

SELF-DEFENSE TRAINING

BY

RICHARD H. MILTNER

(Continue to scroll down to next page.)

“Who fights can lose. Who doesn’t fight has already lost.”

- Bertolt Brecht

SELF-DEFENSE SEMINAR FOR WOMEN

Overview

- Prevention: How to avoid a confrontation
- Preparation: Self-defense devices – which one should you use?
- Basics about Fighting
- Basic Fighting Techniques
- Kubotan Techniques: Simple to Learn and Very Effective

1. PREVENTION

- A. AWARENESS: Awareness in Advance, Awareness in the Present Moment
- B. PREPARATION: Self-Defense Devices, Self-Defense Training

GENERAL AWARENESS

Q: Why would someone want to attack you?

A:

- Robbery
- Rape
- Assault
- Kidnapping

Q: What makes you a target for these attacks?

A: Opportunity

AWARENESS IN ADVANCE

Q: Where are you most vulnerable:

- in your daily routine?
- in your spare time?
- while on vacation?

AWARENESS IN THE PRESENT MOMENT

You should always be aware of your surroundings, for example the same way you would not change lanes without first checking that it is clear when driving a car.

2. PREPARATION

Being prepared through awareness, planning, mental rehearsal, and physical practice.

SELF-DEFENSE DEVICES

Q: What is the best Self-Defense Device (SDD) for you?

A: The one you have in-hand...even a loaded gun in the holster doesn't help if you can't reach for it.

Q: What do you normally have in your hand when you walk around?

A: Most likely your mobile phone and car key.

3. IN-CLASS PRACTICE (Continue to practice at home.)

➤ **FIGHTING BASIC:** Get your defense up, protect your face and chin, maintain a deep strong stance.

Three distances a fight can happen:

- Long Distance: Kick
- Medium Distance: Knee. Punch
- Close Distance: Wrestling

LOW KICK: FRONT, SIDE, BACK

MEDIUM KICK: FRONT, SIDE

KNEE KICK: STRONG!!!

➤ **FIGHTING BASIC:** You fight back with all your power as aggressively and determined as you possibly can, and do not stop until your counter-attack has made it possible for you to safely escape.

THERE LEVELS OF COUNTER-ATTACK (Adjust to your abilities and the situation.)

TYPE 1: Will most likely not cause enough damage/injury to disable your attacker, but may give you the chance to land a TYPE 2 counter-attack.

- Low Kicks
- Hit with fist
- Hit with your head
- Hit with key-chain on hands or face

TYPE 2: Will have the potential to hurt the attacker, or cause a lot of pain, so that you may have the opportunity for a safe get-away.

- Submission hold with Kubotan
- Press Kubotan in ribcage
- Press Kubotan in backbone
- Kick in groin
- Kick with knees
- Kick to head
- Head-butt
- Chokehold

TYPE 3: MAYBE FATAL to the attacker and should only be used when your life is in danger.

- Press Kubotan in neck, throat, or eyes
- Kick to the head
- Choke-hold

BASIC STRIKES WITH KUBOTAN KEYCHAIN

- Up
- Cross-In
- Cross-Out
- Behind head – Left/Right
- Down-Strike

DEFENSE AGAINST FRONTAL ATTACK

Attacker grabs your clothes, limb, or other body area from the front.

- Middle-Kick
- Strike with keychain – up, cross-in, cross-out
- Jab ribcage, throat, face
- Power knee

Another option to counter a frontal attack is to use a wrist lock and pull the attacker down, then place a knee in the face.

DEFENSE FROM SIDE ATTACK

- Low-Kick
- Stomp on feet
- Keychain – up and down on face
- Twist-out counter-clockwise
- Strike with elbow
- Strike with keychain again

DEFENSE FROM ATTACK FROM BEHIND (BEAR HUG)

- Stomp on feet
- Punch/Jab between legs
- Hit with keychain in face
- Kick between legs
- Press Kubotan in back of hand

DEFENSE FROM CHOKE-HOLD FROM BEHIND

- PUT YOUR CHIN DOWN AND MAKE A ROUND BACK!!!
- Stomp on feet
- Punch/Jab between legs
- Hit with keychain in face
- Kick between legs
- Press Kubotan in back of hand

DEFENSE FROM FRONTAL KICK

- Push foot away and move to the side
- Attack face, neck, and ribcage with Kubotan

DEFENSE FROM A PUNCH

- Front kick
- Hit attacker's face with Kubotan
- Keep your defense up
- Chin down and hit attacker's face with head-butts

- **SELF-DEFENSE BASIC:** If your counter-attack with the Kubotan causes the attacker to take a step back, but doesn't disable him (Type 1), retreat cautiously and immediately call 911 on your mobile phone.

- If the attacker attacks again, he will try to get the Kubotan out of your hand, so go straight into his face with your Kubotan to distract him, and then execute a hard knee kick to his groin or mid-section (Type 2).

IF THE FIGHT GOES TO THE GROUND

In a ground fight, the attacker may have the advantage of being stronger and heavier than you, which gives him an even more advantage on the ground, but the Kubotan is an effective help. We will also practice some techniques used by MMA fighters.

You get pushed on the ground and the attacker is still standing:

Don't give him your back. Lay on your back with your legs pointed in the attacker's direction, giving you a strong position for a strong defense. If the attacker tries to come close, you kick and when he moves around you, always follow – turning so your feet are always pointed in his direction. If the attacker manages to get on top of you, try to bring your legs up in between you and him, so you may push him away. If the attacker is still able to come closer, get into a close-clinch and press the Kubotan into his backbone using both of your hands. The pain will momentarily stop his attack, giving you the opportunity to roll him off of you while still pressing the Kubotan in his back. Get up on your feet quickly and land hard kicks until it is safe to run away.

- **SELF-DEFENSE BASIC:** In using the Self-Defense techniques we learned today, each individual needs to adapt these techniques to their personal abilities.

DEFENSE AGAINST AN ARMED ATTACKER

An armed attack is much more serious and dangerous. In a robbery situation, in general it is recommended to not risk your personal safety - stay calm and just give the robber whatever he wants.

A basic rule when you defend yourself against a knife attack, stay out of reach from the knife. When you have the opportunity find something to keep the knife away from you, i.e., swinging your backpack or purse, a jacket...anything that is available – use it and try to escape as quickly as possible.

When the attacker has a club, baseball bat, or similar item, and running away is not possible, you have to quickly get in close for your defensive attack.

When the attacker has a gun, your options depend on the situation. We will discuss different scenarios in class.

IMPORTANT: The information in this student handout is only a **guideline**** intended for use during the seminar lead by a certified instructor, and does not replace the information and experience gained by attending the seminar.**