

# Self Defense Tips for Women

All tips will be given with the assumption that the attacker is male. All techniques will obviously work against female attackers, but it is always best to assume worst-case scenario.

## Suggested striking techniques for women:

**Palm heel strike** – as opposed to striking with a closed fist, strike with the palm of the hand (because women normally have smaller hands, this protects against broken bones in the hand and wrist). Suggested targets include the chin (this drives the jawbone into the cyanic nerve) and the bridge of the nose.

**Elbow strike** – Again, instead of punching, strike with the elbow to the face if the attacker is in front of you at close range or to the body if they are behind you.

**Head Butt** – At very close range such as a bear hug, strike with the forehead. Suggested target is the bridge of the nose.

**Foot Stomp** – Most effective if victim is wearing boots/high heel shoes. Use especially when grabbed from behind. Stomp will full power, driving the heel first unto the top of attackers foot.

**Sidekick** – Keep all kicks to low targets in order to maintain balance. Preferred target is the knee. Kick directly to the front or side of knee causing break/dislocation. This is a real aggression ender.

**Knee** – Drive knee straight up when attacking the groin (this causes the testicles to be driven into the pelvic bone). Drive straight into other targets such as the thigh (there is a nerve center in the upper side of the thigh that when hit properly will paralyze the leg).

**Eye Gouge** – when in close range drive your thumb into the corner of either eye. If it does not dislodge the eye itself it will cause intense pain and cloud vision long enough to facilitate escape.

Self Defense should always be considered a “life and death” situation. There are no rules and survival is the only goal. When the attacker is bigger or stronger you must counter attack until there is a way to escape. Escape as soon as possible. Remember, this is not a governed fight, unless you have killed your opponent they are still a threat to you. Run away as soon as you can.

## General Safety Tips:

**Travel in Groups** – If you are going to be out at night or in a high-risk area, it is always safer to be in a group. A criminal will always go after the easiest target.

**Stay in Lighted Areas** – If you must be out at night, keep to well lit areas. A dark alley or parking lot is an invitation for an attack.

**Carry a Weapon** – If you cannot carry a gun, a bladed weapon is very effective. But, be comfortable with using it. Pick one that is the right size and weight for your hands. There are multitudes of videotapes available that teach knife fighting. Keys are even a good weapon, by holding a key between your index and middle finger and forming a fist around it. If you are accosted either drive the key into the eye of your attacker, or use it to rake across both eyes. This should give you time to run.

**Be Aware of Your Surroundings** – This may be the most important tip. **Do Not** walk around looking down at the ground oblivious to what is going on around you. I call this the victim pose. It is fun to go to any public place and watch how many people walk around like this. They are walking talking victims waiting to happen. Always be looking around and ahead of you. Look people in the eye if they cross your path, this shows confidence and an awareness that will make you an undesirable victim.

**Train for Survival** – I highly recommend taking a self-defense course. But if that is not available, practice these techniques until they are natural to you. In a real incident you will not be thinking clearly and it is not the time to try something new.