

“Women’s Safety Solutions (W.S.S.)”

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Trainer**

Presents:

***FUNDAMENTAL
SELF-DEFENSE FOR
WOMEN***

-A Primer on safety-

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***FUNDAMENTAL SELF-DEFENSE FOR
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(1). Question: What is SELF-DEFENSE?

Answer: Self-defense is the preparation to minimize the possibility of assault against you from another person.

Effective self-defense, in many instances, does not even involve inflicting pain or resorting to physical actions. When physical actions are appropriate, they result in little pain, very great pain, or no pain at all!

Self-control, determined resistance, and a refusal to accept the role of a victim are factors which could be much more important for your safety and well-being, than the ability to inflict pain.

The person who chooses a helpless or seemingly vulnerable individual as an object for physical violence is not brave. In many instances of threatened assault, the first indication of REFUSAL to be a passive victim is enough to deter the assailant.

This refusal might be verbal (no pain at all), or it might involve responding with a forceful blow in the event of a serious assault.

The ability to refrain from using physical actions, and the ability to inflict appropriate pain are equally important. It is not necessary to be highly trained fighter in order to present yourself as competent and self-reliant. Gesture, attitude, language, and tone of voice can convey the message that you REFUSE the role of passive victim.

An assertive and convincing manner of responding to the threat of assault, will significantly reduce the carrying out of that threat.

--- Jeffrey P. Hauck

(2). Question: I'm not really sure what that means, how does knowing that help me?

Answer: Mental preparation for the possibility of assault is the most important factor with which to minimize that possibility!

Do NOT ever, EVER think, "That won't happen to me." Prepare yourself mentally by role-playing, so that the surprise of assault will not overwhelm you with fear, which in turn acts to paralyze you.

Role-playing is the act of mentally rehearsing the actions of your assailant, and your own reaction to that threat. This allows you the flexibility to utilize the prearranged reactions you have memorized for your defense.

(3). Question: What if he or she is larger, or stronger than I am?

Answer: The fact that your assailant may be larger or stronger than you, is no excuse not to protect yourself. Persons who are larger than you, in better physical condition, more mentally focused, emotionally enraged, or under the influence of narcotics may not feel the pain that is inflicted to the degree that they would under “normal” circumstances.

The assailant’s initial deferment of pain must not interfere with your determination to protect yourself and to stay alive! The most important thing that you must know is that the constancy to the purpose of **DEFENDING YOURSELF is the key to surviving the assault. You must not stop until **YOU ARE SAFE!****

(4). Question: What areas of the body should I learn to strike?

Answer: First, you must know what to strike with.

The body has five (5) excellent hardened areas from which to strike with. The first area is the “heels” of the palms of your hands. The second are your **CLENCHED fists. The third are the elbows in the “cocked” position. The fourth are**

the knees. And, the fifth area is the feet; the toecap for kicking, and the heels for stamping.

- a. Heels of the palms.
- b. Clenched fists.
- c. Cocked elbows.
- d. Knees.
- e. Feet.

(5). Question: Now, Where do I strike?

Answer: Here is a list of the vital areas on the front & back of the human body that are vulnerable to your striking them.

FRONT OF BODY TARGETS:

1. Eyes.
2. Nose (no instant death).
3. Hollow under chin.
4. Sides of the neck (jugular stunning).
5. Windpipe/ Adam's apple.
6. Hollow of throat (trachea).
7. Forearm area (2" inches below elbow).
8. Solar plexus (not an anatomical entity, but a striking area).
9. Under last rib of ribcage.
10. Groin.
11. Knees.
12. Shins.
13. Insteps of the feet.

BACK OF BODY TARGETS:

- 1. Back of the neck.**
- 2. Sides of the neck (jugular stunning).**
- 3. Upper back (can cause loss of balance).**
- 4. Backs of knees.**
- 5. Achilles tendon areas.**

(6). Question: What if I am struck first?

Answer: You must work to regain composure and immediately focus on defending yourself. You must then work to deflect any subsequent incoming blows from the assailant.

