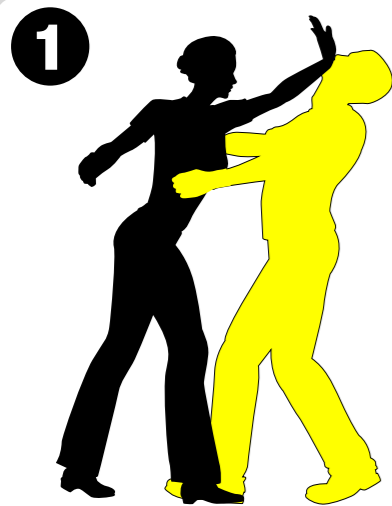


# SELF DEFENSE FOR WOMEN

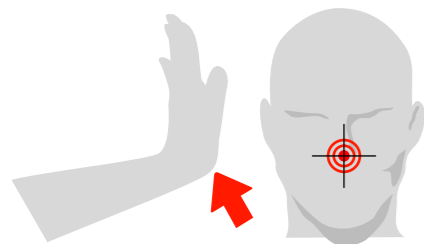
(Series C, Quick Disengagement of Attackers)



## Description

The heel of the palm is in contact with the lower-most area of the assailant's nose. The attack involves moving the palm about 6 inches upward at an angle of 60 degrees. The attack is particularly effective if the assailant is 5 inches taller than the victim.

## Body Weapon & Target



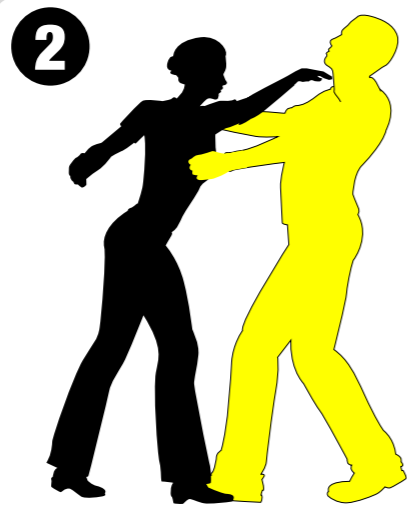
## Purpose of Attack

This punch is referred to as an 'Onion Palm' since it yields the same eye watering effect as eating an onion. The assailant's eyes tear up and he is vision impaired for at least 15-30 seconds during which time the victim can find reinforcements or flee the scene.

## Martial Arts Origin

Variations of this attack are practiced in the Tiger form of Kung Fu and Krav Maga.

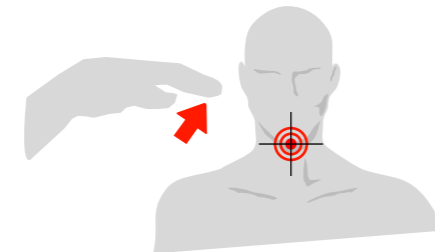
## Effectiveness



## Description

End of the stiff fingers on the victim's stretched palm makes contact on the assailant's wind pipe 0.5 inches below the adam's apple. The attack involves moving the palm horizontally a feet, before contact is made. The attack is very effective if the assailant is 2.5 inches taller than the victim.

## Body Weapon & Target



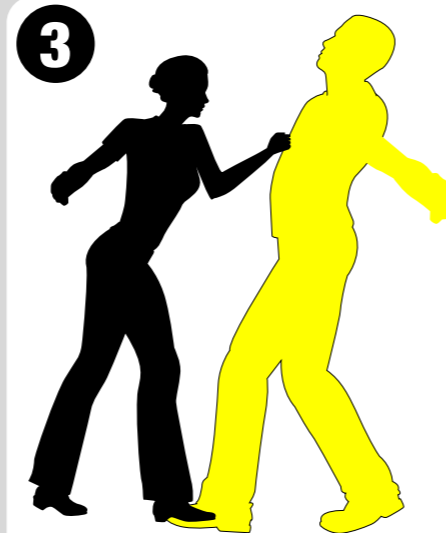
## Purpose of Attack

Depending on the intensity of the attack, it could cause severe discomfort or even the interruption of the assailant's breathing process. The assailant will choke for anywhere up to 10-30 seconds during which time the victim can find reinforcements or flee the scene.

## Martial Arts Origin

Variations of this attack are practiced in the Snake form of Kung Fu and Varma Kala.

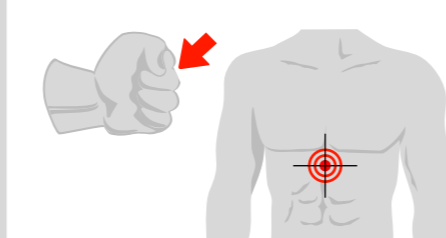
## Effectiveness



## Description

Clenched vertical fist on the solar plexus (upper central area of the abdomen) of the assailant. The attack involves moving the fist horizontally 18-24 inches, before contact is made. The attack is very effective if body weight is thrown behind the fist and if the assailant is of the same height or shorter than the victim.

