat
from behind.



When attacked from behind it is imperative to **remain calm**.

An attack from behind will always appear more menacing and you may initially experience more fear and loss of control.



Action number one is to maintain your breath.

Tuck your chin as hard as possible against your chest, while slipping your hand between his hands and your throat.



Your purpose is to grab a single finger on each of his hands and to force them outward in an unnatural position.



Once his hands are free of your throat, begin your escape.



BEAR HUG ESCAPE

After stepping from an elevator in a parking garage, you are grabbed from behind in a Bear Hug fashion.



Remain calm and go for your assailant's little fingers.



Using all your power, pull **forcefully** against his little fingers in an outward direction.



Hastily distance yourself from the attacker.



Again, you are grabbed from behind...



...immediately lift your knee and strike downward.



Smash your heel into the top of the attacker's foot.



Your action will be to drive your heel completely through his foot to the ground.



Again, as grabbed from behind,
immediately slide out sideways to
open a direct line to his groin area.



...follow swiftly and forcefully, driving
your fist / forearm into his testicles.



HEAD-LOCK ESCAPE

Your ability to remain calm in such a vulnerable position is critical to escaping from this type of attack.

Don't attempt to pull your head away, this could actually cause further injury.

Remain Calm.



Secure the assailant's outside arm while tucking your chin. With your opposite hand, reach up and around to his face and grab his nose, his eyes, or the corner of his mouth in a fish-hook fashion.

Drive your nails deep into his eyes or jaw tissue.



Pull his head backwards violently while knocking him off balance by driving your inside knee to the back of his inside knee.



Don't be particular when grabbing his face (the fish-hook).



KNUCKLE-FIST STRIKE (TO THE THROAT)

You are unexpectedly
grabbed from behind.



Immediately spin toward the attacker
with your inside forearm raised and
blast through the attacker's grasp, using
your upper body for leverage.



Once his grasp is broken, your opposite hand is now positioned...



...for a powerful Knuckle-fist strike to his throat or directly to his Adam's apple.



KNIFE-HAND STRIKE (TO THE THROAT)

As you are grabbed from behind, spin immediately toward your assailant with your lead elbow above his point of contact.



This will loosen his grip and allow you to...



...execute a slashing Knife-Hand Strike to his Adam's Apple.



The point of contact is the outside hand between the wrist and the first knuckle of the little finger.

Your thumb should be tucked tightly beside your index finger.



EYEBALL SMASH

This technique is potentially deadly.

You must decide completely that you can drive your thumbs deep into the eyes and through the eye sockets.

Do not just irritate the attacker with a meekly applied, half-hearted attempt.

You must be committed in your effort to blind and/or destroy him.





If you have long fingernails, they may prove especially useful when gouging for the attacker's eyes.

THE EYEBALL SMASH AND THE TESTICLE SMASH...

WHY ARE THEY SO EFFECTIVE?

In his book, *How to say no to a rapist and survive*, Storaska describes two self-defense techniques that are very effective and very deadly.

He also states that these two techniques should only be applied in a last ditch effort to escape an assault.

The techniques he describes are 1. the eyeball smash, and, 2. the testicle smash. Both of these techniques are very powerful and effective, and may very likely result in serious injury and possibly even death.

The application of one of these two techniques will require a great amount of commitment and fortitude.

Though applied to different areas of the attacker's body, these two techniques are effective for many of the same reasons.

When applied with commitment, each of these techniques may result in loss of consciousness and/or death.

The reason for such severe consequences is due to the involvement of the vagus nerve and thus the probability of a vasovagal attack.

The vagus nerve is cranial nerve number ten, and is also referred to as the wanderer, it winds its way from the brain to the abdomen and is responsible for many functions of the heart and the respiratory system.

When an organ of the body suffers severe trauma, a vasovagal attack may result as marked by pallor, nausea, sweating, bradycardia (irregularly slow heartbeat), and a rapid drop in blood pressure.

According to Dorland's Medical Dictionary, this "is most often evoked by emotional stress associated with fear or pain."

As this trauma takes place, the blood vessels of the body constrict in order to save blood for the body's major organs such as the heart, lungs, and kidneys, thus a loss of consciousness may result very quickly.

