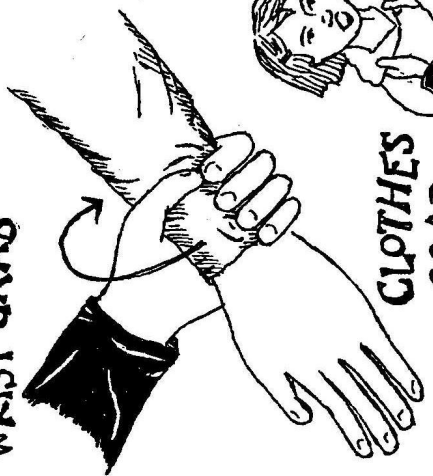


# MOVES

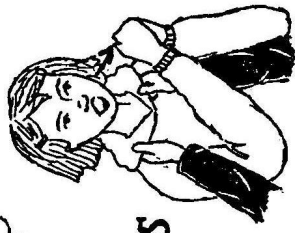
THERE ARE SOME TWISTS & TRICKS TO GET OUT OF CERTAIN GRABS. I'LL SHOW YOU SOME BASIC, SIMPLE ONES - I THINK ALL SELF DEFENCE SHOULD BE KEPT AS SIMPLE AS POSSIBLE. YOU CAN PRACTISE THESE MOVES WITH A FRIEND. WITH SOME PRACTISE THEY BECOME AN AUTOMATIC REACTION. THEY DON'T DEPEND ON STRENGTH, JUST QUICK REACTION & SWIFT MOVEMENT.

AND DON'T WORRY IF YOU CAN'T REMEMBER THEM/THEY DON'T MAKE ANY SENSE TO YOU. YOU CAN ALSO TRY & GET OUT OF A GRAB IN OTHER WAYS, E.G. BY STRIKING A PRIMARY TARGET (SEE NEXT PAGE).

## WRIST GRAB



IF SOMEONE GRABS YOUR WRIST, GET OUT BY DOING A QUICK TWIST AGAINST THE THUMB (THE WEAKEST PART OF THE GRAB), UP & OVER THE ARM. YOU CAN DO THIS WITH BOTH WRISTS AT THE SAME TIME, TOO.



## CLOTHES GRAB

THIS ONE IS FOR IF SOMEONE GRABS YOUR SHIRT OR THROAT WITH BOTH HANDS. PUSH ONE HAND THROUGH THEIR ARMS, HOLD YOUR OTHER HAND, AND PUSH QUICKLY FROM ONE SIDE TO THE OTHER. TWIST YOUR HIPS & SHOULDERS TOO TO ADD POWER.

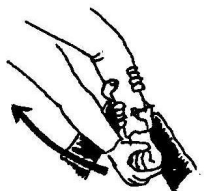


## HALF-NELSON

THIS ONE IS FOR WHEN SOMEONE GETS YOU INTO A HALF NELSON. GET YOUR HAND UP INTO THEIR FACE FROM BEHIND THEIR SHOULDER, THEN JERK THEIR HEAD BACK WHILE COMING UP.

## GRABBED WITH TWO HANDS

MAKE A FIST, THEN PULL IT UP WITH YOUR FREE HAND, TOWARDS YOUR FACE

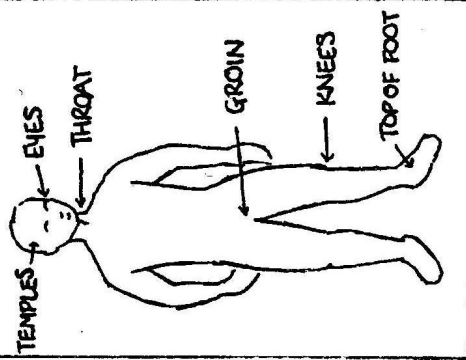


# FIGHTING

IF YOU CHOOSE TO PHYSICALLY FIGHT, YOU HAVE TO COMMIT 100% & BE AS FIERCE AS POSSIBLE. BE-LIEVING IN YOURSELF IS AN IMPORTANT PART OF THIS!

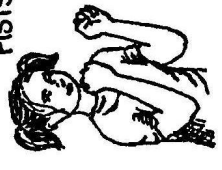
CHANNEL THE ADRENALINE RUSH OF FEAR INTO ANGER TO MAKE YOURSELF STRONGER. STRIKE, DON'T WRESTLE. THE MOVES SHOWN ARE FOR USE AGAINST THE WEAK PARTS OF THE BODY - ANY ATTACKER, NO MATTER HOW BIG & STRONG, HAS THESE WEAK SPOTS. SHOUT WITH EACH STRIKE.

## TARGETS:



## STRIKES:

THE STRAIGHT JAB: MAKING FISTS, BRING YOUR ARM OUT STRAIGHT



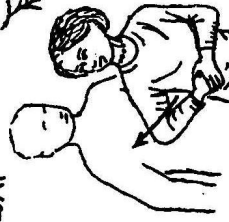
HITTING WITH THE KNUCKLES FIRST

BRING YOUR SHOULDER & HIP INTO THE PUNCH, TOO.

ELBOWS: PULL THE ELBOW BACK, HIGH, & BRING ACROSS TO YOUR OTHER SHOULDER. MOVE THE HIPS TOO! THIS IS GOOD AGAINST THE TEMPLE OR THROAT



OR DRIVE YOUR ELBOW INTO SOMEONE'S BEHIND YOU. PUSH WITH THE OTHER HAND.

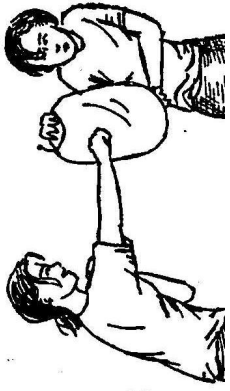


GROIN: PULL YOUR KNEE UP INTO THE GROIN IF YOU'RE IN CLOSE. FROM FURTHER AWAY:

BRING YOUR KNEE UP IN FRONT OF YOU. THEN LET YOUR FOOT SNAP OUT. KEEP THE TOES POINTED SO THAT YOU'RE HITTING WITH THE TOP OF YOUR FOOT.



PRACTICE STRIKES AT HOME WITH A SLEEPING BAG



## A STRONG STANCE:

IF YOU FIGHT, DO SO FROM A STRONG, STABLE STANCE.

