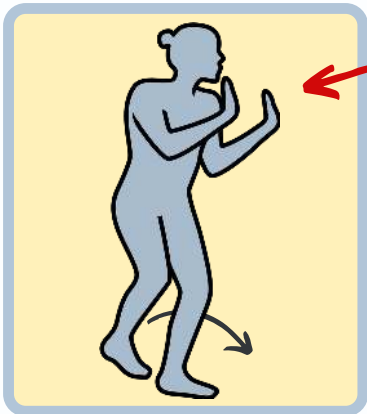


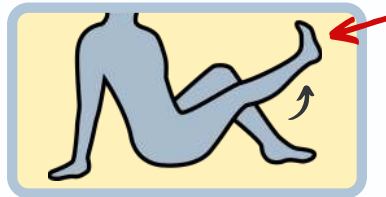
# Physical Self-Defense Strategies\*

\*Only use in situations where you are experiencing a level of aggression that endangers your physical safety

## Safety Stance

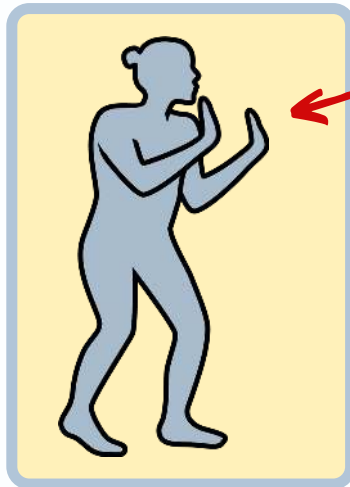


If cornered, pivot out in half-circle motion to cover distance quickly to make safe getaway



### On the ground

Use leg kicks to maintain distance

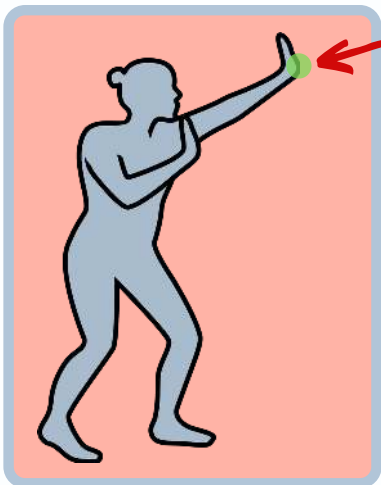


- Keep at least one arm's length distance from the aggressor
- Slightly angle your body 45°
- Start shifting weight and slowly back away
- Keep hands up with open palms

**Primary Targets:** Goal is to slow down/immobilize the attacker. These spots are intended to cause severe damage and hinder the below:

- Eyes - sight
- Nose - airway
- Throat - breathing
- Knees - mobility

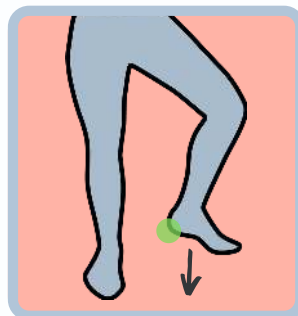
## Basic Strikes



### Palm Heel Strike

Use palm to strike, keeping fingers back and thumbs tucked in

Target: Nose and chin



### Foot Stomp

Bend knees to stomp down quickly using heel of foot

Target: Foot

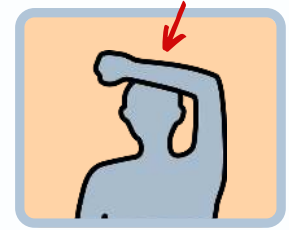


### Front Kick

Strike down quickly with ball of foot and pull back with quick snapping motion

Target: Knees or shin

## Blocks



### Roof Block

Protects head from front and overhead strike

- Fisted palm facing out
- Forearms should be in line with your forehead



### Elbow Block

Protects head from side. Shift your body to reduce impact of blow

- Keep eyes forward as you block
- Elbows face forward

**Secondary Targets:** Goal is to startle and cause pain. These spots include the chin, shin, ear, groin, ribs, feet, and fingers