

STRIKE BACK II

How to Defend Yourself Against Violence

HOME STUDY COURSE - PART 2
PHYSICAL PRINCIPLES & PRACTICAL APPLICATIONS
(Manual # 2)



by

Gary R. Simpson
7th Degree Black Belt
Master Instructor
Zanshin Kai Karate Do

HOME STUDY COURSE

How to Defend Yourself Against Violence

Physical Principles and Practical Applications of Self Defence

WARNING & DISCLAIMER

All of the techniques described in this self defence course can cause physical injury. When practicing, **extreme caution** should be taken not to injure yourself or any training partner or partners. The author accepts no liability whatsoever for any injury or injuries to any person or persons as a result of practicing or enacting any of the techniques described herein.

V 120407

COPYRIGHT NOTICE

© 2007 Zanshin Kai Karate Do. This publication is copyright. Apart from any fair dealing for the purposes of private study, research, review or criticism, as permitted under the Copyright Act, no part may be reproduced or copied in any form, in any language, whether by graphic, visual, electronic, filming, audio recording or any other means without the written permission of the publisher.

DEDICATION:



In memory of my very first "O'Sensei" Warren King (1956 - 1980) whose life was tragically cut short by a motor cycle crash. Warren King was a consummate and courageous martial artist who inspired me to learn all I could. Now, some 33 years later, I am still training, still learning and still indebted to Warren for showing me the way.

THANKYOU:

To the following karateka for permitting me to use your photographs throughout this manual. You are all travelling a journey of enlightenment, and karate is the vehicle you have chosen.

Demetrios Pynes - 5th Dan & Chief Instructor Ren Wa Budo
Steven Andrezza – 3rd Dan
Ross Cardwell - 1st Dan

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

A MESSAGE TO YOU FROM THE INSTRUCTOR:



There comes a time in everybody's life when all avenues of negotiation fail. That is the time when, as abhorrent and distasteful as you find it, you must fight.

In this manual I will show you how to fight to win.

This manual is the second volume of a two part series on self-defense.

Part one is called: "**Strike Back - How to Protect Yourself From Violence.**" It is primarily concerned with the mental principles and theory.

This volume is called: "**Strike Back 2 - How to Defend Yourself Against Violence.**"

Both volumes contain essential information for keeping yourself safe in this increasingly violent world.

If you have already studied the first volume then you might like to skim through pages 5 to 27 because much of it has been reproduced, though not all. Perhaps it would be a good exercise for revision. I will leave you to decide. Page 28 is where we really start to get physical.

PURPOSE OF THIS HOME STUDY COURSE:

The purpose of this home study course is not to turn you into a black belt martial arts expert. Without years of dedicated training that would be quite impossible.

Rather, this home study course will attempt to get you to **THINK** like a black belt. It will teach you how you can better defend yourself from those who choose to do harm to you and others. It will do this by revealing to you some very simple and powerful physical principles and practical applications that can be used in a wide variety of circumstances. Understanding the principles will be a key feature.

All self-respecting karate black belts rarely, if ever, get themselves into positions of conflict. They develop, as a by-product of their training, an innate sense of danger. This allows them to avoid situations and places where their safety can be compromised.

If, by chance, they do find themselves in a confrontation, most of them would attempt to talk their way to safety - or run away. Even so, occasionally there are times when the only method of dealing with a persistent violent aggressor is through counter-violence.

Despite the fact that most accomplished black belts have trained in numerous techniques on a regular basis for more than five years (the average time required to receive a black belt), the majority of them would revert to the relative safety of just a few powerful techniques if they were forced to defend themselves. These would be favourite techniques that are relatively simple to perform and have less margin for error. That is what this home study course manual will teach you.

Why would you do something with a high degree of difficulty when something with a low degree of difficulty was equally or even more effective?

In a threatening real life situation there are no Hollywood cameras present. There is no requirement to do anything flashy. Flashy techniques mean trouble and are best left to the completely unrealistic fight scenes that we see in the movies.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

All you want to do is survive by the most efficient means possible. And if that means picking up a brick or a lump of wood or any other object close to hand then smashing somebody over the head with it to escape an unprovoked and ferocious attack then, so be it.

I have always advocated that: *"it is better to be tried by twelve than carried by six."*

This second home study course manual is packed with the easiest and simplest self defence techniques. These techniques can be engaged when violence escalates past the ideas contained in the first manual. Time, place and circumstance should determine your reaction to any imposed or compromising situation.

Whilst this volume of the home study course is concerned mainly with physical principles and practical applications, I have written a complementary compendium volume called **"How to Protect Yourself From Violence - Mental Principles and Theory."**

Both home study courses together represent all the best and easiest ideas and techniques of more than thirty three years of study on the subject of self defence.

Over those thirty three years I have instructed thousands of students and conducted countless self defence classes and courses.

It has been my experience that most people prefer to avoid confrontation in the first place rather than try to cope with it when it presents itself. I know I do. That is the cornerstone of all my instruction. And that is the primary focus of this home study course. If you heed the advice in the first manual of this course you will live in much safer circumstances. If you need the physical techniques in this manual then you will be well equipped to handle most circumstances.

Gary Simpson

Gary Simpson
7th DAN Kyoshi (Master Instructor)
Zanshin Kai Karate Do
Perth, Western Australia

How to Defend Yourself Against Violence

**The techniques and
information in this
HOME STUDY COURSE
could save your life!**

WORLD VIOLENCE IS ON THE INCREASE - INTERNATIONALLY, NATIONALLY, LOCALLY AND DOMESTICALLY.

BY READING AND UNDERSTANDING THE CONTENTS OF THIS HOME STUDY COURSE AND PARTICIPATING IN THE EXERCISES YOU CAN LEARN TO DEFEND YOURSELF FROM THIS SCOURGE ON OUR SOCIETY...

IN FACT, YOU CAN LEARN TO DEFEND YOURSELF LIKE A KARATE BLACK BELT WITH ABSOLUTELY NO BELT AT ALL!

This Revelation Will Probably Surprise You...

The wearing of the much coveted martial arts "black belt" does not necessarily mean that the wearer is an expert in hand to hand combat. That is the myth put forward by Hollywood movie producers.

Actors like Chuck Norris, Bruce Lee, Jean-Claude Van Damme, Jackie Chan and Steven Seagal, to name just a few, have been responsible for bringing the martial arts out of the shroud of secrecy and into the homes of everybody willing to watch their daring deeds at the movies or on television.

I am not trying to denigrate these people. They are actors. They are also good martial artists. However, many of the techniques we see on television and in the movies simply do not work. You are probably thinking:

Wow! Is that true?

Believe me. It is. I have practiced many martial arts for more than thirty years and I often shake my head in disgust at some of the garbage served up by the movie-makers. Their fight scenes are totally unrealistic.

For instance, can you imagine why any martial arts person would stand on one leg and "machinegun" his hapless opponent with six or more roundhouse kicks to the head followed by a reverse spinning heel kick when a simple punch would suffice?

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

In real life situations, spectacular and acrobatic moves just do not work. They are the creations of action movie choreographers and may require dozens of "takes" to get them just right.

For a start, standing on one leg to place a high kick introduces an element of instability. It is better to have both feet firmly planted on the ground.

Next, tremendous flexibility is required. This is OK if one is wearing a loose fitting martial arts uniform. Not too good if one is wearing a tight fitting pair of jeans and leather soled shoes. Or if you happen to be standing on a wet or slippery surface.

But, getting back to the black belt:

Let me repeat..."The wearing of the much coveted martial arts black belt does not necessarily mean that the wearer is an expert in hand to hand combat."

Having Said That Twice, Let Me Qualify My Statement...

The study of karate, like many martial arts, consists of many elements including the practice of hand to hand combat.

Other requirements are mastery over basic techniques, practice of katas (a series of pre-arranged offensive and defensive movements), karate terminology and history.

Therefore, because hand to hand combat is only one part of the total requirements it is possible to receive a black belt without being a tremendous fighter. Some are, but many are not.

So, please do not think that because somebody you know has a black belt in some oriental martial art, that they are somebody to be feared.

I personally cringe inside when somebody utters the words: "I'd hate to meet you in a dark alley."

For a start, you will never find me lingering in a dark alley. It would be

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

very unsafe and, as you will find out in this home study course, I just don't place myself in those situations. Besides, I am the last person who would want to hurt somebody else - unless, of course, I had a really good reason to do so - meaning, I was being attacked.

All good black belt exponents will have one thing in common. Because they understand the devastating effect of certain blows on the human body, they will do whatever they can to avoid inflicting them. This instills in them an instinct for detecting danger, aggressive people and threatening situations.

And they avoid these things like the plague.

So, the ultimate weapon that a real black belt has is not his or her hands, elbows, knees and feet. It is the mind. The brain.

Your brain is your ultimate weapon. Never forget that.

By developing the correct mind-set (manual #1) and learning some simple karate and ju-jitsu techniques you really will be able to:

Defend yourself (and your loved ones) like a karate black belt.

You will never, ever have to take a real karate lesson unless, of course, you are inspired to do so.

Because you will be taught in this home study some powerful black belt martial arts techniques you really do not need **any belt at all.**

A bit of common sense will be your main ally plus a few key moves to get you out of any trouble.



CONTENTS:

The Problem	13
Where Is It All Heading?	17
How to Use This Home Study Course	24
The Clock Principle	29
The Techniques that You Will Learn	30

PART ONE: (General applications) 32

BASIC BODY WEAPONS THAT CAN BE USED DURING TIMES OF STRESS

Lesson 1 The Open Hand Strike	34
Lesson 2 The Elbow Strike	42
Lesson 3 The Knee Lift	50
Lesson 4 The Basic Front Kick	57
Lesson 5 The Finger Jab	64

Summary of the Five Basic Offensive Techniques	72
Final Comment on Lessons 1 to 5	79

PART TWO: (Specific applications) 82

SPECIFIC METHODS OF DEALING WITH THE MOST COMMON TYPES OF ATTACK

LEVEL ONE (very easy)

Lesson 6 Double Wrist Grab (high position)	87
Lesson 7 Double Wrist Grab (low position)	91
Lesson 8 Bent Arm Strangle (from the front)	97
Lesson 9 Bear Hug from the Front (arms free)	101

LEVEL TWO (easy)

Lesson 10 Straight Arm Strangle (from the front #1)	107
Lesson 11 Bear Hug from Behind (arms pinned)	112
Lesson 12 Double Arm Grab (from the side)	117
Lesson 13 Bent Arm Strangle (from behind)	122

LEVEL THREE (moderately easy)

Lesson 14 Bent Arm Strangle (from the front)	130
Lesson 15 Bearhug from the Front (arms pinned)	136
Lesson 16 Straight Arm Strangle (from the front #2)	143
Lesson 17 Head Lock (from the side #1)	148

LEVEL FOUR (average difficulty)

Lesson 18 Knee Tackle	154
Lesson 19 Head Lock (from the side #2)	159
Lesson 20 Crushing Hand Shake	164
Lesson 21 Two Hand Shove	170

LEVEL FIVE (moderately difficult)

Lesson 22 Double Wrist Grab (From Behind)	177
Lesson 23 Rear "V" Neck Choke	182
Lesson 24 Lying Double Arm Strangle	187
Lesson 25 Single Hand Throat Grab With Fist Raised	192
Lesson 26 Kneeling Straight Arm Strangle	201

Summary List of Techniques Covered	208
Summary of the Principles Used in the 21 Defences	211
Answers to Questions on Lessons 1 to 5	216
Conclusion	222
Review of Your Hand Written Notes	223

A Final Word From Me to You	224
About the Course Instructor	225

NEVER FORGET...	226
------------------------	-----

THE PROBLEM:

You only have to flick through newspapers, catch a news report on the television or listen to the radio to realise that violence is on the rise. This is a phenomenon right across the world. It does not seem to matter where you live.