Regarding the Eyeball Smash, depending on the amount of force applied, death may very likely result, whereas the testicle smash is much less likely to result in death.

THE EYEBALL SMASH

The Eyeball Smash may result in temporary or permanent blindness as well as loss of consciousness and/or death.

Blindness may result due to damage to the surface of the eyeball.

As the thumbs are driven inward and through the eye sockets, the cornea, pupil, and the lens may suffer irreparable damage.

Loss of consciousness and/or death may result due to the onset of a vasovagal attack, and also due to the fact that the driving motion of the thumbs will push the eyeball backward, thus forcing the optic nerve (located directly behind the eyeball), into the soft matter of the brain.

For this reason, the Eyeball Smash may prove very effective against any attacker regardless of his size, build, or athletic ability; and should only be applied as a technique of last resort.

THE TESTICLE SMASH

Application of the Testicle Smash obviously requires that the attacker has reached a point in the rape attempt where his penis and testicles are exposed.

This may occur due to a very fast paced attack, the fact that the attacker was underdressed before the attack, or due to the woman's ability to remain calm and not having an opportunity for an earlier escape.

A man's penis is insensitive to pain, whereas the testicles are very sensitive. The testicles are an internal organ placed on the outside of the body, thus very susceptible to pain and the onset of a vasovagal attack.

When choosing this technique as her ultimate "Plan of Action," a woman should, with full commitment, grab one or both testicles in her hand and squeeze, twist, and pull as hard and as violently as possible.

Do not relinquish the grip until the attacker is completely incapacitated, the technique demands a very high level of commitment and the woman's thoughts should be of complete and total destruction of the testicle(s).

ABOUT THE AUTHORS

William and Lori Eaves have owned and operated Eaves Taekwon-do in Fayette, Alabama for twenty-six years. They offer classes for children and adults at their downtown studio, and have also taught Taekwon-do and Self-Defense for Women at the local junior college.

They also conduct self-defense seminars for women. Their approach to educating women is unique in that it combines their knowledge of common-sense principles and self-defense techniques with a basic explanation of the motivation that lies behind **RAPE** and **SEXUAL ASSAULT**.

William Eaves holds the rank of third degree black belt in Taekwon-do.

As a member of the United States National Karate Team he earned a Silver Medal in the 1993 World Championships held in Atlantic City. As the captain of the 1995 team, he traveled to Stuttgart, Germany where amidst sixty competing National Teams; he helped the American Team earn the Gold Medal

He has competed in Karate Tournaments across the United States as well as in Italy as a member of an International Karate Team, where he represented the United States in the European Championships.

In December of 1994 he earned the top honor of World Grand Champion in the National Blackbelt League's Super-Grand World Games V, held in Hollywood, California.

In 1995 he also represented the United States as the (I.A.K.S.A.) International Amateur Sport Karate Association's National Champion at their World Championships held in Ottawa, Canada.

In 1997 and 1998, respectively, he earned World Championships in Birmingham, England and Vienna, Austria.

In 1999, along with one of his own Taekwon-do students, he competed with the I.A.K.S.A. Team in Milan, Italy and helped coach the W.A.K.O. United States National Team in Madrid, Spain.

From 1999 through 2005, he helped coach the United States I.A.K.S.A. Team, which at various times included some of his own TaeKwon Do students.

After a seven-year retirement from competition, in November of 2006, at the age of 47, he earned a spot on the World Kickboxing Association's International Team and brought home a Silver Medal from the World Championships held in Benidorm, Spain.

Lori Eaves holds the rank of first-degree black belt in Taekwon-do. She has served as an instructor with Eaves Taekwon-do since 1987.

As a power lifter she has held a national ranking as well as earning the Alabama State Championship Title two times.

Doug J. Channell, Ed.D. also holds the rank of first-degree black belt in Taekwon-do.

As well as serving as an assistant instructor with Eaves Taekwon-do, he has worked extensively with William and Lori conducting self-defense seminars for women.

He holds a Master's degree from Harvard University's Graduate School of Education and a doctorate in Educational Leadership from the University of Alabama.

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