

JUMP TO KNEE: BRING THE KNEE UP AND THEN DRIVE THE FOOT OUT, HITTING THE KNEE WITH YOUR HEEL.

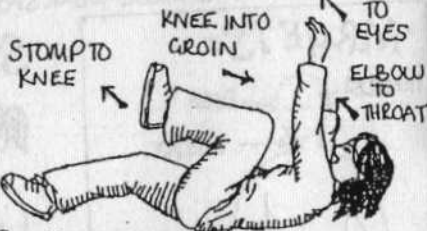


THIS CAN BE DONE FROM THE SIDE, OR FROM IN FRONT, OR EVEN FROM BEHIND.

STOMP TO FOOT: SCRAPE YOUR HEEL DOWN FROM THE KNEE ONTO THE TOP OF THE FOOT WITH A STRONG STOMP, EITHER FROM BEHIND/IN FRONT/THE SIDE.



STRIKE AT PRIMARY TARGETS WHEN YOU'RE ON THE GROUND



ALSO! BRINGING YOUR KNEE UP WILL HELP KEEP SOMEONE OFF YOU.

A FEW WELL-LANDED STRIKES WILL SURPRISE THE ATTACKER & HURT, AND YOU CAN LEG IT AND GET TO SAFETY.

CONCLUSION

THIS IS JUST TO GIVE YOU SOME IDEAS. AND ENCOURAGE YOU TO LOOK AT ISSUES AROUND SELF-DEFENCE. DISCUSS IT WITH YOUR GIRLFRIENDS, PRACTICE SOME STUFF, AND LOOK AROUND FOR SELF DEFENCE/MARTIAL ART CLASSES. SOME CLASSES ARE RUN BY ANNOYINGLY PATRONISING BLOKES, OR THEY TEACH DEAD COMPLICATED MOVES, OR THEY NEGLECT THE PSYCHOLOGICAL ASPECTS AND VERBAL STRATEGIES. BUT THE IMPORTANT THING IS THAT YOU BUILD UP YOUR CONFIDENCE IN YOUR BODY, AND THAT YOU ARE PREPARED TO ASSERT & DEFEND YOURSELF-REMEMBER, YOU'RE WORTH IT!

WHY NOT START YOUR OWN SELF DEFENCE SESSIONS WITH SOME MATES? EXPLORE THE ISSUES, WARM UP & PRACTICE SOME MOVES, DO ROLE PLAYS, SHARE ANY MARTIAL ARTS SKILLS, CHECK OUT Q'S SELF DEFENCE BOOKS, SWAP IDEAS. HAVE A LAUGH, TOO.

IF WE WANT TO IMPROVE OUR LIVES AS WOMEN, WE NEED TO LOOK AT OUR REALITIES, LEARN SURVIVAL SKILLS AND SUPPORT EACH OTHER. WITH THIS, WE CAN FIGHT BACK AGAINST INTIMIDATION & BEING PUSHED AROUND, AND TAKE BACK CONTROL OVER OUR LIVES!



FIGHTING BACK

Self Defence for Women & Girls!

I ONCE MADE A BOOKLET ON SELF DEFENCE FOR Q, BUT I WANTED TO RE-DO IT, SO I GOES! *SELF DEFENCE IS WHAT WE DO TO MAKE OUR LIVES SAFER ON DAILY BASIS.* IT'S TAKING CONTROL OF SITUATIONS IN WHICH YOU'RE NOT BE MADE A VICTIM—THIS RANGES FROM COMMENTS TO PHYSICAL ATTACK. IT'S LISTING THAT IF SOMEONE DOES NOT RESPECT YOUR BOUNDARIES, YOU SHOULD STOP THEM. THERE ARE MANY DIFFERENT STRATEGIES FOR THIS—SAYING SOMETHING, YELLING, LEAVING, FIGHTING—THE IMPORTANT THING IS YOU DO SOMETHING!

BODY LANGUAGE



STARING AT THE GROUND, HUNCH SHOULDERS, HIDING YOUR HANDS IN YOUR POCKETS, MAKING YOURSELF SMALL, CARRIES THE MESSAGE "I'M WEAK & VULNERABLE!" WOMEN GET TARGETED AS EASY PREY SO HAVING STRONG BODY LANGUAGE DECREASES OUR RISK OF BEING FUCKED AROUND. MAKE EYE CONTACT WITH PEOPLE IN A WAY THAT LETS THEM KNOW YOU'VE SEEN THEM.. SWING YOUR ARMS WHEN WALKING, TAKE UP SPACE. STRONG BODY LANGUAGE NOT ONLY AFFECTS HOW OTHERS SEE US, IT INCREASES OUR OWN CONFIDENCE.