Of course governments and police departments will deny this purely because of their collective inability to curb it. They manufacture all sorts of statistics to show that they are in control of the situation. But they are not. Weak-kneed politicians, aided and abetted by equally weak-kneed judges and magistrates, fall prey to smart talking criminal defence lawyers who seem hell bent on keeping the low life elements in our cities and on our suburban streets at all costs.

All this is supported by a massive social worker effort intent on one thing and one thing only - preserving the rights and privileges of those who prey on the elderly, the infirm and basically anybody else they see as physically handicapped, inattentive or defenceless.

It is all about money. Big money. A single violent repeat offender (also known as a recidivist) can, and indeed will, destroy the lives of hundreds of ordinary law abiding citizens. Citizens who pay taxes. The same taxes that are used by the "system" to keep these predators exactly where they do not belong - in our neighborhoods.

Recidivists create "case studies" for all manner of legal people, psychologists, social workers, government employees, university criminologists and a bevy of others who take it upon themselves to try to alter the behaviour patterns of the predators among us. They are trying to turn rampaging "man-eating" tigers into sweet lovable little pussy cats. Ha!

There is no relief in sight. More and more "new-age thinkers" laden with theories learned at universities from previous batches of "text book theorists" are now presenting these theories as "facts" to any politician who will listen. They have barrows to push and those barrows now have motors attached.

How many times have you heard of a particularly vicious assault or

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

even a murder case played down and justified by lame-brain excuses such as "under the influence of drugs or alcohol" (usually both) or "had a deprived childhood" or "has a cultural disadvantage?"

Next time you read about the exploits of one of these losers in the newspaper just take note of their "so-called" reasons. Almost always it will involve drugs and/or alcohol. Just who decided to take these things in the first place? Are they really the mis-understood disadvantaged poor souls of our communities?

Here is what I say:

"Crap. Crap. And more crap!" Excuse the language please. But this lunacy really gets me riled.

For every mongrel law-breaker who suffered these "problems" there is somebody else in similar circumstances who has risen above them to lead an exemplary life.

Most law breakers are simply predators who get much more enjoyment out of hunting and hurting and robbing people than they do out of going to work, paying their fair share of taxes and making the world a better place to live in.

These days, like never before, anybody who ventures out after dark increases the risk of confrontation many times. This only stands to reason. Cowards rarely give their victims an even chance. Sneaking around in the dark where people cannot see them is just such predictable behaviour for them. Just look at the type of violent physical crimes being committed these days:

- all kinds of vicious assault
- arson and all sorts of wanton vandalism
- motor vehicle theft, including "car jacking"
- purse and bag snatching, particularly from fragile elderly ladies
- rape and violent sexual assault
- murder - often involving the most inhumane examples of torture
- pedophilia
- home invasion and on and on and on...

Take a few minutes to read the following dialogue. It is fictitious but, unfortunately, it is just so close to the truth.

The Scene is the Court Room:

Defence Lawyer: "Your Honour. My client is remorseful for the pain and suffering he has caused. He is deeply remorseful. He has had a very deprived childhood. Deprived in the extreme. He has very poorly developed social skills but he is willing to undertake a course to improve these skills.

Your Honour, to incarcerate my client will serve no purpose to the community. No purpose whatsoever other than some sort of hateful revenge. Is that what our society demands Your Honour? Revenge?

In fact, your Honour, if my client is placed in detention it will severely disadvantage the community because he will feel compelled to lash out at society. He will see it as further proof that the wrongs he has already suffered as a child are still being manifested upon him. Your Honour, I respectfully request leniency on behalf of my client."

Magistrate : "Thank you Counsel. You have presented a compelling case for this young man. And I agree with your comments. Your client will perform sixty hours of unpaid community service."

The Magistrate addresses the teenager:

Magistrate: "Young man, I have accepted what has been said on your behalf. Please do not let me see you come before this Court again."

The youth nods. He is all forlorn looking. Sitting there in his nice new suit and his hastily knotted tie. Butter would not melt in his mouth.

The gavel hits down. "Sixty hours of unpaid community service. Next case."

The old man sitting in the dock with his family is crestfallen. They shake their heads and mutter things to themselves as they help the old man to his feet. His face is still black and blue and he now walks

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

with the aid of a stick. He has thirty stitches holding his face together - the result of the beating he received in the confines of his own home, at the hands of the youth.

They walk outside and make their way onto the street. They stand there talking among themselves.

A few minutes later out bounces the youth. He has already removed his coat and tie. He slaps the hands of several other youths in the "high-five" routine. Then he turns towards the old man and his family.

"Hey!" he yells.

The family turns around.

"Up yours!" His middle finger points skyward. He laughs, spits in their direction, makes more obscene gestures, shouts the most filthy and vile words at them, then walks away with his mates.

This is justice in the new millennium.

WHERE IS IT ALL HEADING?

Any sane person will realise only too well that no government is able to provide a police officer for every street corner. It simply can't be done. Nor should it be. Civilisations are built on rules. These rules are accepted by the vast majority of society as rules that people should live by.

Unfortunately, there is an element within our society that does not accept these rules. They break them at every turn. Then they use well-meaning people (eg soft option social workers) to assist them to keep breaking the law.

Just like the fictitious miscreant I described in the previous chapter, they "milk" the system for all it is worth. They commit their crimes, often cruel and heinous crimes, they engage specialist help (almost always at tax-payers' expense) then they escape conviction by using very clever lawyers who are out to make a reputation for themselves by taking on "high profile" cases and winning. (Such lawyers are also often funded by the tax-payer).

So, what do ordinary citizens do when "the system" continually lets society down?

There is only one solution:

YOU HAVE TO LEARN TO LOOK AFTER YOURSELF

And knowing how to do that is exactly what this home study course manual is all about.

So, how is it done?

Physical skill (the ability to fight back) is such a very small part of knowing how to protect and defend yourself. Nobody else will do it for you. In fact, nobody else **can** do it for you! Defending yourself is such an intensely personal thing. You can teach yourself how to do this by studying the principles and techniques outlined in this course.

There are twenty-six lessons in this volume to learn from.

To revert back to martial arts per se, there is a well known martial arts film called "*Enter the Dragon*" starring the late, great Bruce Lee, who I am sure that many people will be familiar with.

In this classic film, there is a gathering of all the greatest martial arts exponents in the world. They are all making their ways to the Island of Han where a tournament is to be held to find out who is the best fighter.

In one scene Bruce Lee is shown traveling to this island to compete. He is on a boat. Also on this boat is a brute of a man who takes great pleasure at bullying the Asian deck hands. Eventually he confronts Lee. He challenges Lee to a fight - on the boat. Lee casually accepts the challenge.

The bully wants to know what style of fighting Lee will use. He is mocking Lee, treating him like a fool. Lee responds by saying that his style of fighting is "fighting by not fighting at all."

Lee's response annoys the bully.

The bully wants to fight Lee right there on the boat. But Lee says no. Lee says it will be much more interesting to fight on land. Reluctantly the bully agrees, but where? Lee points to a small island only a short distance away. Lee offers to row both of them across to this island where they will fight. (The row boat they were to use was being towed behind the larger boat).

The bully steps off the larger boat and into the row boat. Lee holds the rope making out as though he too is getting into the row boat. But he does not. He lets the rope go, thereby abandoning the bully who yells and complains that he has been tricked. Everybody on the bigger boat laughs at the bully who has been made to look like such a fool.

Lee has outsmarted the bully. He has won the fight by using the style of "fighting by not fighting at all."

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

The point to all this is that Lee, even though he was a great fighter in real life (and which was also later shown to be the case in the story of the film), used his most powerful weapon against the bully. He used his brain.

Your most powerful weapon of self defence is your brain.

Think about this. It must be true. If it were not, human beings would not be the most dominant species on this planet.

A man or woman cannot overcome a tiger or a lion. However, a man or a woman with a high-powered rifle can certainly do such a thing (not that I condone killing these beautiful animals).

What created this mis-match of "claw and fang" versus a firearm? The human brain. The human brain is the all conquering weapon of planet Earth. We are by far the most powerful creature because we have the ability to think and solve problems.

The use of superior weapons and/or tactics will always overcome a more fearsome opponent.

What most of this home study course is concerned with is superior tactics. If superior weapons were the only way of defence we would all be carrying around M16's or AK47's.

But just for one moment, imagine what a situation that would bring with it. If everybody toted a gun we would be reverting back to the American "wild west" days. With everybody carrying a firearm the only advantages one could ever hope to have over an opponent would be:

- a more powerful firearm (one with greater technology)
- multiple firearms (like the dual holster gunslingers of the "wild west")
- greater ability with the firearm (a bit like being a "Billy the Kid" type person)
- superior tactics

Today, we are not allowed to go armed in public - nor should we be allowed to. If some people were allowed to carry guns then others

would also want to. This is one of the reasons used by certain sections of the community who oppose even Police officers carrying guns. Their argument is: if police carry guns, criminals will also have to carry guns.

My belief is that criminals will carry guns no matter what. They will do this because they have no regard for the law in the first place. Therefore the carrying of a gun means nothing to them anyway.

So, discounting any option of carrying a firearm, or for that matter, any form of weapon, there is only one option remaining:

- superior tactics

The tactics and techniques in this home study course will certainly help you but they must be studied and learned and revised from time to time.

At this point I must impress upon you that **protecting yourself from violence is the FIRST thing that you should do**. That is what the first home study manual ("Mental Principles and Theory") is all about.

If you follow the code of protection that I advocate then you will lessen your chances of being attacked dramatically. Having said that, I know only too well that there are just so many violent predators in society.

A simple human mistake such as inadvertently cutting somebody off while driving your vehicle may be just the catalyst that one of these monsters need.

I have witnessed acts of sheer lunacy from people in motor vehicles (mostly men, but occasionally women) who believe that another motorist has disadvantaged them. The person "offended" often will drive recklessly by following far too closely behind (tailgating) to intimidate. On many occasions I have seen a person drive side-by-side all the while hurling abuse, lewd hand signs and sometimes, objects at another motorist.

I have also seen some very angry people pull up behind another

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

motorist at a set of red traffic lights, get out and either destroy a part of the other motorist's vehicle, verbally abuse them or physically assault them. Sometimes, all of those things.

It's all very well to avoid trouble in the first instance but what if violence is inescapable?

