

Self Defense: Review/Skill Sheet

Grading

Name _____

Class _____

Participation	/6
Skill development and application	/6
Use of strategy	/6
Knowledge	/6
Fitness	/3

Skill 1: Awareness

- Look around to see possible threats
- Know where you are going
- Call to let someone know where you are and give a time of arrival
- Body language – walk with confidence

Skill 2: Stance

- Ready position-feet shoulder width stride position, knees flexed
- Hands up to protect vital areas (face and chest)

Skill 3: Front attacks

- Wrist release - single and double – use legs to kick – go for eyes
- Choke hold – must get release as soon as possible – Head to chest – use elbows
- Bear Hug – pinch thigh – kick knees – head butts – knee strike

Skill 4: Rear attacks

- Neck grab - bite – kick and stomp – elbow to ribs
- Bear hug – Stomp and kick – legs and arms out – groin strike

Skill 5: Kicks

- Kick: Open hip, lock ankle, contact with instep
- Knee: Reciprocal motion, pull attacker in to knee, drive through target

- ✓ Is able to use skills in practice situations
- ✓ Know pressure points
- ✓ Can demonstrate 2 breaks

Total skill development and application _____ /6

- ✓ Applies awareness techniques
- ✓ Yells to draw attention
- ✓ Can escape from 2 holds

Total game strategy _____ /6

Facts:

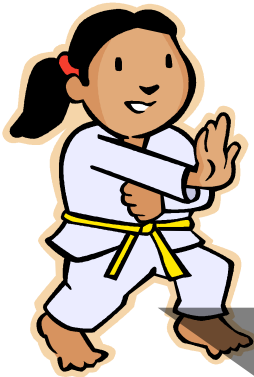
- 1 out of every 4 women will be sexually assaulted sometime in their lives
- 1.3 assaults take place each minute
- Only 36% of assaults are reported to police
- Two-thirds of all sexual assaults are committed by someone known to the victim
- 87% of all sexual assaults are on women
- 54% of women raped are younger than 18 years of age
- Assaultants are motivated by the wish to humiliate their victims or to have control over another human, not for sexual gratification
- 70% of all sexual assaults are planned

Assaults:

- **Who:** Women, children, senior citizens, disabled, distracted, etc...
- **Where:** Isolated areas, including your house and car
- **Test:** An interaction with the attacker where the potential victim may be tested through means such as casual conversation, threats, invasion of personal space, touching, grabbing, etc...
- **Attack:** The attack takes place if you fail the test and appear to be an easy victim.

Tips:

- Always know your surroundings
- Keep a phone close
- Avoid potentially dangerous situations
- Yell, be loud
- Vary your routes



FIVE PRINCIPLES OF DEFENDING YOURSELF

- Resist immediately, decisively and explosively
- Yell loudly
- Attack a vulnerable target
- Fight to win – 100% of the time
- Never go to another location- deny privacy
- Never get into a car with someone against your will