VERBAL STRATEGIES



ASSERTING YOURSELF IS AN IMPORTANT PART OF TAKING CONTROL OF YOUR LIFE. IF SOME BEHAVIOUR IS MAKING YOU FEEL BAD, UNCOMFORTABLE, SCARED, CONFRONT THE PERSON. YOU CAN

- 1 NAME THE BEHAVIOUR
- 2 CRITICISE IT
- 3 TELL THEM WHAT YOU WANT THEM TO DO

"YOU'RE CONSTANTLY TOUCHING ME. I DON'T LIKE IT. STOP IT." REPEAT IF NEEDED!

THIS IS A DIRECT, NON-ENGAGING WAY OF ESTABLISHING WHAT YOU WANT. AVOID SAYING "PLEASE" ETC WHEN ASSERTING YOURSELF. IF SOMEONE IS BOTHERING YOU IN A PUBLIC PLACE, MAKE A SCENE! IT WILL BE MUCH MORE EMBARRASSING FOR THAT PERSON THAN FOR YOU! OUR VOICE IS A WEAPON, TOO. YELLING ALERTS OTHER PEOPLE & CAN FREAK AN ATTACKER OUT. IT CAN ALSO HELP CHANNEL YOUR FEAR INTO AGGRESSIVE SHOUT 'NO!' OR 'FUCK OFF!' LOUDLY, DEEPLY FROM YOUR STOMACH.

REMEMBER, IF YOUR GUT FEELING TELLS YOU SOMETHING DODGY'S GOING ON—SAY SOMEONE UNPLEASANT IS FOLLOWING YOU—TRUST IT AND DO SOMETHING, WHETHER IT'S CONFRONTING THE PERSON, GETTING TO SAFETY, CALLING SOMEONE OR GETTING A WEAPON READY.



GETTING RIGHT IN TO SOMEONE'S FACE & SCREAMING WILL THROW THEM

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

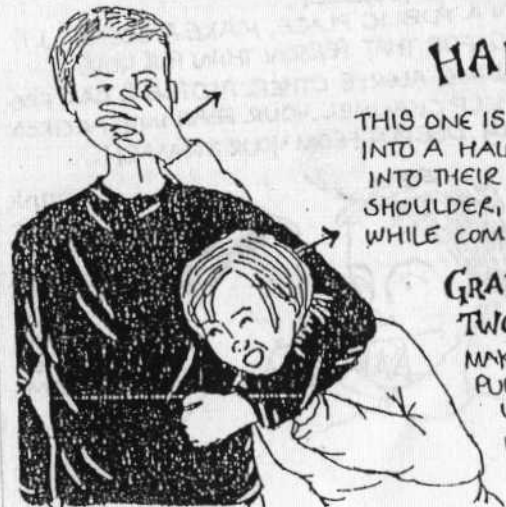
THIS ONE IS FOR IF SOMEONE GRABS YOUR HIRT OR THROAT WITH BOTH HANDS. PUSH ONE HAND THROUGH THEIR ARMS, HOLD YOUR OTHER HAND, AND PUSH QUICKLY FROM ONE SIDE TO THE OTHER. TWIST YOUR HIPS & SHOULDERS TOO TO ADD POWER.

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

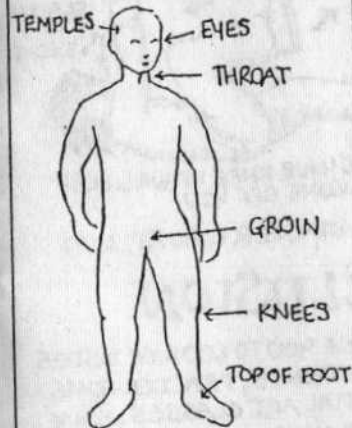


FIGHTING

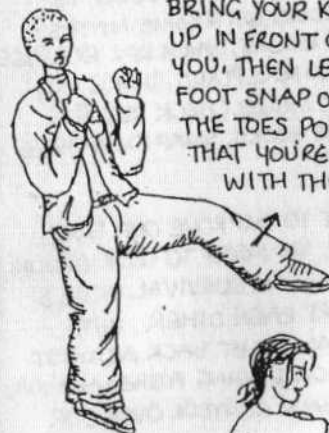
IF YOU CHOOSE TO PHYSICALLY FIGHT, YOU HAVE TO COMMIT 100% & BE AS FIERCE AS POSSIBLE. BELIEVING IN YOURSELF IS AN IMPORTANT PART OF THIS!

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:

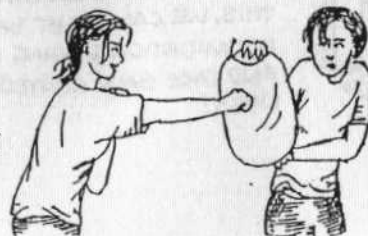


GROIN: PULL YOUR KNEE UP INTO THE GROIN IF YOU'RE IN CLOSE. FROM FURTHER AWAY:



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



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 BEHIND YOU. PUSH WITH THE OTHER HAND.



A STRONG STANCE:

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



FEET SHOULDER-WIDTH APART