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# Self Defence Techniques and Advice

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## 5 Self Defense Tips You Should Know

No one ever wants to find themselves in a fight or having to defend themselves whether it's a mugging, and attempted rape, a bar fight, or another reason you find yourself in an altercation. Knowing how to protect yourself is important. Here are 5 self defense tips you should know.

### #1 Always Keep Your Hands Up

If you have ever taking boxing lessons this is one of the first things you will learn. When you keep your hands up you will be able to block the strike or reduced the force of a strike. If you keep your hands down you will get hit much more!

### #2 Be the First to Hit

Don't confuse being the first to hit with starting a fight. You will know when you have an attacker and letting your attacker get the first hit in will make the situation worse. You have to first recover from a strike and it takes time to regain your momentum so that you can fight to defend yourself. When you get the first hit in, it is your attacker who lands up being on the defense, which your attacker likely will not be anticipating.

### #3 Close the Distance

Martial arts will tell you that in any situation of self defense you need to quickly close the distance. If you are too close to your attacker for him/her to strike you, they will not be able to hurt you. Clinching your opponent restricts your attacker, while allowing you to dish out knees, elbows, and close punches.

### #4 Take Your Attacker to the Ground

We don't mean you should try to tackle your attacker from twenty feet away. That would ensure you were the looser. Instead, you want to close the distance between you and your attacker. You might be able to trip them, throw them to the ground, or drag them. If you have ever done any wrestling, you were taught how to get the position on top. If you manage to get the top position on the ground, you then have the ability to strike out at your attacker and you won't be attacked back.

### #5 Getting Hit Isn't the End of the World

Too often, a person has the upper hand then they take a couple of shots and just give up. Being hit is certainly not fun and it's going to hurt but it doesn't mean it's over. This is a fight – for you it could be the fight of your life. Your attacker is going to fight, so if you are hit, shake it off, and keep fighting back, because the alternative could be your life.

## How to Avoid a Random Attack

Random attacks are becoming more common in today's society. Often they occur in the most unexpected places. You are walking down the street and suddenly a random attack occurs – what do you do. This is a very scary experience, but when you know how to protect yourself and handle the situation, you will walk with self-confidence. Ironically, you then lower your risk of experiencing a random attack.

Let's look at what you need to do avoid a random attack:

1. You need to be alert at all times. Whether you are walking, jogging, walking the dog, running, or out on the streets for any reason. You need to stay observant the entire time, because this is your first line of defense against an attack – knowing there is someone following you or in your space.
2. You need to determine if you are really being followed. You should use your intuition and instinct to make your decision. There are things you can do to help establish whether you are being followed such as crossing the street. If you feel that the person is definitely following you, you need to act – you should never ignore your instinct.
3. Give yourself a positive pep talk – this is not the time to panic. You must be thinking clearly. Start to think about how you are going to handle the situation.
4. Have a look around your surroundings, watch where you are going, look for options that are available to you. If there is other people around slip into their groups. Find a public space that you can hang out such as a café.
5. Don't be scared to turn around and check if person is getting closer. This sends a message that you are aware of the follower. This often scares them away.
6. It's time to take action. You could stop dead in your track; drop whatever you have in your hands except for anything you can use as a weapon like your keys. Scream very loudly "Stop following me." Or "Go away – I don't know you and I don't want you to follow me." Yelling "fire" often draws attention from surrounding areas – remember you will have to yell it very loud. Or yell anything else that comes to your mind. In the majority of cases, you being loud will be enough for them to take off. Keep yelling to draw attention – remember your attacker does not want attention.
7. If you are in shape, you can start running and put distance between you and the attacker. Always head towards public space. Avoid dark spaces such as alleys, woods, or fields. Make sure you don't find yourself in a dead end. If it is night and you are scared look for any public space.
8. If you have a cell phone and you are scared, you should call the police right away!

## **How to Maximize the Damage You Do**

When it comes to self defense, you need to aim for the body parts where you will be able to do the most damage quickly – the nose, eyes, knee, and groin. Let's look at how you can maximize the damage you do to your attacker with yourself defense moves.

Use your head, knees, and elbows – these are the most sensitive parts of the body, which is why they are the most effective for creating damage. Use your elbows, head, and knees to inflict injury – they are your body's built in weapons. There are a number of videos on YouTube that show you how to best use them to inflict pain.