Notwithstanding all the advice I give in the Home Study Manual #1 - "Mental Principles and Theory," what if you just find yourself in the wrong place at the wrong time?

Some offenders are so pre-disposed towards violence that they will not listen to reason, accept a sincere apology or go away and leave you alone.

What about the following instances which are all too common:

- Home invasion
- Violent burglary
- Car jacking
- Robbery with intended violence
- Drunken or drug-crazed attack
- Intended violent predatory sexual assault
- Unwanted attention including stalking?

In all of the above examples the violence comes to you as you go about your normal daily routine or home life.

The point I want to impress upon you is that you can't "wrap yourself up in cotton wool" and live like a hermit. Nor should you have to.

At some stage after taking every precaution possible and trying all means and methods of extrication, violence against you is imminent.

Can you look after yourself well enough to escape the initial onslaught and then escape to find help? That is what the techniques in this manual will teach you.

Let me make one point perfectly clear...

None of the techniques in this Home Study Course manual should be used for any purpose other than to remove yourself or a loved one from immediate attack. In no way am I attempting to equip you to become a crusader or mediator or neighbourhood vigilante or anything even remotely close to such things.

In my opinion those people who ride the subways in America as a "peace force" calling themselves fancy names like the "Guardian Angels" are nothing more than just another gang.

Organised urban peace keepers are called police officers. Organised national peace-keepers are collectively called the army.

I just want to make it perfectly clear that all the techniques that you learn in this Home Study Course manual, effective as they are, are for escape to safety only. They should be used as a last resort.

Having said all that - one thing is for sure and certain - if you fail to protect yourself properly in the first instance then, it sure will be good to know what follows.

Remember, true martial arts exponents train regularly (often 2 or 3 or more times a week). They do this to keep their skill level high. Personally, I train every day - not for very long but I do it **every** day.

I am not advocating that you need to be so dedicated but once a week would be a good start.

Training little but often keeps you sharp.

As with the first home study manual I expect you to get involved - not just read what I have to tell you. I am going to ask you a series of questions after each lesson to see how well you have absorbed the lesson. If I ask a question I expect you to answer it. But you will only have yourself to monitor your own honesty.

I expect you to train physically and I also expect you to put pen to paper to record key points about what you have learned. Start that process now by turning the page and making some "key points."

HOW TO USE THIS HOME STUDY COURSE:

First, I strongly suggest that this Home Study Course should be studied at least twice from cover to cover. You will notice that the course has been broken up into twenty six separate lessons. **If you haven't already done so, make a hard copy of this e-manual now. Making one copy does not violate the copyright provisions of this publication. Making more than one copy does.**

Each lesson represents a key factor in your ability to defend yourself. Notice I said **defending** yourself - not **protecting** yourself. As I have been at pains to promote - defence comes after protection. If you are forced to defend yourself then it is quite likely that you have actually failed to protect yourself. There is a big difference.

I am going to say this again - after each section there is a space to record your notes and thoughts. **Make sure that you participate in this.** Did you record some notes on page 23? If not, then you are already disappointing me. If you were participating in one of my "live" seminars I would send you over to the side of the class to do it.

I know from so many years of experience that it is just so important.

Your participation will ensure that you get the most out of the course. If you decide not to participate then all you are doing is reading. This will weaken your level of understanding and your ability to implement the ideas and techniques contained in the lessons.

Taking notes is a proven method of retention. Of all the students that I have ever taught the ones that excel are the ones who take notes.

After this has been done you should take a red pen or, even better, one of those brightly coloured highlighter pens and mark up those sections and parts, which you feel are particularly useful to you. You should then go over those sections as often as you can so they become second nature to you.

You might be wondering how this material could possibly replace a full-on self defence course? On that, I will say two things.

First, I want to talk about retention.

Most good self defence courses will cost you anywhere between \$100 to \$300 or more. They could last over a period of several weeks or it may be an intensive evening or weekend workshop. Most techniques and ideas are presented once, practiced once and the course moves on. Retention is virtually impossible unless those techniques and ideas are re-inforced over and over again.

From experience, I know only too well that most of what is learned is very temporary indeed. It is forgotten very quickly. In my estimation 90% is forgotten in the first week and most of the rest is diminished over the next month. Pretty soon almost all of what was shown and practiced is lost.

Have you ever done a first aid course or learned a musical instrument? Without constant practice and/or "refresher" lessons how much do you remember?

That is why I am so hot on participation and taking notes.

In this course I am also going to present a feature that, to my knowledge, has never been done before in any self defence course.

Every book that I have ever examined on this subject and every other instructor that I have ever observed have shown technique only.

What I have done with this course is to present a set of principles and "rules" that will make you understand **why** a certain move works. When you understand **why** something works then you become far more efficient. You are also able to adapt these principles to other situations.

These principles have been drawn from more than thirty years of presentations and instruction. The advantage here is that you "interact" with the information and because you retain the course you can review the information as often as you like.

So, again:

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Just reading this Home Study Course and tossing it somewhere when you have finished is not going to help you one little bit. Well, it might but not much.

This leads me to my next point. It's best understood by referring to the old parable: *"You can feed somebody a fish and it will satisfy their hunger for a short while but, if you show them how to catch fish then they can then feed themselves for a lifetime."*

It is my sincere hope that by the time you finish reading and studying this information you will be able to defend yourself against violence in a much more capable manner than ever before.

Your participation is the real power behind getting the most from this home study course.

Do the exercises, make notes - **PARTICIPATE.**

Have I made that point strongly enough?

OK. I know I can be painfully repetitive. I only do it because I know it works. I have read that you have to say things at least seven times before people really take notice.

I'm going to digress here with a specific example so you will understand just how important it is to know why you need to understand the "principles" behind the techniques.

A young lady that I know was being bothered by a male employee who would engage her in conversation then, while gesticulating with his hands would brush them across her breasts. He was attempting to pass it off as some sort of normal communication behavior.

Knowing that I was a person trained in martial arts she asked me what she could do.

My first offering was to advise her to avoid him. She said that she had tried this but he always found ways to "bail her up." I then suggested that she should tell him that touching her in that manner was inappropriate and was causing her anguish. She told me that she had

tried to inform him "nicely" just that but it also hadn't worked. He largely ignored it, sometimes saying he was sorry for the contact but it kept happening all the same.

I realised that what she wanted was a swift move to intercept his hand and show him that physical contact was not a good idea.

I asked her to show me exactly how he was initiating the touching. She did. When I asked her to try the move a second time I took her hand as it traveled towards me and executed a controlled wrist lock. That wrist lock is shown in Lessons 16 and 25.

I broke the move down and we practiced it half a dozen times. She got marginally better the more times she practiced it on me - naturally. The moment I showed her **why** the move worked she executed it almost flawlessly and was able to apply it to me with whatever degree of pain that she chose to use.

During the demonstration several other employees became curious and also wanted to practice the move. So, soon I had three others doing it. They were all amazed at how simple yet devastating it was.

One of the other people was a promising Aussie Rules footballer. For him, I adapted the move to enable him to break virtually any jumper grasping tackle that he might encounter during a game.

You see, he plays in the forward line and is extremely fast on a lead. The only way that an opposing back-man can counter that speed is to hold onto his jumper from behind in a manner that the umpires cannot detect. I enjoy watching football and I see this (illegal) tactic being used all the time.

The only way that I have ever seen a player break such a restraint is to chop down on the arms. In the way that they do it such a move is not very effective. It usually takes several strikes of increasing strength and often ends up in a tangle of arms and jumpers.

Like I said, I adapted the lock that I was showing the young lady at the time so that he could use it to break away. I showed him how to do it from either side. I have since lost contact with the young man

www.selfprotection101.com presents:

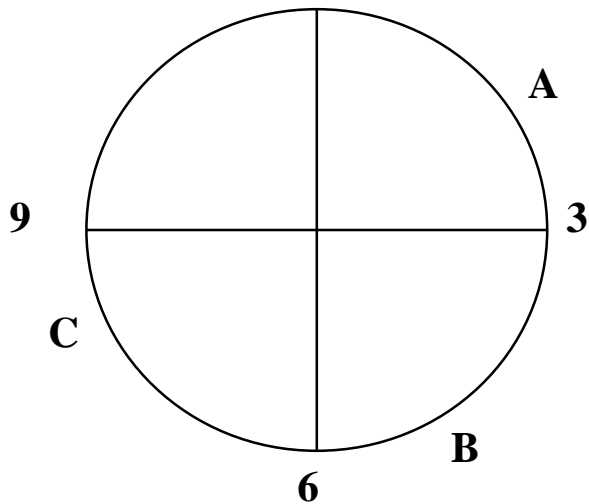
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

but I will be watching with interest to see how he might use this move if I happen to see him play. If he does it properly nobody will want to hold his jumper too often.

THE CLOCK PRINCIPLE:

In the following descriptions, the clock principle will be used to describe the angles of attack and defence.

With reference to the diagram below, A is at two o'clock, B is at five o'clock and C is at eight o'clock.



It is always assumed that straight ahead is twelve o'clock.

The advantage of understanding the clock principle is that descriptions of direction become accurate to within 30 degrees. This gives an immediate idea of the angle of attack, defence or movement without becoming too specific, which would be confusing. To describe angles with any greater accuracy would be a pointless exercise for the purpose of this manual.

An average person can immediately grasp a 30 degree "window" of activity without any concentration when it is related to such a familiar object as the face of a clock. Hence, the clock principle is a distinct advantage in describing the angles for the self defence manouvers that follow.

THE TECHNIQUES THAT YOU WILL LEARN:

This Home Study Course self defence manual is divided into two sections.

In Part One (Lessons 1 to 5) you will learn what I believe are the five easiest and most powerful offensive arm and leg strikes that I know of. I have selected these five from virtually dozens of offensive moves that I instruct in.

Let me define the word "offensive." I am not using it here in the context of somebody's behavior being offensive. Offensive behavior is what all robbers, bashers and sex attackers use to force themselves on their intended victims.

I am using the word offensive in the manner that you can initiate a move as a means of counter-attack. In other words, an offensive person may find himself or herself on the other end of your offensive manouever. (A little play on words from me. I do that occasionally during class. Those who don't smile are either not paying attention or don't find my jokes amusing - I keep my eye on these people and test them further as the lesson progresses. It's just my way of being **aware** of who is who. Do you detect some shades of the Home Study Course manual volume 1 here? I practice what I preach).

Back to offensive manouevers... you might say that an offensive manouever is the opposite of a defensive manouever. In my opinion that would be somewhat true and relevant. However an offensive move can and should be used only defensively. Confused? Let me explain:

The rest of this course can be broken down into two separate but mutually interactive parts:

- 1 - the techniques that you can use to hit a violent attacker, and
- 2 - the techniques that you can use to inflict a painful strike or lock on a violent attacker who grabs you.

The five *striking* techniques will use both arms and legs. I will show

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

you how and where to hit for maximum damage and impact. You then get to choose the amount of force that you want to use.

The 21 *defensive* techniques of Part Two contain enough principles for you to teach yourself how to adapt and use them against almost any grab that you might find an attacker can put you in.