DEFLECTION TECHNIQUES:

- 1. Use the outer arm areas as shielding for the vital organ areas of your body.**
- 2. Use your hands to strike down any weapons that the assailant may be using.**
- 3. Curl in the "fetal" position to protect your vital organ areas of your body.**
- 4. Attempt to "get away," or put distance between the assailant and yourself at the earliest opportunity.**
- 5. Use striking blows in the attempt to "get away."**
 - a. Heels of palms, or clenched fists to strike.**
 - b. Elbow strikes.**
 - c. Knee strikes.**
 - d. Feet strikes.**

Knowing what you will use to strike with, and the area to strike is very important. It will enable you to stall an attack and allow you to escape!

(7). Question: What if I am grabbed and can't get away?

Answer: Your goal, in order to survive, should be to ESCAPE!

Having escape as a priority simply means: Do not engage in prolonged contact with your assailant! You must become confident that you have the ability to temporarily incapacitate an assailant, to stall the attack, and to flee to a safe area.

If you are attacked from behind: Kick into the shin area as hard as you can (back kick or heel stamp). Take a deep breath, duck into a crouch and elbow away from the assailant as hard and fast as possible. Escape to safety.

If you find yourself in a chokehold across the neck from behind, grab onto the assailant's arm. Begin kicking into the assailant's shin, and instep (back kick and heel stamp) as hard and fast as possible. When the assailant releases his grasp, escape to safety.

If you are being assailed from the front, assume a posture of defense. Prepare your safety items if possible. Prepare to use your striking techniques in order to create a gap, or some distance between you and your assailant. Escape to safety.

(8). Question: I have never fought anyone before, and I have no martial arts training. Can this system really work for me?

Answer: Absolutely! You are using simple, effective methods that can be learned immediately and put into use after a short period of practice.

Many martial arts systems require great conditioning of the body, and many years of practice to become effective. This system, requiring only a fraction of physical practice & mental preparation than that of martial arts systems, can give you peace of mind knowing that you have other options available to you other than that of a defenseless victim.

CONSIDERATIONS WHEN PREPARING FOR YOUR PERSONAL DEFENSE:

- 1. When walking in public areas, use your instincts! Do not feel awkward about looking all around you. Be aware of sights, sounds, smells, and touch cues that may be signs that persons are around or close to you.**
- 2. Prepare mentally for a confrontation and present yourself with options for personal survival and safety.**
- 3. Know that when the practiced techniques are applied in a "real-life," personal survival situation, they must be applied with FULL FORCE & FURY!**

4. There must be **NO** question in the assailant's mind that you want to get away from him, and will do so...**AT ALL COSTS!**
5. It is very important those you scream, shout, or yell at your assailant when attempting to escape to safety. This vocalization draws attention to you and the duress of the situation. It may also have the added benefit of distracting your assailant from the goal of his attack. This must be done at **ALL** times.

(9). Question: What are "safety items," and how are they available to me?

Answer: Safety items are tools designed to augment, and support your determined effort to protect yourself against a threat.

Safety items include, but are not limited to: Chemical aerosol sprays such as OC pepper, "Kubaton" or other impact instruments, whistles, and electric stun devices. Be aware of the fact that some of these items are restricted for carry in some states and urban areas.

Safety items cannot be relied upon exclusively to incapacitate an assailant. All safety items must be used in conjunction with sound personal defense techniques such as that described previously and proper mental preparation.

This concludes the FUNDAMENTAL SELF-DEFENSE COURSE FOR WOMEN. Thank you for your participation & cooperation. Any questions or comments should be forwarded to: Officer Jeffrey P. Hauck, Badge #607 c/o Bethlehem Township Police Department 4225 Easton Avenue Bethlehem, PA 18020. Telephone number: (610)814-6404, or 814-6410 and press 2 for administration. Voice mail# (610)814-6400-follow prompts. Fax# (610)814-6417. Copyright 1998: W.S.S. & Jeffrey P. Hauck.

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