Use common objects – You carry weapons you might not think you have. There are common objects you carry with you like your keys. Hold your keys between your middle and ring finger when you are walking alone to give you access to an instant weapon. Doing the same with a pen works great. Hairspray or perfume in your attacker's eyes, or toss dirt/sand into your attacker's eyes. The point here is to use what you have available – think of common objects as weapons and consider how you might use them to your advantage in the case of an attack.

Leverage your body weight – No matter how big or small you are, or how your strength relates to your attacker, you can defend yourself with the strategic use of your body and the law of physics. That's the principle that's behind many martial arts and self defense programs, which is why a smaller person can actually defeat a larger person. Self defense isn't just about kicking/punching, it's about strategically throwing your body weight at someone. You don't want to be exchanging punches with your attacker. You want to get the upper hand and injure him. You can target the most vulnerable parts using your body weight to successfully connect.

#### Resources You Can Access

A self defense class is the perfect way to get the best training so that you can protect yourself from an attacker. Below are a few places where you can generally find self defense classes offered.

- \* Local colleges and universities
- \* Local police stations
- \* Gyms and Fitness centers
- \* Women's centers
- \* Women's groups
- \* Martial Arts clubs
- \* Schools
- \* Purchase DVD's

Learning how to defend yourself and maximize your moves can give you the advantage over your attacker.

### **Basic Hand to Hand Combat Techniques for Self Defense**

When an attacker comes at you, unless you have the ability to stop them you are at risk. Basic hand to hand combat is an excellent form of self defense that is easy to use. Let's have a look at some of these hand combat techniques.

Sometimes you can prevent an attack but when the attacker is determined to assault you, they won't always back down. This is when having pepper spray or a stun gun is very helpful, but if you aren't armed, you have to be able to protect yourself so you aren't seriously hurt or worse killed.

#### Palm Strike

Hold your hand open and hit with your palm. The power of the palm strike is in using your entire body in your swing. You don't just swing with your arm. Start at your feet and lift right through to create an amazing amount of force in your hand. Strike the chest, back, or head.

## Pressure Points

There are tons of different pressure points on the body and these can cause a lot of pain when you hit properly, quickly bringing your fight to an end.

- \* A hit to the eye(s) is painful and will temporarily damage your attacker's vision allowing you to escape.
- \* A blow square on the forehead will have enough pressure to cause whiplash.
- \* A punch to the nose can cause bleeding and a fracture, allowing you to escape.
- \* A strike to the collarbone will have enough force to break it.
- \* A kick to the groin or knee will almost always bring an end to the attack.

Keep these key areas in mind so that if you ever need them you will remember the important body areas.

## Use the Correct Body Weapon

There are two standard methods of attack depending on the part of the body. If you are going to hit a smaller area like the eyes, groin, or nose it's best to use a weapon that's larger such as a foot, elbow, or fist. This creates maximum force on a small area and will do the most damage. If you are targeting a larger area like chest, head, or stomach then a pinpointed strike is perfect. This concentrates a large amount of force onto a small area for the maximum damage.

If you are attacked you need to quickly react and use everything you can to your advantage. These basic hand to hand combat techniques will help you escape your attacker.

## Self Defense Tips You Should Know

Knowing how to defend yourself against an attack by using common objects in self defense, how to develop mental toughness, and how to know what are real defenses rather than phony defenses can all help to keep you safe.

### Self Defense Tip #1

Self defense training teaches you how to shorten your OODA loop, which is short for Observe-be alert, Orient – who's around you, Decide – what your course of action will be, and Act.

### Self Defense Tip #2

Almost every common object can be improvised to be used as a weapon of self defense – keys, a rolled up newspaper, an umbrella, a jacket, etc. Always consider what you have and how you can use it to defend yourself.

### Self Defense Tip #3

Listen to your instinct and act on it. Too often we ignore what our instinct is telling us – don't! Listen to your fear and act on it. Don't worry about being socially polite. In too many cases, a victim had an instinct they ignored. Don't be one of those statistics.

### Self Defense Tip #4

Ambush your attacker. Rather than waiting for your attacker to make the first move leaving you at a disadvantage, give yourself the upper hand and unexpectedly attack your attacker. The better you are trained the more opportunities you will see to ambush your attacker. Having the ability to position yourself so that your attacker can't reach their weapon gives you the advantage.

#### Self Defense Tip #5

Keep your cool. It's actually quite common for a victim to lose their temper, often as a result of fear, when an attack occurs. The problem is when you lose your temper you lose your perception, your reaction time is affected and so is your coordination and accuracy. So learn how to control your temper and your emotional response so that you remain level headed and focused. This will ensure the best outcome.