Your ability to "adapt" the principles will only be limited by your imagination.

Very soon we will get to the first lesson. It will be the first of five strikes. **Please understand that they are extremely dangerous.** If you are practicing with a partner you need to be careful. The first strike you will learn is an open hand strike directed to the jaw of a would-be attacker. Any over extension of range, speed or power can easily break a training partner's jaw.

I always tell first up students at all my self defence classes that we are training to defend ourselves not to run out of training partners through over-zealousness. A small amount of knowledge in these matters is always extremely dangerous.

Be careful!

Leave yourself enough margin for error and only increase your speed and power gradually as you gain confidence.

The best advice I can give here is to practice all the strikes against a brick wall first. In that way, if you get carried away you will only hurt yourself and not be responsible for putting a friend or relative in hospital with a broken jaw or whatever. Here is what you can do:

Take a piece of chalk and make an outline of a guy's body against a wall. Most violent assaults are committed by males but a female outline will be OK.

Finally, Home Study Manual volume 1 (Mental Principle and Theory) is the "Dove of Peace." Home Study Manual volume 2 (this one) is the "Tiger of War." Enter the tiger...

PART ONE

GENERAL DEFENCE

**BASIC BODY WEAPONS THAT
CAN BE USED DURING
TIMES OF STRESS**

(GENERAL APPLICATIONS)

WARNING

**THE FOLLOWING TECHNIQUES ARE
DANGEROUS.**

**EXTREME CAUTION SHOULD BE
TAKEN WHEN PRACTICING THAT
YOU DO NOT INJURE YOURSELF OR
ANY TRAINING PARTNER OR
PARTNERS.**

**THE APPLICATION OF THESE
TECHNIQUES ON AN ADVERSARY
MAY CAUSE TEMPORARY OR
PERMANENT DISABLEMENT TO
THAT PERSON.**

**CURRENT LAWS REQUIRE YOU TO
RESPOND WITH "REASONABLE"
FORCE IF YOU ARE ATTACKED.**

LESSON 1 -

Offensive Technique # 1

THE OPEN HAND STRIKE

LESSON 1 - THE OPEN HAND STRIKE

To an unskilled fighter (ie one not trained in a specific fighting art such as karate or boxing), the open hand strike is the best strike available. This is because most people are not able to clench a fist in the correct manner thereby severely reducing its striking power. An open hand strike is easier to perform, has less risk of injury to the person using it and, when used correctly, can be almost as effective as any of the numerous punching techniques.

The open hand strike, as the name so obviously suggests, is a strike using the palm of the hand. The primary targets for such a strike are the jaw of an attacker, his nose, or, in the inverted position, the groin. There are many other targets too, but these are the main targets that are easy to hit.

To use an open hand strike to the jaw the hand must be slightly tensed and the fingers and thumb should be pressed close together. If the fingers or thumb are loose then there is a chance that they can be injured (fractured, broken, dislocated). The striking area is that part of the palm closest to the wrist, called the "butt of the palm" or the "palm heel". It forms a very powerful striking unit.

I favour this strike above all others because it is easy to form, requires little or no strength and, when the fingers and thumb are tucked in, there is very little chance of injury.

I have found that very few people are capable of making a proper fist. Many men think they can but my experience has shown that this is otherwise.

There have been many reports of two people, after having a fight, sitting in different parts of the same hospital, one with a black eye, the other with broken metacarpals (bones of the hand). Also, it requires a lot of training to deliver the various fist strikes at the correct angles to do maximum damage.

So the fist is not a favoured strike. Neither is that other popular strike generally referred to as the "karate chop" seen used on various

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

James Bond style movies. In reality this strike is rather weak and should be best left to very experienced martial arts people. So, the Open Hand Strike is the best long-range hand strike to use.

I am going to show you three very simple but extremely versatile variations of it. As mentioned earlier, the first of these is the Open Hand Strike to the jaw.

As shown in the following photograph, this strike should be made so that, upon impact, the area of the palm making contact is that part running from the centre of the wrist to the start of the middle finger.

Note the angle of the hand. (For a left hand strike, as in the photograph, the angle of the hand is 10 o'clock. For a right hand strike, the angle of attack is the reverse, 2 o'clock). The general method of delivery can be described as reaching.



Photo showing the correct hand position for an Open Hand Strike to the jaw.

The second target is the nose of the assailant.

When the nose is struck it tends to make his eyes fill with tears making it difficult for him to see. When this happens it is a good opportunity to make an escape. There is no point hanging around trying to trade blows with a violent and/or enraged assailant.

To attack the nose the hand is held closer to the vertical or 12 o'clock

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

position. The striking surface is much more localised than the previous example, being the area of the palm close to the wrist. Against this target the Open Hand is a very powerful strike indeed. Again, you should ensure that the fingers and thumb are held tight. The action of the strike is similar to that of a forceful push.



Photo showing the correct hand position for an Open Hand Strike to the nose

The third Open Hand Strike variation involves inverting the hand to strike the attacker's groin.

In this instance the hand is held so that the fingers point down to the 6 o'clock direction. The motion is similar to digging. This can be the precursor to a grab at the assailant's groin. However, this is probably not a good option unless you are well and truly trapped. If you squeeze the attacker's testicles (most attackers are men) he will probably lash out wildly in a fit of pain or rage and you may get injured when you otherwise would not.

I always recommend that you do just enough to stop an attacker then try to find an escape as quickly as you can. You should never escalate the violence being directed against you except when you feel there is no hope of escape. In such a case you must use whatever you can to stop the person from hurting you.



Photo showing the correct hand position for an Open Hand Strike to the groin

I must stress to you that just sitting in your armchair and reading about how to perform these strikes is not going to be anywhere near as beneficial to you as some good practice in front of a mirror or against a wall image.

You should perform each of these hand strikes in sets of ten, five with each hand. Direct your attacks at your own image in the mirror or the image on the wall.

There is a task chart below for you to record your efforts.

When you complete a set of ten, fill in the circle.

You should also be aware that **you must train over a period of time to become proficient** with these hand strikes. You cannot do them all at once and expect to be good at them.

Practice a little at a time but on a regular basis. This should be easy because each set only takes a few seconds to perform. Over several weeks you could practice hundreds of strikes.

One more thing... breathe out as you strike. It adds speed and power to them. It also tightens your body in the vent that you are also hit.

TASK CHART FOR PRACTICING THE OPEN HAND STRIKE

Technique/ Repetitions	1	2	3	4	5	6	7	8	9	10
1 - Open Hand to jaw -	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 - Open Hand to nose -	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 - Open Hand to groin -	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Now, I have a short set of questions I would like you to answer on Lesson 1 so you can show yourself just how much you understand.

You are not permitted to go back to Lesson 1 to find the answers until you have completed all the questions. If you cheat then you are only cheating yourself.

Now that you know there are questions following you might like go back and review Lesson 1 to make sure that you didn't miss anything.

After you have, please turn the page and start writing in your answers. We will do this for all of the first five lessons.

Questions on Lesson 1:

1 - Why is the open hand strike is the best strike available for an unskilled fighter?

Answer:

.....

2 - Why do you tuck your thumb and fingers in when executing this strike?

Answer:

.....

3 - What are the three most preferred targets to use this strike on?

Answer:

.....

.....

.....

4 - Describe the angle that you would position your hand for a strike to the groin?

Answer:

.....

5 - Although it would be easy to do as a follow up, why is unwise to squeeze the testicles of a male attacker after delivering the strike mentioned in question 4?

Answer:

.....

[Answers can be found on page 214]

Finally, turn over and write your own inspired thoughts on this lesson.

LESSON 2 -

Offensive Technique # 2

THE ELBOW STRIKE

LESSON 2 - THE ELBOW STRIKE

The Elbow Strike is a devastating short range strike, which can be directed against an attacker's head or torso. The power generated from a well aimed and timed Elbow Strike can be awesome.

The key thing to understand when using any sort of Elbow Strike is impact. Greater impact is only achieved when a large force is applied over a very short period of time. It is similar to a car crash - a large force coming to strike in a single instant.

The Elbow Strike should be short and sharp. There should be no "winding up" , excessive or grandiose manouevers. There are three basic versions of the Elbow Strike.

The first of these is the Forward Elbow Strike.

In the forward elbow strike it is important to ensure the correct positioning of the arm. Your thumb should point to the ground which means that your little finger edge points to the sky. This means that the back of your hand faces towards you while the palm of your hand faces towards the attacker. If you position your arm in this manner you will notice that the point of your elbow now faces away from you. By propelling your elbow forward this makes for a much more powerful strike than would otherwise be possible.

Try this simple test...

Raise your arm so that you are looking into the palm of your hand. Look across to your elbow and note its position. Now turn the palm of your hand away from yourself. Again look across to your elbow. Can you see how the point of the elbow is now sticking forward? This is the weapon that we use.

Against the side of the face or the jaw of an attacker this becomes a very powerful weapon. All this is achieved by a simple rotation of the forearm but it has a dramatic effect on impact. If the elbow were not pointed forward in this manner the strike would be little more than a

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

forearm strike. Turning the elbow magnifies the power and impact. (See diagram for the correct positioning of the elbow strike in relation to the assailant's jaw).



Photo showing the correct elbow position for a Forward Elbow Strike.

The second version of the Elbow Strike is the Side Elbow Strike. This is used primarily to an attacker's torso but can also be used to the face. Its delivery is typically the same as the classic "dig in the ribs". It is a sideways strike and uses as the point of impact the lower section of the upper arm (humerus) near the elbow.

There is no need to turn the forearm to any particular angle. However, again the strike should be very short and very sharp. This is what gives every elbow strike its power. Apart from that they are very difficult to avoid or block because of the extremely short time they take to deliver. If a big wind-up is employed the strike is "telegraphed" and it is easier to counter. The method of making any elbow strike should be more of a "jolt" than anything else.

The Side Elbow Strike can be used at any angles to the right from 2 to 4 o'clock or to the left between 8 to 10 o'clock. By altering the position of the feet the Side Elbow Strike can be used at any angle.



Photo showing the correct elbow position for a Side Elbow Strike.

The third variation of the elbow strike is the Rear Elbow Strike. As the name implies this is a rear striking action of the elbow. In this variation it is acceptable to use a greater range of movement in the action as it is a natural movement and closely resembles the action of the elbow when one is running. The prime targets are the solar plexus, the ribs or the stomach of the attacker.

If you attack the solar plexus you can easily disable the attacker by causing his diaphragm to collapse temporarily and you will easily escape.

A strike focussed on the ribs is very painful and can break ribs. A hit to the stomach is very temporary and is the weakest option of them all. No matter what the target is, the attack should be focussed. In other words, turn your head around and look at what you are doing.

It is pointless to throw your elbow in the general direction of an attacker and hope to hit something. You must pick out the target and aim for it. This is called focus. It will make your strike so much more powerful.

The following photograph shows a powerful Rear Elbow Strike. Even a slight blow delivered in this manner will render a large man unconscious. It can also do other damage. Just look at it.



Photo showing the correct elbow position for a Rear Elbow Strike.

