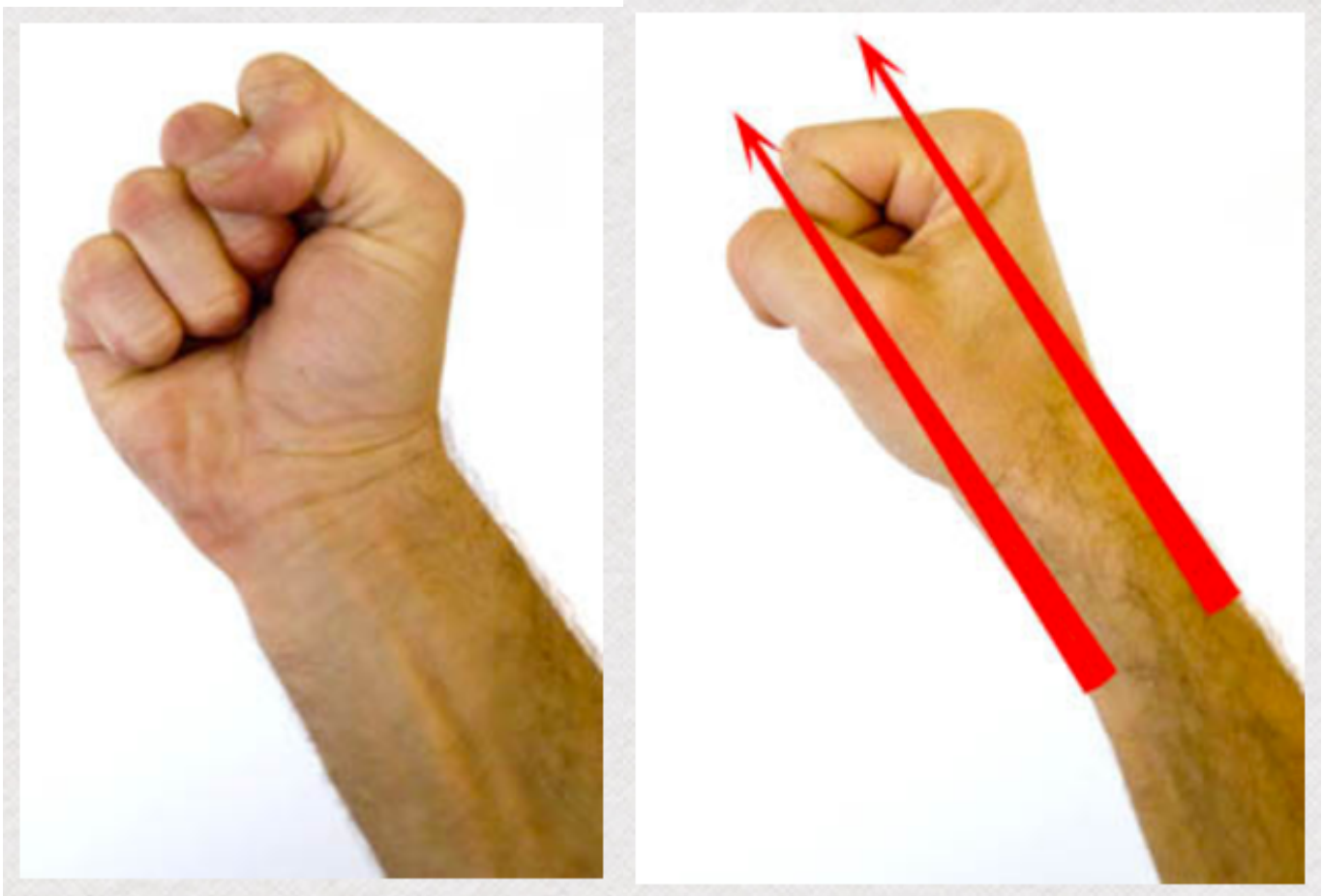


Self-Defense Curriculum

CAUTION: Self-Defense is used when one believes their life is in danger. These strikes and defensive techniques are dangerous and will inflict harm on the person receiving the technique.

Striking:

1. Punch:



1. Start by curling in your fingers towards the palm of your hand joint by joint. Avoid laying your fingers flat against your palms. You may reference to the figure on the left to see proper technique.
2. Position your thumb OVER your fingers. Wrapping your fingers around your thumb may result in dislocating your thumb during impact. Make sure the tip of your thumb does not extend past your second knuckle. Doing so may also dislocate or break your thumb during impact.
3. Keep your wrist and your forearm aligned as demonstrated in the figure on the right.

2. *Eye Gouge:*



There are two types of eye gouges:

1. Thumb- use your thumb to penetrate the eye socket
2. Four Fingers- use your four fingers to penetrate and scratch the eyes

3. *Elbow Strike:*



The elbow strike works well whenever you are close to your attacker. This strike is effective whenever it is delivered to the soft or fleshy parts of the body, such as the neck, kidney area, or temple. The desired striking location is the tip of the elbow. This will minimize any injury that you receive and inflict the most pain on your attacker.

4. *Heal Palm Strike:*



The red area on the left picture above shows the ideal impact area. Make sure when the strike is delivered, the fingers are tucked as demonstrated above. This will lessen the chance that your fingers snag on clothing, hair etc. while you are delivering the strike.

The picture on the right demonstrates one way to strike your attacker using the heel-palm strike. When this defensive attack is delivered make sure to strike in an upwards motion with enough force to break the nose.

Escaping Holds/Grabs:

1. Front Choke:



To defend against this attack position both of your hands like you would if you were performing a heel palm strike. Bring both your hands above the attacker's arms. Strike downwards towards your attacker's elbow, with enough force that they break their grip.

2. Bear-Hug:



When bear-hugged from behind, drop your weight by stepping out with either foot, widening your stance. This will throw your attacker off-balance. Lean forward to exaggerate this while simultaneously thrusting both arms backwards to break the attacker's grip.

3. *Hair Pull:*



First, grab the attacker's wrists, and continue to move your head and body to follow the direction that they pull you in. Turn your body so that you are facing them face-on to the best of your ability. Use one hand to perform a strike described in the beginning of the manual until the attacker abandon's their grip. A recommended strike is the heel palm to the nose.

4. *Single Wrist Grab:*



Whenever escaping a wrist grab, keep in mind that the thumb is the weakest part of the attacker's grip, therefore, whenever escaping you want to pull and twist your hand in the direction of the thumb to break grip.

5. Double Wrist Grab:



When escaping a double wrist grab, make your grabbed hand into a fist. Reach between your attacker's hand with your free hand and grab the top of your fist. Pull your grabbed hand to you with your free hand. Use both speed and force to accomplish this.