#### Self Defense Tip #6

Take a lesson from the oldest battlefields. Think like a commander and know what your enemy's weapon is. Knowing what your attacker has for a weapon lets you run scenarios quickly through your mind looking for the best way to get the best outcome. You are going to react much differently between an attacker with a gun, knife, or just his size. At the same time, any time you head out you should consciously acknowledge what weapons you have available to you, such as your keys.

These six self defense tips are a good start to helping keep you safe. Self defense training is available in most communities, and is certainly worth considering.

## Personal Weapons for Seniors

Seniors are seen as easy targets by predators. While this is certainly frightening, it is important that seniors are aware, because when they are they can take steps to make sure they are safe. If you find yourself facing an attacker you might have to defend yourself. Having some personal weapon skills can be the difference between being a victim and being OK.

There are different types of weapons that seniors might want to consider not only owning, but also learning how to properly use. We are going to look at three personal weapons that are easy to use and can stop you from being a victim.

1. Pepper Spray – A can of pepper spray is easy to use. Just point at the fast, press the trigger, and the pepper spray mist will take down the biggest of attackers. When the pepper spray comes in contact with your attacker, it will get into his ears, eyes, and nasal passages. It will cause his eyes to water and burn, his throat to constrict, and his nose to run. Your attacker will have trouble breathing and it will be effective in stopping your attacker in his tracks allowing you to escape. It is the easiest of the three personal weapons to use, the most cost effective, and the least intimidating.

2. Stun Guns – This is a very potent personal safety device for seniors, or anyone else for that matter. However, they may not be legal to carry or use in all areas, so check with your local laws. You touch the tip of the weapon to your attacker and it sends an electrical current through his body. Your attacker will immediately be incapacitated for at least a few minutes, which gives you an opportunity to get away. To use the stun gun you need to be close to your attacker.

3. Taser – This is actually part of the stun gun family. Two electrical prongs are shot out and attach to the attacker, giving them a severe electrical jolt. Most tasers can shoot several feet so you can use them at a safe distance from your attacker. The taser is not legal in all areas so check for local laws.

All three of these options are non-lethal and they do not cause permanent damage. They are all excellent ways to protect you. You should always take a self defense for any type of weapon you are going to carry so that you can use it properly and safely. Always make sure a personal weapon is legal where you live before you carry.

## **Best Self Defense Tips for Women**

Self defense – it's a subject that's often on the minds of women. Now it's not about being dark or being a worrier – most women are well aware that the likelihood of an attack are minimal but that should there be an attack unless they are prepared the outcome will not likely be good. So let's look at some things you can do to help keep yourself safe.

\* If you are at home alone and someone you don't know rings your doorbell, don't be too quick to answer. Ask questions about who it is and don't open until you are sure. You can also either fake a phone call or actually make a phone call so that you are talking to someone on the phone when you answer the door. This is a deterrent to the person if they are up to no good.

\* If you are leaving work late at night by yourself, if you are riding the subway and your stop lets you off in an isolated area, etc. look for options that would keep you safer. For example, maybe your office has two exits one that sees more traffic than the other, or maybe you can get off one subway stop later and be near restaurants that are open. Think your routes out and try to avoid desolate areas. Don't cut through parks or alleys at night.

\* Don't walk, jog, etc. with your earbuds in and your tunes turned up because you are not able to hear any approaching attacker. If you must have your music playing, turn it down and put only one earbud in.

\* Listen to your gut – your instinct is a powerful tool, yet too often, we ignore it. Don't worry about being rude. If you feel like someone is following you cross the street if they cross the street turn around and yell 'hey what are you doing following me.' Tell them you are calling the police and proceed to dial on your cell phone. They'll be gone in a flash. You can also head for a café or something that's open, and don't be afraid to place yourself into a group of people on the street. There's safety in numbers.

\* You should not be fumbling for your keys as you approach your car. Have your keys ready. Having your keys in your hand also acts as a weapon.

If you are attacked:

\* Shout, yell, scream – back off, I don't know you, leave me alone, etc. You can even yell fire that often gets attention.

\* If they are suddenly upon you kick the side of their knee. They don't have to be real close to do this. If they are close go for the eyes. Put your thumb over the eye and push or just claw and scratch.

\* Don't give in and don't stop fighting. That is unless you feel yourself tiring. Then play like you are resigning yourself. Your attacker will think you are surrendering and loosen their grip. Use this moment to break loose and run.

\* Try to remember the details of your attackers face so that you can identify him later if the police make an arrest.