## Body Weapon & Target



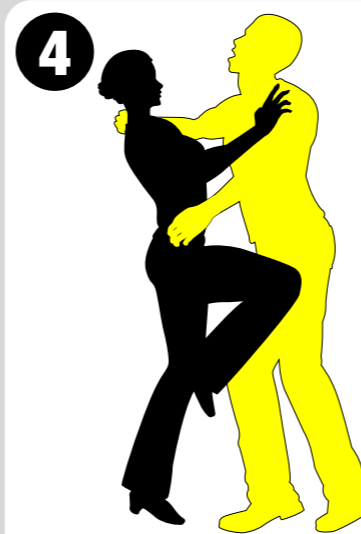
## Purpose of Attack

If the attack is sufficiently intense, it will cause the assailant's diaphragm to spasm and will make it difficult for him to breath. While the wind is knocked out of the assailant for about 30 seconds, the victim can find reinforcements or flee the scene.

## Martial Arts Origin

Variations of this attack are practiced in Jeet Jun Do, Karate, and Kalari Payattu.

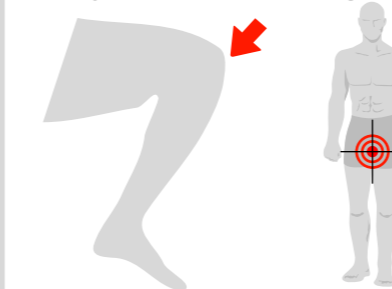
## Effectiveness



## Description

Knee is raised right beneath the groin area of the assailant. Contact is made below the testicles of the assailant, with the with patella (knee cap) of the victim. For the attack to be effective, the victim may need to raise the knee substantially; (up to 2 feet).

## Body Weapon & Target



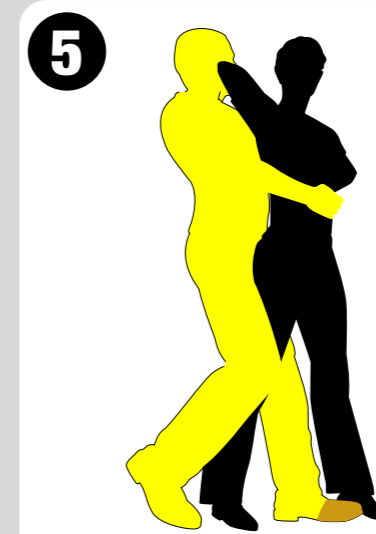
## Purpose of Attack

If the attack is accurate, the assailant will be disabled with severe pain in the groin area for 1-2 minutes. During this time, the victim can find reinforcements or flee the scene.

## Martial Arts Origin

Variations of this attack are practiced in almost all martial arts where pressure points are targeted.

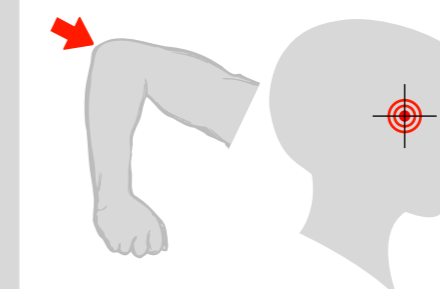
## Effectiveness



## Description

This attack is used when the assailant is behind the victim. One arm is bent fully and raised in a circular manner until the bony sharp corner of the elbow meets temple (side of the head, behind the eyes) of the assailant. A fluid motion is required with the maximum velocity to ensure the effectiveness of the attack.

## Body Weapon & Target



## Purpose of Attack

If the attack is accurate, the assailant will be disabled due to severe temporary trauma to the brain. The assailant will usually be dizzy for 30-60 seconds. During this time, the victim can find reinforcements or flee the scene.

## Martial Arts Origin

Variations of this attack are practiced in Karate and Muay Thai.

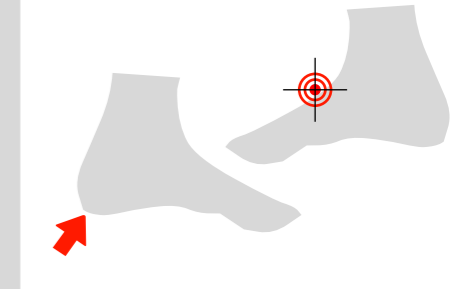
## Effectiveness



## Description

If the assailant makes close body contact or hugs from the back, move closer to the assailant, raise heels and dig onto the feet of the assailant. The attack involves raising the feet 9-12 inches, before landing is made on the assailant's foot, on the bony protrusion between the ankle and the toes (On top of Cuneiforms and Metatarsals).

## Body Weapon & Target



## Purpose of Attack

If the assailant doesn't allow movement of the body, remember that feet are the most accessible target. This attack is particularly effective if the victim is wearing heeled footwear. Assailant usually takes 15 seconds to recover, giving space for victim to flee or reinforce.

## Martial Arts Origin

Variations of this attack are practiced in Wing Chun, most southern styles of Kung Fu and Krav Maga.

## Effectiveness



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