You must practice these elbow strikes. There is a task chart below for you to record your efforts. When you complete a set of ten fill in the circle. You should also be aware that you must train over a period of time to become proficient with these elbow strikes. You cannot do them all at once and expect to be good at them.

Practice a little at a time but on a regular basis. This should be easy because each set only takes a few seconds to perform.

Little but often - that is the KEY!

TASK CHART FOR PRACTICING THE ELBOW STRIKE

Technique/ Repetitions	1	2	3	4	5	6	7	8	9	10
1 - Front elbow strike	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 - Side elbow strike	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 - Rear elbow strike	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Now, please turn the page - I have another short set of questions I would like you to answer on what you understood about Lesson 2.

As before, you are not permitted to go back to Lesson 2 to find the answers until you have completed all the questions. If you cheat then you are only cheating yourself.

Questions on Lesson 2:

1 - Name the three types of basic elbow strikes and give an example of targets where they might be aimed?

Answer:

.....
.....
.....

2 - Fill in the word to complete this sentence found in Lesson 2 - "No matter what the target is, the attack should be..."

Answer:

.....

3 - Elbow strikes are very difficult to avoid or block for one main reason. What is it?

Answer:

.....

4 - Describe the method for forming an elbow strike to the face of an assailant? In other words, how do you position your arm before the strike?

Answer:

.....
.....

5 - What is the reason for manipulating the arm in question 4?

Answer:

.....

[Answers can be found on page 215]

Finally, turn over and write your own inspired thoughts on this lesson.

LESSON 3 -

Offensive Technique # 3

THE KNEE LIFT

LESSON 3 - THE KNEE LIFT

As with the elbow strike, the knee lift should be performed in a short, sharp manner. There must be no preliminary movements. The knee simply raises swiftly to the intended target. There are only two angles of attack for the knee - straight ahead and to an angle of forty five degrees. In both cases the target is the groin.

The only other target for a knee lift is to the coccyx, or tailbone, but that would be an unusual target to aim for because your attacker would have to have his back to you. Nevertheless, it is a target and a very painful one at that. We shall therefore assume that your attacker is facing you, so we will concentrate on focussing the knee lift to the groin.

When delivered in the short, sharp manner that I favour, the knee lift is almost impossible to detect and also almost impossible to deflect, block or move out of the way of. It is therefore a formidable weapon and can be used as a surprise tactical move to set up other attacks with the hand or elbow.

The best method to understand and train for the front knee lift is to stand normally and place either of your hands in front of yourself at groin height and with the palm facing down. Next, focus on the hand, then in as short a movement and time period as possible raise the top of your knee to make contact with the palm of your hand.

The entire movement should take only a split second to perform. The shorter the time it takes for your knee to raise, hit the target and return to its starting position, the greater the impact and the better it will be. It is just that simple.

It is vitally important not to make any preliminary moves. There should be absolutely no winding up or chambering movement of any means. If there is it is totally unnecessary and only serves to warn the target of your intention. This is the biggest mistake that learners make. They all believe, erroneously, that there has to be all this backward movement prior to the knee being propelled forward. All

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

movement is directed straight at the target. The following diagram shows the correct impact position for the Front Knee Lift.



Photo showing the correct knee position for a Front Knee Lift.

The only other variation of the Knee Lift is the Angled Knee Lift. Everything is exactly the same except the angle of the hips. Instead of the hip joint facing forward, the hip is angled toward the target obliquely. It is only a slight variation and should only be used if the target cannot be brought into line directly to the front.

The best method for training to use this Knee Lift is to stand normally and place both hands, palms down in front of each hip. By turning the hip slightly in the direction of the hand, strike each hand alternately with alternate Knee Lifts.

To improve speed you can try ten Angled Knee Lifts in as short a time as possible. When attempting this, make sure that each hand is struck with some force. The knee should not just make light contact with the palm of the hand but should be slammed into it with an audible slap.

The following diagram shows the correct position of the knee in relation to the hand for training. Note the other hand is being held in position to be struck by the other knee.

By practicing the Angled Knee Lift, you should be able to strike into

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

the groin of an attacker even if he or she is not standing directly in front of you. Your width of attack should extend from the centre line of your own body out to each side by about half a metre, making a target zone of approximately one metre.



Photo showing the correct knee position for an Angled Knee Lift.

To become proficient, you must practice these Knee Lifts. Below, there is a task chart below for you to record your efforts. When you complete a set of ten fill in the circle. You should also be aware that you must train over a period of time to become proficient with these Knee Lifts. Practice a little at a time but on a regular basis. This should be easy because each set only takes a few seconds to perform. Over several weeks you could practice hundreds of these Knee Lifts. They are very powerful and can be delivered in a split second. You should therefore learn them well.

TASK CHART FOR PRACTICING THE KNEE LIFT

Technique/ Repetitions	1	2	3	4	5	6	7	8	9	10
1 - Front knee lift	- O	O	O	O	O	O	O	O	O	O
2 - Angled knee lift	- O	O	O	O	O	O	O	O	O	O

I do hope that you are filling these task charts in!

Questions on Lesson 3:

1 - What is the similarity between the knee lift and the elbow strike?

Answer:

.....

2 - As with the elbow strike, when executing a knee lift, what is the WORST thing that you can do to alert the target?

Answer:

.....

3 - Describe the best method for training in Knee Lifts?

Answer:

.....

.....

4 - Describe the target zone (ie zone of action) for the Knee Lift?

Answer:

.....

.....

5 - What are the only two targets for a Knee Lift?

Answer:

.....

.....

[Answers can be found on page 216]

As usual, turn over and write your own inspired thoughts on this lesson. Your interpretation of the material presented is as important as the actual material itself.

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 3 - Key points for me to remember:

LESSON 4 -

OFFENSIVE TECHNIQUE # 4

THE BASIC FRONT KICK

LESSON 4 - THE BASIC FRONT KICK

The Basic Front Kick is the most difficult of the five basic weapons. Before describing the method of execution of this kick I think it is important to nominate the target areas. The target areas are limited by the individual's levels of fitness and suppleness. For the average person the only targets that should be attempted are the groin, knee and shins of an attacker. However, for a person who is older and probably, as a consequence, more limited with their range of leg movement, the only targets will be the knee and shins.

Experienced martial arts exponents and very flexible athletes like gymnasts or swimmers can aim at much higher targets such as the stomach and chin of an attacker, but this sort of flexibility is out of the question for most people. We will therefore concern ourselves with the target zones of the knee and shins.

A well placed Front Kick to an attacker's knee or shin can immediately immobilise a person much larger and stronger than the intended victim. To kick a patella (kneecap) requires a degree of focus, which can only be developed through practice. However, a more general target like the shin requires only a rudimentary knowledge of the kick.

Unless you wear boots or sturdy shoes there is only one part of the foot that can be used safely. Rather than describe it I will give you a simple exercise to do which will leave you in no doubt which part of the foot should be used.

Stand up and lift your heels off the ground. Go as high as you can (on your toes). Only those parts of your feet that are touching the ground to hold you up are the parts that you should make contact with.

In other words, when you make contact you should turn your toes back and only hit with that part of your foot. If you try to kick with pointed toes the result will be disastrous. Try this. Face a brick wall. Attempt a very slow and powerless kick at the wall with the toes pointed. Did you feel that you would hurt yourself if you sped up and put more power into the movement? Now turn your toes back and do

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

the same manouever. Did you feel this time that there would be much less damage to your toes and foot? This is the correct method.

I will now describe the method of execution of the Basic Front Kick.

Stand comfortably. Whichever foot you decide to use you must balance your weight over onto the other leg. Practice this a few times by shifting your weight back and forth from the right to left leg and back, knees slightly bent. The method is a little bit like the swaying motion of a tennis player awaiting a return of service - but with much straighter legs and not as severe.

The kick is started by raising the foot of the kicking leg to the knee of the standing leg. Now, point your knee at the intended target, turn your toes back then extend the leg so that contact is made with the bottom of the foot as described earlier. This is the correct method for the Basic Front Kick. Most people, before learning the correct technique, kick at a target as they would if they were kicking at a football. By raising the foot to the knee before commencing the kick it becomes much harder for somebody to avoid. It also gives much greater accuracy over the kick. The following set of diagrams show the three stages of the Basic Front Kick.



Photo showing the preparatory position for a Basic Front Kick (front view).



Photo showing the preparatory position for a Basic Front Kick (side view).

Note in the above diagram how the foot of the kicking leg has been drawn up to the knee of the standing leg.



Photo showing the contact position for a Basic Front Kick (side view).

Note in the above diagram that the toes are turned back ready for impact.

The Basic Front Kick can be a major weapon in your arsenal to fight off an unwanted advance by an attacker. By being able to use your feet effectively you are basically doubling your fire power, not only do you have your hands and arms to fight back with but if you train

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

yourself you will have your feet and legs as well. So, in reality, it is like having a second person there with you fighting back.

There is something else to consider here also. Look at your arm. Now look at your leg. Your legs will generally be much larger and stronger than your arms. Doesn't it make sense therefore to fight back with your longest and strongest limbs? The ability to fight back with your feet and legs will make you a far more formidable opponent.

To become more proficient with these new weapons you should stand in front of a suitable mirror and practice these two drills:

- 1 - Practice five kicks with the right leg followed by five kicks with the left leg
- 2 - Practice alternating between right foot and left foot kicks for ten repetitions.

As with all four of these techniques, to become proficient, you must practice. Below, there is a task chart below for you to record your efforts. When you complete a set of ten fill in the circle. You must train over a period of time to become proficient with these kicks. You cannot just read about them and expect to be good at them. Practice them on a regular basis. Over several weeks you could practice hundreds of kicks. Like the Knee Lifts they are very powerful and can be delivered in a split second. You should therefore learn them well.

TASK CHART FOR PRACTICING THE FRONT KICK

Technique/ Repetitions	1	2	3	4	5	6	7	8	9	10
1 - Five kicks each leg	- O	O	O	O	O	O	O	O	O	O
2 - Alternate left & right	- O	O	O	O	O	O	O	O	O	O

Questions on Lesson 4:

1 - Name the three main targets when using the Basic Front Kick.

Answer:

.....
.....
.....

2 - What part of the foot is used to deliver the Basic Front Kick?

Answer:

.....

3 - Why is that part of the foot used?

Answer:

.....

4 - What advantage do you have by raising the kicking foot to the knee before commencing the kick?

Answer:

.....

5 - Can you think of at least two advantages of using a Basic Front Kick?

Answer:

.....
.....

[Answers can be found on page 217]

LESSON 5 -

OFFENSIVE TECHNIQUE # 5

FINGER JAB

LESSON 5 - FINGER JAB

The finger jab or stab is a useful short or medium range technique that can temporarily (or even permanently) blind an attacker while you make good your escape.

As the name implies you literally poke your finger(s) into the eyes of your assailant. Because nobody, even the hulkiest and strongest body-builders on earth, has muscles protecting their eyes they are very vulnerable targets.

Most people at my self defence seminars seem to have a problem with poking somebody in the eye. In the safe environment of a seminar this is understandable. However, what if a violent offender is confronting you? Would that make a difference? I think so.