## **Defend Yourself Against Common Holds by Attackers**

Finding yourself facing an attacker is the last thing anyone wants, but knowing you are prepared for such an event can give you a self confidence. Ironically, when you are self confident you carry yourself differently and your chance of being attacked actually decreases. Let's look at how you can defend yourself against common holds used by attackers.

The Wrist Hold – If your wrist is grabbed your reaction is to pull back – don't! Instead, try to get yourself out of the hold – squat down firmly planting yourself, lean forward, bending your elbow towards him all the way towards the attacker's forearm until your attacker is no longer able to hold onto your wrist.

The Bear Hug – When someone puts you into a bear hug, drop your weight, and attempt to hit your attacker's head with your elbows, or you can stop on his feet with your feet. Another option is to pull the attacker's fingers back – this will force him to release his hold on you, rotate around out of his hold, and use your knees to attack him and/or kick.

Front/Back Choke Holds – Swing one arm across – this will break the attacker's hold on you, then use your other elbow to hit the attacker or use your hand in the knife strike position.

Mount Position – If you are pinned on the floor, you want to pivot so you are on top. Hook onto your attacker's wrist with one hand, then use your other hand to grab him behind his elbow, which will trap his arm to your chest. Use your foot to trap his foot/leg, and lift your hips turning over onto your knees to get on top.

Sexual Assault – For women, sexual assault is a real threat. There are four separate phases to almost all sexual attacks. First, the attacker identifies an unsuspecting woman as his target. Second, the attacker subdues the woman. Third, the attacker exhausts the woman. Fourth, the attacker executes his sexual assault. Our reaction is to fight with all our ability using all the moves we know. The problem is we will exhaust ourselves playing right into the attackers plan. Many self defense programs for women say to first try to fight off your attacker, but if you know you aren't gaining the upper hand, you'll need to recognize when you are truly trapped and no longer in a defensive state. Now you need to pretend you are giving in and are going to be compliant. Think of it as playing dead for the bear. In that split second, your attacker will think you have given up and actually loosen the grip he has on you – this is your chance to get away.

## **Top 5 Martial Arts for Self Defense**

Martial arts are an effective way to ensure you are defended against any potential attacker. Most martial arts teach a short version strictly for self defense. Let's look at 5 martial arts that are highly effective at self defense.

### **#1 Krav Maga**

This is a martial art you may not be familiar with. It is actually Israel's national martial art designed for street fighting survival. It uses a mix of Brazilian Jiu Jitsu ground fighting, Karate kicks and knees, and western boxing punches. This is a simultaneous attack/defense rather than blocking your attacker, which means you are delivering a response at the same time. The emphasis is on disarming your attacker.

### **#2 Brazilian Jiu Jitsu**

This is a hybrid mix of traditional Jiu Jitsu moves. The emphasis is on joint manipulation, and on gaining overall control of your attacker, which will end your fight quickly. The larger your attacker the easier it is to know him off his center of gravity. You learn how to seize a limb and break it at the joint it's not as difficult as you might think.

### **#3 Western Boxing**

A boxer can end a fight with just one swing because they throw their punch fast and accurately. Learning to box, as a method of self defense is highly effective and an excellent workout. You will learn to punch, block, bob, and weave all in the name of protecting yourself. Your target will be the side of the chin. It's highly effective and with some practice, you'll be ready.

### **#4 Wing Chun**

Wing Chun includes the close-quarter trapping of hands and feet. There are no kicks higher than the waist, because higher would leave the groin and standing leg vulnerable; and affect your attack/defense. The focus is on throwing your attacker by lowering your center of gravity. You will learn to block while attacking. It's easy to learn and very effective. In fact, Wing Chun is the #1 martial arts method taught to women. A 100 pound woman is highly effective against a 300 pound man.

### **#5 Aikido**

Aikido is based on the principle that when your attacker strikes, he will leave some part of his defense vulnerable. As the defender, you need to attack him. You don't resist his attack but rather your attacker's momentum against him. For example, your attacker steps forward throwing a straight punch – you side step, grab his wrist, while twisting away from the punch.

There are 5 of the top martial arts taught for self defense. Study them – find one that feels right to you and then learn it.

## **5 Moves for Getting Out of Common Holds**

Hopefully you never find yourself the victim of an attacker, but should you, the difference between being prepared and not being prepared can be life or death. So let's have a look at 5 moves for getting out of common attack holds.

### #1 Wrist Hold

If an attacker has grabbed your wrist, rather than pulling back in an attempt to get out of the hold, you should squat down into a strong stance, then lean forward, and then bend your elbows towards your attacker, all the way towards your attacker's forearm until there is no way he can continue to hold onto your wrist – you are free and can make your escape.

