Women's self-defense 20190606

Basic self-defense
UHMC Civil Service PD Day June 6, 2019

Effective self-defense takes a lot of practice, but a few simple techniques will get you out of many threatening situations. Most attackers do not have the strength or skills of Bruce Lee or Chuck Norris.

First choice
Get attention and support - shout

Second choice
De-escalation
1. Do not challenge them
2. Do not insult them.
3. Do not deny what is happening.
4. Give them a face saving exit.

Third choice
Run

Fourth choice
Enough force to allow for escape
Demonstrate immediately that this will not be easy for the attacker
Direct force towards soft targets - eyes, nose, groin, knee

A few simple techniques for common self-defense situations

Same-side grab
1. Elbow to elbow while poking to the eyes with other hand
or
2. Grab meat of little finger side of attacker's hand with free hand, step in front of and parallel to attacker with foot of attacked side, free the attacked hand to knife hand on attacker's triceps, pull up the attacker's hand while pushing down on triceps

Hand on shoulder
1. Other side hand trap attacker's hand, same side hand on top, keep pressed against shoulder, turn away from attacker, bringing elbow down on attacker's arm

Two-handed front choke
1. Lift arms all the way outside and up, strike down simultaneously on both inner elbows, knee to groin or stomach
Rear bear hug over both arms
1. Take a big step with one foot to the side while sinking down, at the same time bring both arms out to the sides and up (bent 90 degrees at the elbows), strike to groin or stomach with elbow opposite from the foot that stepped out.

https://www.facebook.com/StudentMartialArtsClubAtUHMC/

- Summer workout schedule June 5 – July 5, meet up at Great Lawn by Banyan tree.
  - Tuesdays 3:30 – 4:30 p.m.
  - Wednesdays 3:30 – 4:30 p.m.
  - Thursdays 3:30 – 4:30 p.m.
- UHMC Club Offers Fitness, Self-Confidence and Self-Defense Skills