

Basic Striking Techniques

- stomping with the heel or outside of the foot
- kicking with the top of the foot (or toes in strong shoes)
- kicking with the knee (the end of the thigh, not the kneecap!)
- "punching" with the heel of the palm
- the hammerfist
- elbow strikes: roundhouse, back, side, and dropping

Secondary Attacks

Head-butting, biting, clawing, scratching, knuckle-rapping, poking, twisting, sticking fingers up the nose...

Anti-bully Techniques

These don't do much damage, but can be effective against bullies, or to create an opening:

- pinch a soft area: inside of upper arm or thigh, ear, nose, above upper lip. Best to pinch with hard parts of fingers, not tips.
- knuckle-rap to the ear, or pinch and twist the ear (or nose, or lips...)
- poke to the sternal notch
- hammerfist to "Charlie horse" point inside of thigh, about four fingers up from the knee
- poke down just behind the center of the collarbone

Primary Target Areas

If he can't run, he can't chase after you:

- Top of the foot (especially between the 1st and 2nd metatarsals): stomp on it (can scrape the shin along the way).
- Knee: attack with stomping kick from the side or rear

Take him out at the neck or head:

- Throat: a strike to the "Adam's apple" **can be lethal**. A poke in the sternal notch is less damaging but can have spectacular results.

- Line from the mastoid process under the ear, around the corner of the jaw, to the chin. Many nerves run along here; a palm-heel under the chin can snap the head back, stunning or even KOing the attacker.
- Nose: Any strike to the nose can be a distractor. A palm-heel strike under the nose can snap the head back - see above. (No, you cannot push the nose bone back into the brain, that's a myth.)
- Eyes: Even flicking the fingers toward the eyes, or throwing something at them, can cause a flinch you can use. Scratching them can be disabling; gouging them can be crippling.

Secondary Target Areas

Below the belt:

- A groin kick isn't always the fight-ender shown in the movies, but it's a decent target of opportunity (even against women)
- A bruised or broken tailbone **hurts** but is not life-threatening
- A major nerve runs just below the head of the fibula - on the outside of the leg, about four fingers below the kneecap, just behind where the seam of the pants runs.

Knock the wind out:

- An elbow jab to the solar plexus or floating ribs can take his breath away

The pits:

- The armpit is surprising sensitive. It is even said that a hard blow there can stop the heart; no one has let me test that on them, though.

Dislocated fingers can't grab you:

- For example, grab two of his neighboring fingers, one in each of your hands, and make like ripping up a photo of someone you don't like.

Why the "rabbit punch" is illegal in boxing:

- A strike to the back of the neck or base of the skull can be deadly.

Can you hear me now?

- Clapping hands over the ears can rupture the eardrum; strikes to the external ear can be quite painful.

Fighting Strategy

- "Stun & run"
- keep breathing
- try not to get hit (footwork, blocking), but don't panic if you are
- hit the soft parts of his body with something hard
- take his balance away
- if all else fails, turtling up can be a saving move

Grabs / Chokes

- if pulled, move with them, but also at right angles. You can use the pull to add power to a strike. Examples:
 - in and to one side, elbow to his head
 - in and down, stomp-kick to his knee
 - in and up, head strike
- move against the joining of a hold
- chin in and arm up to block a choke from the rear

Falling / On the Ground

- if falling, bend your knees, get lower!
- if falling backwards, chin to chest, curve your back, and try to land on your hip or butt first; forwards, turn head to the side and catch on your forearms, not hands.
- kick from the ground
- on the ground, better on your back than on your belly
- if grappling on the ground and he's hitting, clinch and wait for an opening. Take your time.
- push against the ground with your legs and move with your hips

It is my great hope that this information will never be of any use to you and that you will never face any threats to your safety. If you should be threatened, though, don't panic, keep breathing, and do what you can; think, talk, run, or at last resort, fight your way out of it. Know that you are worth defending! -Tom

The Five Fingers of Self-Defense

Think:

- Understanding the threat of violent attack; **yes, it can happen to you.**
- The Three As: Awareness, Assessment, Action.
- Keeping calm in a crisis; focusing on breathing

Yell:

- We can use verbal and non-verbal communication skills to de-escalate a situation ("voice for peace"), or deter an attack ("voice for safety")
- Avoid "politeness disorder". **You have the right to be rude.**

Run:

- Choosing to run away is a **smart and honorable** thing to do.
- Even if you don't escape, by running you have denied the attacker the choice of place and circumstances for the encounter.
- Know what's worth fighting over, and what's not. **Give the bozo with the knife or gun your wallet if that's all he* wants; but never go with an attacker.**

Fight

- Fighting back does not increase your risk of injury.
- Our strategy: "**Stun and Run**". Hit a weak part of his body with a strong part of yours, repeat until he lets go and you can run.

Tell

- It is important to honestly report and discuss our experiences with violence: for healing, for prevention of other attacks by warning others, and for removing misplaced shame and stigma.

* For simplicity we assume a "bad guy", a male attacker, here; but be aware that the fastest growing group of violent criminals is young women.