### #2 Front and Back Choke Hold

If you find yourself in a choke hold, bend your elbow in so you can get out of the wrist hold, and then push upwards in order to break free. You can also swing one arm across to break the hold the attacker has then use your other arm's hand in a knife strike position to hit your attacker. You could also use your elbow.

### #3 Bear Hug

Drop your weight and then try to hit your attacker's head with your elbows or you can use your feet to stomp on his feet. You can also pull back his fingers to force him to let go of you, you could rotate out of his hold and attack with kicks to the knees.

### #4 Mount Position

If your attacker has pinned you on the floor, pivot to be on top by holding onto his wrist with your one hand and using your other hand to grab behind your attacker's elbow, which will trap his arm to your chest. Use your foot to trap your attacker's foot and leg, lifting your hips and turning over onto your knees so that you are on top.

### #5 Sexual Assault

Sexual assault is a very real problem for women. There are four stages in a sexual assault. First, the attacker identifies an unsuspecting target, and then they subdue the target. They then exhaust the target and carry out their sexual assault. During phase two you should be fighting with everything you have. However, by stage three your attacker just wants to subdue you and carry out the attack so fighting back will be a waste of your valuable energy. During this stage pretend you are resigning yourself to the situation and giving in. Your attacker will think you have given up and loosen his grip. That's your moment to give it everything you have to make the break and get out of there.

## **Are You Ready to Learn Martial Arts Self Defense Techniques**

If you would like to get in shape and be ready to defend yourself should you find you are facing an attacker, why not consider martial arts? There are a number of disciplines that focus completely on self defense offering you a powerful workout and the confidence to know you'll be okay if you find yourself facing an attack.

Some of the more popular martial arts for self defense include:

### #1 Jiu Jitsu

Jiu Jitsu is an excellent discipline to learn how to protect yourself, especially Brazilian Jiu Jitsu which teaches you how to handle pressure, how grapple, two important skills when facing any

violent attacker. You will also learn striking skills and how you should fight in close quarters. You won't just get stronger and fitter, you will have an arsenal of skills to defend yourself.

#### #2 Boxing

Boxing helps you to get into shape, and it also how to defend yourself if you are faced with an attacker. You will learn how to spar and how to attack in close quarters. You will learn punches, kicks, and defenses all of which you can use to protect yourself. You will also learn how to keep your mind calm and focused. You will not be able to defend yourself if you are scared and unfocused.

#### #3 Kickboxing

Kickboxing emphasizes attack deflection. Most knife lunges or punches are straight at you; therefore, defense can be as simple as stepping to the side, creating a lateral line toward your attacker's arm, and then striking the attacker's knife or punch hand while striking his lower back, belly, or side with your fist. That's just one move that you will learn to protect yourself.

#### #4 Aikido

Aikido is based on the assumption that when your attacker makes his attack he leaves some part of his defense vulnerable. You are taught not to resist the attack but rather use their momentum against them.

#### #5 Wing Chun

Wing Chun focuses on delivering rapid left- right punches to your attacker's chest, sternum or solar plexus. You will learn how to block your attacker with one hand and immediately take your other first right into his chest, which turns into continuous double punching. For a woman that's about 100 pounds this actually lands up being about 300 pounds of force, so you can see why it is effective.

These are just five common martial arts that can teach you how to defend yourself against any attacker. This also builds self confidence and as a result actually lessens the likelihood that you will be attacked.

### **Self Defense - The Most Effective Body Parts to Hit**

If you find yourself in a confrontation, you don't have more than a couple of seconds and handful of moves before the attacker gains the upper hand. Before your attacker is able to gain control over you, you need to do save your energy while inflicting as much injury as possible, so you can make your escape. Self defense is key in attack, because either you will be hurt or you will do the hurting. You need to aim for the body parts where you will be able to do the most damage quickly – the nose, eyes, knee, and groin.

Where you strike will depend on the position of your attacker and how close he is to you. Don't step closer so you can strike his eye, when you can strike the knee from where you are. When you are targeting the upper body, you are going to be using your hand. You can have an effective strike using the outer edge of your hand in a knife hand position, a tightly curled fist, or for softer targets a knuckle blow or palm strike is good.

Nose – If your attacker is in front of you and close to you, using the heel of your palm strike up under your attacker's nose, throwing your entire body weight into the move. This will cause the most pain and almost always cause him to loosen his grip. If your attacker is behind you, use your elbow to strike his nose from the front or side, aiming for the nasal bones.