Virtually any finger and the thumb can be used. There is just one rule to remember. You must use the ends of your fingers - not the finger pads. If you attempt to poke somebody in the eye in the manner that one would tap a piano key then it will be ineffective.

For women with long finger-nails this can be a very devastating strike.



Photo showing a finger strike to an eye - note the tightness of all the fingers.

Can you ever remember getting poked in the eye by a tree branch? Most people have inadvertently been poked in the eye with such an

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

object. It's not pleasant.

The result of such trauma to the eye can be as severe as an eyeball popping out (yuck, I hear you say!) to corneal laceration to "watering" of the eye. When an eye fills with teardrops it is attempting to cleanse the eye of foreign material.

When an offender's eye is traumatised like this three things happen:

1 - it short circuits his mind set from attacking you. He is now more concerned with his own safety (ie protecting his eye).

2 - the eye waters making it difficult for him to see.

3 - the nose runs making it difficult to breathe and causing mild disorientation.

You can strike at both the attacker's eyes by using the two-finger formation shown below.



Diagram showing how to hold the hand for a strike to both the attacker's eyes.

Both of the finger strikes described above can be practiced in front of a mirror using your own image as the target. Just make sure you have enough room **not** to make contact with the mirror itself. Accuracy is all you are trying to achieve here.

There is another finger strike that I will show you. It is more difficult to

do but has a devastating effect. It involves a flicking wrist action. The method is much the same action as rolling up a tea-towel and flicking it out like a whip. It is this "whipping" action that makes the strike so powerful.

You can also think of the flicking method you would use to remove something sticky from your fingers (Dare I say... a booger or boogey? That usually gets an amusing response in my self defence seminars).

There is an excellent method to train in this last technique.

Find an old piece of x-ray paper. Tape a piece of string to it and tape the other end of the string to the centre of a door frame so that the x-ray paper hangs at approximately head height. Get a texta pen and draw two eyes onto the paper.

You can now practice a strike onto the paper. The more "cracking" sound that you make the better your strike will be.

A partner can also hold the x-ray paper steady for you and you can take turns to see who can make the loudest cracking sound.

Just a word of caution - make sure that you do not cut your fingers by incorrectly making contact with the edge of the x-ray paper.

This last finger to the eyes technique can be better described as a whipping action rather than a jab. When you become proficient with it both in speed and accuracy it can be a very powerful weapon for you.

It is fast, attacks a very vulnerable part of the human anatomy, is difficult to see coming (and therefore to avoid or block) and has a surprise factor that is totally unexpected.

A very famous karate pioneer, Masutatsu Oyama, founder of the Kyokushinkai style of karate, considered the finger strike to the eyes as a "*dazzle*" that would "*shock an opponent and reduce his will to fight.*" (reference: Advanced Karate page 221 - Japan Publications - ISBN 0-97040-001-0). I agree. Such a strike shows not only a willingness to fight back but also a degree of skill and ability.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Thugs, goons, stand-over merchants, violent offenders and bash artists like easy victims. They want to be able to exert their false superiority over people that they believe they can defeat. They get some sort of perverse pleasure out of it.

You will be anything but an easy victim if you learn these lessons well.

TASK CHART FOR PRACTICING THE FINGER JAB

Technique/ Repetitions	1	2	3	4	5	6	7	8	9	10
1 - Single Finger Jab	- O	O	O	O	O	O	O	O	O	O
2 - Double Finger Jab	- O	O	O	O	O	O	O	O	O	O
3 - Finger Flick	- O	O	O	O	O	O	O	O	O	O

Questions on Lesson 5:

1 - Name the three methods of finger strikes to an attacker's eyes.

Answer:

.....
.....
.....

2 - Give three reasons why a finger strike to the eyes is so effective.

Answer:

.....
.....
.....

3 - Name two methods for practicing a finger strike to the eyes.

Answer:

.....
.....

4 - No matter what size your opponent is, what is the main reason for the effectiveness of a finger strike to the eyes?

Answer:

.....

[Answers can be found on page 218]

SUMMARY OF THE FIVE BASIC OFFENSIVE TECHNIQUES:

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

SUMMARY OF THE FIVE BASIC OFFENSIVE TECHNIQUES:

You now have the ability to strike with three long range techniques - the Open Hand Strike, the Basic Front Kick and the Finger Jab; and two short range techniques - the Elbow Strike and the Knee Lift. Your ability with just these five techniques alone will probably treble your ability to fight off an attacker, but they will be quite useless to you unless you make a concerted effort to practice them.

As an overview of your understanding and performance, please fill in the following proficiency table.

PROFICIENCY TABLE										
	poor		average						excellent	
	1	2	3	4	5	6	7	8	9	10
1 - Hand Strike	-	O	O	O	O	O	O	O	O	O
2 - Elbow Strike	-	O	O	O	O	O	O	O	O	O
3 - Knee Lift	-	O	O	O	O	O	O	O	O	O
4 - Front Kick	-	O	O	O	O	O	O	O	O	O
5 - Finger Jab	-	O	O	O	O	O	O	O	O	O

If you elect not to fill in the above proficiency table you will never know the strength of your ability in the techniques. It is within your best interest to do so.

Look at your weakest technique.

What is it?

Your task now is to practice that technique to turn it into your

strongest technique. Turn the page to find out how to do this.

Repetition. That is the answer!

Over the next week I want you to practice that technique as follows:

First, re-read the lesson to re-inforce your understanding. Next, stand in front of a mirror and practice the technique slowly and methodically for ten repetitions. When you have done this you can fill in the first circle. To get to the second level, speed blitz, you need to fill in ten circles. That is 100 repetitions of form.

Your next set of ten should be done as fast as possible while still maintaining a reasonable level of technique. Complete the extra 90 repetitions to fill in the second line.

As you complete successive lines your form should be improving with every set. Your speed should also be improving.

At some point your form sets should be approaching the same speed as your "blitz" sets. When you reach that point you will have improved your ability many times over when you started.

The next task is for you to do the same with your new weakest technique. Keep repeating the process until your ability with all five techniques is at a high level where you can depend on them in a time of emergency.

I have included another four task charts. I suggest if you want to continue this form of training that you photocopy several forms before you use the last one.

The term "blitz" is an interesting one. I have read in many texts and reports that some notorious assailants will use what is termed a "blitz" attack as a favourite way of confusing, disorientating and overcoming their victims as quickly as possible.

Your initial response and retaliatory action to the very first part of an assault should therefore be powerful and swift. This is a method of doing just that. Study the offensive techniques well. They will then be yours to use for the rest of your life.

TASK CHART (#1)
TURNING A WEAKNESS INTO A STRENGTH

NAME OF TECHNIQUE BEING PRACTICED:

.....

	1	2	3	4	5	6	7	8	9	10
1 - Form	- O	O	O	O	O	O	O	O	O	O
2 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
3 - Form	- O	O	O	O	O	O	O	O	O	O
4 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
5 - Form	- O	O	O	O	O	O	O	O	O	O
6 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
7 - Form	- O	O	O	O	O	O	O	O	O	O
8 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
9 - Form	- O	O	O	O	O	O	O	O	O	O
10 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
11 - Form	- O	O	O	O	O	O	O	O	O	O
12 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O

TASK CHART (#2)
TURNING A WEAKNESS INTO A STRENGTH

NAME OF TECHNIQUE BEING PRACTICED:

.....

	1	2	3	4	5	6	7	8	9	10
1 - Form	- O	O	O	O	O	O	O	O	O	O
2 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
3 - Form	- O	O	O	O	O	O	O	O	O	O
4 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
5 - Form	- O	O	O	O	O	O	O	O	O	O
6 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
7 - Form	- O	O	O	O	O	O	O	O	O	O
8 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
9 - Form	- O	O	O	O	O	O	O	O	O	O
10 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
11 - Form	- O	O	O	O	O	O	O	O	O	O
12 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O

TASK CHART (#3)
TURNING A WEAKNESS INTO A STRENGTH

NAME OF TECHNIQUE BEING PRACTICED:

.....

	1	2	3	4	5	6	7	8	9	10
1 - Form	- O	O	O	O	O	O	O	O	O	O
2 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
3 - Form	- O	O	O	O	O	O	O	O	O	O
4 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
5 - Form	- O	O	O	O	O	O	O	O	O	O
6 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
7 - Form	- O	O	O	O	O	O	O	O	O	O
8 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
9 - Form	- O	O	O	O	O	O	O	O	O	O
10 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
11 - Form	- O	O	O	O	O	O	O	O	O	O
12 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O

TASK CHART (#4)
TURNING A WEAKNESS INTO A STRENGTH

NAME OF TECHNIQUE BEING PRACTICED:

.....

	1	2	3	4	5	6	7	8	9	10
1 - Form	- O	O	O	O	O	O	O	O	O	O
2 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
3 - Form	- O	O	O	O	O	O	O	O	O	O
4 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
5 - Form	- O	O	O	O	O	O	O	O	O	O
6 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
7 - Form	- O	O	O	O	O	O	O	O	O	O
8 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
9 - Form	- O	O	O	O	O	O	O	O	O	O
10 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
11 - Form	- O	O	O	O	O	O	O	O	O	O
12 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O

TASK CHART (#5)
TURNING A WEAKNESS INTO A STRENGTH

NAME OF TECHNIQUE BEING PRACTICED:

.....

	1	2	3	4	5	6	7	8	9	10
1 - Form	- O	O	O	O	O	O	O	O	O	O
2 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
3 - Form	- O	O	O	O	O	O	O	O	O	O
4 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
5 - Form	- O	O	O	O	O	O	O	O	O	O
6 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
7 - Form	- O	O	O	O	O	O	O	O	O	O
8 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
9 - Form	- O	O	O	O	O	O	O	O	O	O
10 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O
11 - Form	- O	O	O	O	O	O	O	O	O	O
12 - Speed Blitz	- O	O	O	O	O	O	O	O	O	O

FINAL COMMENT ON LESSONS 1 TO 5:

I do hope that you have been participating in the physical part of these lessons. I cannot begin to express how absolutely important this is.

Perhaps, I'll give you an example you might be able to relate to...

Just for a moment I want you to think about somebody that you know.

I want you to think about somebody who is HIGHLY educated. I want you to think of the person who knows everything (or, at least, thinks they do!) The person you should be thinking of will be an expert in everything. If you mention something not only can they do it, they can do it faster, harder, better, stronger, higher - you name it.

We all know somebody like this.

Question - Can that person actually do anything very well? Or are they just a theorist? What I call an "armchair textbook expert."

What I mean by that is, does the person's output come anywhere near to matching their level of knowledge?

You will be the same with this if you do not follow up the physical part of the lessons with the information they contain. You will know theoretically how to do it but, practically... hmm, that is another story.

When some violent monster is hell-bent on doing you harm then you had better be well skilled in the five preceding offensive techniques.

So, if your work manual is not starting to fill up with little coloured-in dots in the TASK CHARTS then it would be of far greater benefit to you to go back and start doing so now.

My apologies if you have been doing this and participating all along.

