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

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

Basic Strikes

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

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

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