Eyes – Poke, scratch, or gouge the attacker's eyes using your fingers or knuckles is very effective. It causes a great deal of pain and your attacker's vision will be temporarily affected allowing you to make an escape.

Knee – Self defense instructors say the knee is a perfect target because it is vulnerable from all angles and can be easily kicked without fear of your foot being grabbed. Kicking the side of the knee causes injury and can knock your attacker off balance. Kicking the front of the knee can cause greater injury; however, it isn't as likely to knock your attacker off balance.

Neck – The side of the attacker's neck is a nice big target, where both the jugular vein and carotid artery are found. You can temporarily stun your attacker using a knife hand strike – this is when all your fingers are held straight and tight together with your thumb tucked. For more damage, you can thrust your elbow into your attacker's throat while at the same time putting all your body weight into it.

## **Self Defense Techniques for Teens**

Violence and abuse is a very real problem for today's teens. It's a good idea to provide them with self defense skills that they can use to protect themselves. The numbers are staggering, especially for young women. Did you know that 1 in 4 will be sexually assaulted, or 1 in 3 will face dating abuse? Having self defense skills builds confidence and ensures teens, both male and female, can take care of themselves.

### **#1 Chin Push**

This works well when your attacker is very close to you or grabbing you from the front. You put both of your palms under your attacker's chin, wrapping your fingers around the both sides of his cheeks. Now press really hard up and out. This snaps your attacker's head back and messes up both his strength and balance. You can then bring your knee up and impact with his now exposed groin. Now get out of there! Run!

### **#2 Turn the Key**

If you are bear-hugged or grabbed, place your hand on the underside of your attacker's arm (near the armpit), then pinch the skin hard between your index finger knuckle and the pad on your thumb. Twist as if you are turning a key in a lock. A few millimeters of skin pinches is the most effective. This really hurts and will defiantly distract your attacker.

### **#3 Dead Arm**

Self defense instructors will tell you to use this against an aggressive arm, which is the most common type of attack – it can be a punch, push, or an attempt to grab. As your arm comes in, you raise your arm on the side so you can block or push the arm out of your way. The other arm then punches your attacker in the bicep as hard as you can. This disables the arm for a couple of minutes providing you an opportunity to escape.

#### #4 Knocking on the Door

This is a self defense technique to use if someone grabs you. Lift your hand to the height of your shoulder then bring your knuckles down hard on the small bones on the back of your attacker's hand. Think of the motion you make when you knock on a door. It's that same motion. This really hurts and your attacker will break his grip on you so you can make your escape.

All teens can use these four simple self defense techniques if they find themselves in a situation where they are being attacked. Of course, adults can use them too!

### **5 Self Defense Tips You Can Use in a Street Fight or Bar Brawl**

You are minding your own business and suddenly you find yourself in a street fight or bar brawl. Maybe you said the wrong thing to the wrong person, or maybe you've been mugged. Here are 5 self defense tips you can use.

#1 Stay Calm – While this may seem obvious, it's what can get you into trouble the quickest. If you keep your composure and don't become afraid (Easier said than done) you will have a much better outcome. Remember your attacker isn't the only one fighting and you can hurt him too. Maybe you have some fighting skills, maybe you don't but you can throw a punch, kick, etc. just as much as your attacker, even better if you stay calm and focused.

#2 Don't Stop – Don't stop hitting your opponent until you are sure they are incapacitated. Just keep on punching, kicking, holding, etc. until you are sure they are down. If you let go there's a chance your attacker will come back up swinging and you could get hurt bad.

#3 You Aren't Trying to Win – The focus here is not always to win. Remember if you use excessive force and hurt your attacker beyond self defense you could find yourself in court. If you manage to knock the wind out of your attacker, you don't have to keep hitting – he's out for the count – now you just have to run and get to safety, and call the authorities.

#4 Know Your Limits – If your attacker has a weapon you shouldn't be arguing with him. Do what he wants or you could find yourself shot or stabbed. Putting up a fight for the \$20 bucks in your wallet and credit cards that can be canceled isn't worth risking your life. There is no win for you in these situations.

#5 There Are No Rules – This is the street not the ring. That means you can hit, pinch, gouge eyes, fish hook, pull hair, kick, or do whatever you need to do to get the upper hand. To avoid being kicked in the groin, you get the first kick in and then run. There are only two places to avoid hitting – the spine and the head, because those could land you a court date as a result of serious injuries.

If you find yourself in a fight – the best line of defense is any defense that will work for you to keep you safe. So give it what you got!