WHERE YOU CAN GO FROM HERE IF YOU WANT TO LEARN MORE THAN JUST THE BASIC STRIKING TECHNIQUES:

In reality there are literally dozens of different short and long range striking techniques. I have only shown you the most useful ones that can be used in the greatest range of instances.

If you would like to know more you can either purchase a book of techniques from any of the martial arts equipment stores or join a reputable self defence school.

You might even like to try a full membership with a martial arts club. If you are interested in doing this find out which clubs operate within a reasonable distance from your home, ask if you can watch a lesson.

A few good places to start your search are:

- 1 - the Yellow Pages advertisements (look under "martial arts"),
- 2 - the advertising section of your local newspaper (also look for "advertorials"),
- 3 - your local community recreation hall (many clubs leave pamphlets at the halls),
- 4 - ask neighbours and friends (word of mouth is always an effective recommendation),
- 5 - attend your nearest martial arts shop and pick up any of the numerous pamphlets there.

You should avoid any people who come to your home offering the "hard sell" contracts. No decent martial arts school needs to force people to join.

Make up a short list and visit those that interest you. If you like what you see join up. If you don't like what you see, keep looking. The things to watch out for are the way the instructor conducts themselves, the conduct and ability of the senior students, the frequency and

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

severity of any injuries that you might witness, financial contracts, membership and training fees, add-on costs such as uniforms, badges, belts, grading fees etc.

If you do decide to watch a lesson please ask the instructor in charge. This is only common courtesy. No reputable instructor will deny you. But if you do watch keep quiet, don't wander all over the floor, do not smoke or consume food and generally show some respect for all those who are learning what is being taught.

All these things are just common respect, courtesy and good manners. Most of the teachers that I associate with rank these traits very highly in a person.

Personally, I refuse to instruct any person who I deem to be bad-mannered, disrespectful or indecent. It just goes against the grain of everything I try to cultivate in a person. True martial arts are built on a strict code of honour.

If the myriad of martial arts styles confuses you, then I suggest that you purchase a book called "**The Complete Idiot's Guide to Martial Arts**" by Cezar Borkowski and Marion Manzo (ISBN United States: 0-02-862947-7). Despite its name this is an excellent book and really explains the differences between most of the mainstream martial arts styles, their grading systems, features and benefits.

My final word on finding yourself a good martial arts school: **"It's not the art that makes a style good or bad, it's the person within the art."**

We will now move to Part Two of the "How to Defend Yourself Against Violence" Home Study Course. This involves specific applications against the most common types of attacks.

PART TWO

SPECIFIC DEFENCE

WHAT TO DO IF YOU ARE GRABBED OR GRAPPLED

(SPECIFIC APPLICATIONS)

WARNING

**THE FOLLOWING TECHNIQUES ARE
DANGEROUS.**

**EXTREME CAUTION SHOULD BE
TAKEN WHEN PRACTICING THAT
YOU DO NOT INJURE YOURSELF OR
ANY TRAINING PARTNER OR
PARTNERS.**

**THE APPLICATION OF THESE
TECHNIQUES ON AN ADVERSARY
MAY CAUSE TEMPORARY OR
PERMANENT DISABLEMENT TO
THAT PERSON.**

**CURRENT LAWS REQUIRE YOU TO
RESPOND WITH "REASONABLE"
FORCE IF YOU ARE ATTACKED.**

SPECIFIC APPLICATIONS:

Part Two of this self defence against violence Home Study Course will show you how to respond to specific threats to your safety.

It is all very well to smash your way out of trouble but what if your attacker has you in a painful lock or grip or hold of some sort? If he has both your arms, what can you do?

Well, after going through part one of this course you would realise that you still have two leg techniques to rely upon - the Knee Lift and the Basic Front Kick.

But I am going to show you how to get out of some of the most common holds easily and efficiently. Better still, I am going to do what virtually no other instructor that I know of or have heard about through personal observation, books, magazines, the internet or anywhere else has ever done...

I am going to explain to you **why** the techniques work.

I am going to show you the principles behind the techniques.

When you understand why these principles work you will be able to perform them to a much greater level of efficiency and ability than you would even if you went to an intensive self defence course of many weeks' duration.

What I have done is to take all the most common attacks that anybody might be subjected to and designed a way for you to escape them. In reality, there are literally dozens of ways to escape these attacks but as I have mentioned in the introduction it is not my aim to try to turn you into a martial arts expert.

I have run these attacks past some of my senior fellow instructors and we all agree that these are the ones most likely to be encountered. For some of the attacks I have decided to show an alternative but only because it demonstrates a principle that I want you to know.

In each of the Lessons 6 to 26 the defences shown exploit a weakness in the general structure of the attack. In other words, I have examined the weakest part of the Attacker's body structure and I have designed a way to take advantage of it.

These advantages may take the form of a counter-strike to an unshielded body part that has become vulnerable, a rotational movement that affects the Attacker's ability to grip or maintain body balance or some other method.

These are the principles. When you understand them and how they affect your attacker you will be well placed to devise your own defences to attacks that are not presented here. You will literally be able to work them out by applying what you already know to something that is new.

In each principle there is one over-riding principle. That is, to do what I call "**short-circuiting**" an Attacker's train of thought. If a madman is hell bent on doing you harm then that is all he is focussing on. If you are able to cause a break in his mindset, even for just a moment, his concentration will waver. That is when you can escape.

In my opinion, the worst thing you can do is nothing.

Often in my self defence seminars and practical classes I will ask this question:

"What is the first thing you should do when you are attacked?"

I always get a vast range of answers, some of them quite good. But the answer I am seeking is very basic, very simple.

The answer is "something!"

Don't freeze. Don't do "nothing." Don't go along with what is being done to you in the false hope that you will be spared by your Attacker's sense of fair play or mercy. If he or she had any of these qualities then they would not have attacked you in the first place.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Action is the key. By doing "something" - anything - you will cause your Attacker to consider alternative action. This is what I call the "circuit breaker."

One other thing...

And this was covered quite extensively in the Home Study Course Part One - "Mental Principles and Theory"...

Never allow violence or the propensity for violence to escalate. Kill it off as soon as you possibly can.

NEVER allow yourself to be removed to another location. That is a sure sign that things will soon get a whole lot worse.

Make your stand. Hit hard. Hit fast. Do whatever it takes to protect and defend yourself.

LESSON 6 -

LEVEL ONE

DEFENCE AGAINST
DOUBLE WRIST GRAB
(HIGH POSITION)

LESSON 6 - DEFENCE AGAINST DOUBLE WRIST GRAB (HIGH POSITION)

DESCRIPTION: The attacker (A) grasps both of your wrists in the up position.

INTENTION: A's intention is to restrain you for the purpose of control. The intention might also be to prevent you from striking him. Either way you are being held against your will and you must break free from his clutches.

DEFENCE: Whilst there is no real threat to you from this type of restraint, it can be uncomfortable and it definitely restricts you from free movement. It could also be the precursor to something more unpleasant.

The defence against this is so simple that when you know how to do it you actually begin to wonder why anybody would even attempt to hold you in this manner. You simply use your arms in a lever-like manner and break free of the grip against A's thumbs.

This defence is called the "Down Lever."

You should never attempt to break free against A's fingers, always against his thumbs. This only stands to reason because there are four fingers that work together whilst there is only one thumb.

This is called the principle of thumb leverage.

You should never, ever try to force your way free, especially if A is much larger or stronger than you. In the manner described above even a much weaker person can break free from a strong opponent.

After breaking free from the grip you are then free to make a retaliatory hand or foot strike. However, this is a judgement call and it is often unwise to escalate violence further.

Time, place and circumstance will dictate how much further you need to go to defend yourself.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 2 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 3 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 4 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 5 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 6 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 7 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 8 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 9 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice # 10 -	-	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you feel confident that you are now able to escape from this attack? YES/NO

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 6 - Key points for me to remember:

LESSON 7 -

LEVEL ONE

**DEFENCE AGAINST
DOUBLE WRIST GRAB
(LOW POSITION)**

LESSON 7 - DEFENCE AGAINST DOUBLE WRIST GRAB (LOW POSITION)

DESCRIPTION: This time the attacker (A) grasps both of your wrists in the down position. It is the inverse of the previous attack.

INTENTION: Again A's intention is to restrain you for the purpose of control. The intention might also be to prevent you from striking him. Either way you are being held against your will and you must break free from his clutches.

DEFENCE: Whilst there is no real threat to you from this type of restraint either, like the previous attack, it can be uncomfortable and it still restricts you from free movement.

The defence against this is again very simple. In effect it is the reverse levering action to the last defence. So, if you had no difficulty breaking free last time, this extraction should be even easier. You use your arms in the levering manner and break free of the grip against A's thumbs.

This time the defence is called the "Up Lever."

Again we use the principle of thumb leverage. By presenting this alternative I want you to see how easy it is to use this principle in reverse. It works equally as well.

As with the last defence, you should never attempt to break free against A's fingers, always against his thumbs. You will understand now that A's four fingers will work together for unified strength while his thumb operates by itself only.

You should never, ever try to force your way free, especially if A is much larger or stronger than you. In the manner described above even a much weaker person can break free from a strong opponent.

After breaking free from the grip you are then free to make a retaliatory hand or foot strike. However, as previously mentioned, this is a judgement call and it is often unwise to escalate violence further.

When you perform this defence you might like to take a step back. This leaves you in the perfect position for a kick to A's groin, kneecap or shins using the Basic Front Kick that you learned in Lesson 4.

You might also want to return to the previous lesson and incorporate the front kick there. Make sure that you execute the kick AFTER you get free from the wrist grabs. If you don't you will find that your Attacker might be able to influence your balance, which will destroy the effectiveness of the kick. Escape first, kick second - if warranted.

When training with your partner you might like to alternate between high and low wrist grabs just for a bit of variation and also to see how quickly you can respond to the reverse attack.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 7 - Key points for me to remember:

LESSON 8 -

LEVEL ONE

**DEFENCE AGAINST
BENT ARM STRANGLE
(FROM THE FRONT)**

LESSON 8 - DEFENCE AGAINST BENT ARM STRANGLE (FROM THE FRONT)

DESCRIPTION: The attacker (A) grabs you with both hands around your neck with his arms bent.

INTENTION: The fact that A's arms are bent gives a good indication of his intention, which is to exert as much sideways pressure onto your neck and throat as he can. He is trying to cut off your air and blood supply so that you will pass out or even die.

DEFENCE: This is a serious attack and you must act very quickly. Every second you waste will make you weaker. Dizziness, nausea and the rapid onset of body weakness are signs that such an attack is working.

The first thing that you must not do is to grab the arms or wrists of your attacker and try to prise them free. It will not work. All that will do is increase the onset of the conditions described above. It will also make the Attacker even more determined to increase his pressure on your neck.

I want you to think about the structural weakness of this attack. Where is the Attacker most vulnerable?

To exert maximum pressure on your neck he needs to bend his arms to get the extra sideways leverage. This causes him to stand very close.

There are a number of obvious options. The Knee Lift that you learned in Lesson Three should come to your mind. That would be a good move. However, I want to show you another option.

Think about the Open Hand Strike that you learned in Lesson One. How could you use a derivative of that?