### **Easy Self Defense Techniques for Women**

Attacks are on the rise and women are often the victim of such attacks. Attackers come in many forms – they might be the mugger on the street, a sexual assault, date rape, or any number of other scenarios. By having the right tools women can protect themselves. Let's look at some things anyone can do.

### The Most Effective Place to Hit

If you are in a confrontation with an attacker you have only a split second to do something before the outcome is decided and not in your favor. Before your attacker gets complete control of you, you need to do whatever you can, while saving your energy, to inflict injury so you are able to get away. The ears, eyes, nose, knee, legs, and groins are the most vulnerable places to hit. Which body part you target depends on how close your attacker is to you.

You can gouge, scratch, or poke your attacker's eyes with your fingers or knuckles. This causes a great deal of pain. You can use the palm of your hand to push up on the base of the nose, which can break the nose, or at the very least cause pain and a bloody nose. You can use your open hand to connect with the side of the neck and jugular and carotid artery. You can use your leg to connect with the groin or the knee. All of these have the potential to incapacitate your attacker.

### Maximize the Damage you Cause ]

Always try to maximize the damage you are going to do, because you may only get one chance. Use your elbows, head, and knees to attack your attacker because these are your strongest build in weapons able to inflict a great deal of damage.

### What Other Weapons do You Have?

You should also think of items you carry as weapons that could be used. For example, your keys, pen, perfume, hairspray, or umbrellas are all possible weapons that you can use. Always think about what you have on you in advance. That way you will be prepared to make use of it should an attack occur.

### Use Your Weight

It doesn't matter what your weight is in relation to your attacker, you can defend yourself by using your body strategically. It's really just the law of physics. It's not about kicking or punching, but actually throwing your entire body weight into whatever you do.

These easy to implement self defense techniques for women can help to keep you safe.

## **Self Defense – Pepper Spray Rather Than Physical Confrontation**

Almost everyone will do whatever they have to avoid physical confrontation. Even at a young age, we often find ourselves facing bullies who want to hurt us. Sometimes, no matter how badly you want to avoid a fight there is just no way to do so. When you are faced with an attacker you need to find a way to stop your assailant, but pepper spray can be a better option than physical confrontation.

## What's Pepper Spray?

Pepper spray is a chemical compound, which is made using very hot peppers (Oleoresin Capsicum). Hot peppers are mixed with a resin that can be shot out of a small canister. Pepper spray is given a Scoville Heat Unit (SHU) rating, which indicates how hot the product is. There are different potencies of pepper spray, so check the rating.

## What Can Pepper Spray Do?

Just one blast of pepper spray will temporarily debilitate most any attacker. A stinging hot flood of pepper invades the mouth, nose, and eyes making it hard to move, see, and breathe. It impacts respiratory function, and will put an adult man out for around 20 minutes. None of the affects are lethal or long lasting. Spraying your attacker gives you a chance to get away.

You can use pepper spray from a distance, which is a real benefit. You can protect yourself from a distance that is far enough away so that your attacker can't strike you. It is considered one of the best personal defense tools you can carry.

Often just showing the pepper spray can, is enough to send your attacker running. Try to avoid physical confrontation whenever possible, as there is always the potential for you to get hurt. Of course, if it comes to that always fight to protect yourself using basic hand/body techniques. A situation can escalate very quickly and pepper spray can halt that escalation so it does not occur.

You can buy pepper spray at a number of locations. Many department stores carry pepper spray. As well, sporting stores, and some fitness centers will sell pepper spray. There are different sizes of pepper spray available. Pocket size is the best to easily carry on you – fits into a purse or a pocket. You also need to choose the strength of pepper spray. Many recommend going with the hottest formula for maximum results every time. After all, your life could depend on it.

## Self Defense Moves Women Should Know

Women are at greatest risk of injury or death with an attacker. There are some great self defense moves that all women should learn. Many are so easy that you don't even need an instructor to learn how to execute them. While men are usually physically stronger, women don't have to be helpless or unable to defend themselves. It starts with understanding where the body's weak spots are and how to gain control of a situation. This is very important in self defense.

The nose is the most sensitive part of the body. If you are attacked from behind, throw your head back into the attacker's nose. If the attacker is much taller than you are, then go straight up and back to connect. You will impact with the nose. The nose will bleed and most often be broken. That will give you time to make an escape.

Another very effective self defense technique is called "grab and twist." It doesn't matter what the size of your attacker it works very well. You simply grab the man's testicles either bare skin

or through his clothing. This causes enough pain that your attacker will almost always have your attacker rethinking whether he wants to pursue the attack. At any rate, it will give you a couple of seconds to make your run for it.

Your thumbs are also powerful. When you use them correctly, there is little force necessary. Stiffen your thumbs and aim for your attacker's eyes with your thumbs straight you want to poke into the center of your attacker's eye. This can actually blind your attacker and cause him to need medical attention and it certainly slows your attacker down enough for you to make your get away.

Don't be afraid to kick at your attacker, especially in the knee area – directly on or to the side. This can knock your attacker off balance. You can also stomp on an attacker's foot, which can be incredibly painful. So make sure you understand how you can use your body to defend against an attack.

You should know all of the body's pressure points, because when a pressure point is hit with enough force it disrupts the nerves and sensation in your attacker and can actually incapacitate them. Even the smallest women are capable of providing the strength necessary to do this, and overpower a strong man, when you correctly use a technique.

## **Using the Palm Strike in Self Defense**

When you are faced with an attacker, your palm is one of the most powerful weapons that you have at your disposal. You carry nothing extra – just learn how to correctly use your palm to be effective.

The palm strike must always be performed with your fingers extended and your hand open. You need to make contact with your attacker with the heel of your hand. It's simple to do and can have devastating results for your attacker. Even those that are small or light weight can use this technique to gain the upper hand.

The palm strike can actually break bones and joints. A horizontal strike to the groin, kidney, sternum, ear, or nose is highly effective. The palm strike that's most popular uses and upward thrust into the attacker's chin. Your energy is transferred from the ground, straight up through your body, and into your palm, so you can imagine how much force and the impact of such a strike. It forces the jaw to close and the head to jerk back, causing the attacker to become off balance. This gives you a split second to do your second strike – a knee to the groin is perfect or driver your heel into the attacker's knee. Then run – get out of there while you can. Practice these moves in advance with a friend so that should you find yourself facing an attacker you will instinctively carry out the moves without thinking about it.

Another good self defense technique is to step on the attacker's foot and at the same time use your palm strike into the outside or inside of the knee. Don't forget to drive your strike through to get the impact you want. Visualize your hand as a rock. When you drop your rock into the water, it doesn't bounce and it doesn't stop – it just keeps falling to the bottom. That's how your palm strike needs to be – make sure the energy follows through completely.

There is a technique that's very effective if your attacker grabs you by the neck with straight arms. In a movement that is as simultaneous as you can muster, you want to raise your knee into either your attacker's groin or leg. Then without hesitating at all, you need to use a double palm and make a strike to the attacker's elbow, tightening your body and pushing straight up. This hyperextends the elbow and forces your attacker to release the grip.

Self defense is important and the palm strike is an easy move to learn that can do an excellent job of defending you.

## **What Self Defense Techniques Women Need to Know**

Walking home alone late at night, walking in an area that's rather secluded, being at a party by yourself or just about any other situation where you are alone. Being with no one else puts you at risk, but we can't always have someone with us so we want to share some self defense techniques that every woman should know that go beyond running away fast or spotting a potential attacker.

You might even carry pepper spray or mace spray, or another weapon, but if you can't reach for it in time it will not do you any good. For most women their pepper spray is in the bottom of their purse. If you are going to use mace/pepper spray then make sure it's easy to access. What you need to know that will work every time is what parts of your attacker's body are most vulnerable. Then you need to practice so that should you face an attacker your skills will be automatic.

### **#2 Find Various Ways to Defend Yourself**

Your attacker is going to try to get as close as possible to you. If you are pinned to the ground and you are in danger of being raped or killed, you need to act fast. You must counteract the closeness and put space between your attacker and you. If you are pinned don't waste your energy struggling. Instead put your hands on the shoulders of your attacker, then firmly lock your elbows out like you were going to spring forward and push him back. Pull your feet up and position them on the hips of your attacker. Now use every ounce of energy to push up.

### **#3 When Your Feet are Pinned Down**

If your attacker pins your feet, your hands are still free so reach up and jam your thumbs into his eyes. Press hard as if your goal was to launch his eyes out of his skull. Then take advantage of his pain and temporary blindness and run.

### **#4 Kick up a Storm**

If you can find a way to kick your assailant in the knees or groin do it. These areas are really sensitive so they make great targets. If you are lying down you can lift your knee and kick your attacker's groin. If your attacker is down but you see he's going to come back you kick him hard in the throat. It's times like this that your high heels can really be your best friend.

These four self defense techniques can save your life so learn them.