Remember, your Attacker is standing very close. His ribcage is open to attack. It is also stretched.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

The part of your open hand that can be used so effectively here is the inside joint of your hand and lower arm at the inside of your wrist.

I want to explain this in such a manner that you will understand it immediately.

Put both your hands together in front of your face, palm to palm. Now move the tips of your fingers as far apart as you can while you maintain contact at your wrists. The insides of your wrists that are still touching each other are your weapons. And what weapons they become in this circumstance!

Even a light strike with this part of the inside of the wrist joint can cause quite severe bruising. A short quick strike will literally knock the air right out of an Attacker attempting to strangle you with bent arms.

A hard strike to the ribs can break them.

This is a very powerful strike to a very vulnerable part of the body.

When you practice this with a partner you need to be very careful. It is very severe.

If you ever have to use this defence in a real life situation your attacker will never know what hit him. In such an event you should focus all your strength and power into smashing the ribs with simultaneous strikes. Such strikes will leave your opponent writhing in pain.

This defence uses the principle of direct attack to a vulnerable and highly exposed part of the body. I call it the "Rib Cracker" - for obvious reasons.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

LESSON 9 -

LEVEL ONE

DEFENCE AGAINST
BEARHUG FROM THE FRONT
(ARMS FREE)

LESSON 9 - DEFENCE AGAINST BEARHUG FROM THE FRONT (ARMS FREE)

DESCRIPTION: A places his arms around your torso and squeezes with the arms locked in position preventing your escape.

INTENTION: A's intention is to squeeze all the air out of your lungs then apply more pressure around your ribs and torso to prevent you from drawing in more breath.

DEFENCE: You need to respond quickly to this type of bear hug. Because your arms have not been trapped, A is not worried that you might be able to fight back. In fact, he is counting on it and thinks he can finish you off quickly then dump you unconscious on the ground.

The defence is called the "Clap of Thunder."

As the name suggests the defence involves an attack on A's ears. It is a very debilitating defence. Once again, it is another variation of the Open Hand Strike that you learned in Lesson One. Are you beginning to understand how versatile an open hand strike can be?

Here is how you make the hand formation...

Turn your palm up so that you can look directly into it. Squeeze the fingers and thumb lightly together and draw them up so that it causes a small indentation in the palm of your hand. If you were to scoop your hand into a bucket of water the depression would allow you to keep a small amount of water in your hand. The striking area is the part where the water would sit. In other words, the area bonded by the first joint crease of your fingers and the round ball of your thumb.

You cup both hands then send them slapping sideways against both ears of A.

This defence forces air into A's ears causing somewhat of an explosion in them. Because **this defence is so dangerous and could cause a perforated eardrum it is only simulated during practice.** In practice you should NEVER strike a partner's ears like

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

this. ALWAYS pull up short and always just simulate the strike.

If you can clap your hands together in applause then you can do this technique.

There is no requirement to apply this technique only once either. These strikes can be effected several times quickly in the event that A is able to withstand your first attack, which is unlikely.

For extra impact you can spread your arms wide to create extra speed and power.

The technique uses the principle of percussion to strike a very vulnerable part of the human anatomy, which is sensitive to such an attack. As such it is a more specialised version of the principle of direct attack.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor		average				excellent			
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 9 - Key points for me to remember:

SUMMARY OF PRINCIPLES AND TECHNIQUES USED IN LESSONS 6 TO 9

You should now be able to defend yourself very effectively against anybody silly enough to grab you in the following:

- Double Wrist Grab (high position) - "Down Lever."
- Double Wrist Grab (low position) - "Up Lever."
- Bent Arm Strangle (from the front) - "Rib Cracker."
- Bear Hug from the Front (arms free) - "Clap of Thunder."

These are all fairly common attacks. I have been taking you patiently through them and showing you the principles that will allow you to defend against them very effectively. So far, they are all very easy and basic. But they work incredibly well!

When you become proficient at defeating these attacks you realise just how futile and useless they really are. However, if you do not know how to get out of them they are distressing.

By understanding the mechanics behind the defences (ie the underlying principles) nobody will ever present a threat to you if they grab you in one of these holds. You now have the key to unlock them.

Just to recap, let me re-state the principles.

First, remember the all encompassing principle of the "circuit breaker." Do something! Anything. Never allow yourself to be one of those little ducks in the shooting gallery that we see at the fair.

- Double Wrist Grab (high position) - principle of thumb leverage.
- Double Wrist Grab (low position) - principle of thumb leverage.
- Bent Arm Strangle (from the front) - principle of direct attack.
- Bear Hug from the Front (arms free) principle of percussion.

Research these principles and understand them well. The following defences will use principles that will build on from them.

LESSON 10 -

LEVEL TWO

DEFENCE AGAINST
STRAIGHT ARM STRANGLE
(FROM THE FRONT)

LESSON 10 - DEFENCE AGAINST STRAIGHT ARM STRANGLE (FROM THE FRONT)

DESCRIPTION: The attacker (A) grabs you with both hands around your neck with his arms straight.

INTENTION: Since you are now familiar with the type of attack presented in Lesson 8 you will find this variation interesting. Why would anybody choose to strangle you with straight arms? There are several reasons. Maybe he wants to maintain some distance to make the attack more impersonal (ie at arms distance). That would be a psychological explanation. But what about intent?

The intention here is to exert backward pressure onto your throat, usually by using the thumbs. Again the effect is to try to cut off your air and blood supply so that you will pass out or die. There is another threat too. The use of straight arms can mean that the Attacker may forcibly try to walk you backwards into a wall or over an object. This obviously presents another danger.

DEFENCE: This is another serious attack and again you must act very quickly. As with the bent arm strangle, every second you waste will make you weaker. Dizziness, nausea and the rapid onset of body weakness are signs that such an attack is working.

Here is the most effective way to deal with such an attack. When you are able to do it nobody will be able to strangle you like this ever again.

You can use either arm but for the sake of this explanation let's just assume you will use your left arm. (Most people are right handed so that leaves the favoured arm free for a strike if necessary. Can you see how I like to give you the advantage in everything that I present?)

Raise your left arm out to the left side then, without bending your elbow (a most important feature), cross it over both of A's arms and turn your body clockwise (to the right) so that both of his wrists lay in your left armpit (whew!). Keep turning your body. You are now free!

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Nobody will be able to keep hold of your neck if you do this properly.

This defence uses the principle of rotational movement. It is difficult to grasp anything that is spinning.

Just as an aside here - some types of spiders use this technique to avoid predators being able to grasp them. You might have seen this.

Back to your self defence...

The rotational action of your arm coming over A's wrists combined with the rotating of your body will allow you to escape his choke. But what do you do then?

I recommend that you keep the spinning action going to escape behind him. On the way through you have the option of a fist to the back of the neck or you could use the Side or Rear Elbow Strike that you learned in Lesson 2.

If you escape behind then you will have him guessing where you are. Besides it is so easy to do rather than run in front of him. Additionally, when you are behind A he will not be able to mount another attack until he figures out where you are and turns to look for you.

This is quite a feature of the escape so make sure that you exit behind A. You should always maximise your advantage and an escape behind A does just that.

If you practice this defence properly you will again see how pathetically weak this attack is. But, if you didn't know how to escape it then that is an entirely different matter.

Learn well this principle of rotational movement. We will use it again later in an entirely different escape. The escape will be different but the principle will remain the same.

I call this defence the "Spinning Wheel" because you spin out of trouble by wheeling your arm over the attack.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

Lesson 10 - Key points for me to remember:

LESSON 11 -

LEVEL TWO

DEFENCE AGAINST
BEAR HUG FROM BEHIND
(ARMS PINNED)

LESSON 11 - DEFENCE AGAINST BEAR HUG FROM BEHIND (ARMS PINNED)

DESCRIPTION: The attacker (A) grabs you from behind with both arms wrapped firmly around your waist while at the same time pinning your arms in the hug.

INTENTION: This is a straight out attempt to immobilise you. There are two obvious reasons:

- 1 - somebody else is going to attack you from the front
- 2 - you are being taken to another location.

The fact that your arms are pinned inside the hug suggests that this type of attack is not designed to harm you, rather, to control you.

Whatever the reason your first objective is to escape.

DEFENCE: Using the edge of the sole of your shoe you can raise your leg, press it against the front of A's shin and gradually scrape it down to A's instep. This is a most painful experience.

The difficulty comes with locating the target and positioning the foot. You have to **look** first.

The principle used here is the principle of increasing pressure. After you have located the target (just below the kneecap for maximum pressure) you apply more and more pressure.

This technique will easily remove skin - even through trousers.

There are two obvious weaknesses here:

- 1 - what if you have bare feet?
- 2 - what if you are of small stature and are lifted off the ground by a bigger opponent?

That is why it is imperative that you look down at the target area. In the case of either of the above you would start **ABOVE** the kneecap

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

and drive it downwards. If you look you can even swing the edge of your foot to the correct location then push the kneecap (patella) down with enough pressure that you could dislodge it.

The kneecap is not the strongest structure in the human body. In fact, it is rather weak and loosely hinged which makes it a good target for this type of attack.

The idea in all of these variations is to locate the target, apply pressure then **keep applying more and more pressure** until you are released. I call this defence "the Shin Blaster."

Another option (called the "Instep Stomp") is to drive your heel down onto the top of A's instep. This would be using the principle of direct attack to your advantage. And since we have already covered this you should be familiar with its concept.

The instep (arching part of the top of the foot) is also very sensitive to pressure. Ever had anybody accidentally step on top of your foot?

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

LESSON 12 -

LEVEL TWO

DEFENCE AGAINST

ARM GRAB

(FROM THE SIDE)

LESSON 12 - DEFENCE AGAINST ARM GRAB (FROM THE SIDE)

DESCRIPTION: This time the attacker (A) grasps your forearm from the side with one or both of his hands.

INTENTION: A's intention is to restrain you so that another person can strike you or he may be attempting to drag you by the arm into a vehicle or to a more secluded area. This type of hold is what I refer to as a "come along" grip.

DEFENCE: Whilst there is no real immediate threat to you from this type of grip you must be wary of why A wants to hold you in position or try to drag you away and take you elsewhere.

The defence against this uses a similar version of the method and principles of the previous two defences against arm grabs. Your arm is turned or twisted inwards to your own body using the principle of rotational movement. This quickly allows you to break free of the grip against A's thumbs. This is another version of the principle of thumb leverage.

So, now for the first time we are combining two principles to maximise the effect. The rotational principle is applied to the weakest part of the grip, the thumb or thumbs.

This defence is called the "Rolling Lever."

As with the last two arm grab defences (Lessons 6 and 7), you should never attempt to break free against A's fingers, always against his thumbs. By now you should be very appreciative of the way that the thumb is isolated and broken against.

You should never, ever try to rip yourself free of this type of grip, especially if A is much larger or stronger than you. In the manner described above even a much weaker person can break free from a strong opponent.

You should be wary if you are grabbed by two A's operating on either

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

side of you. This usually indicates that you are being held in position for a third person to approach you from the front to "work you over." If this is the case, by using this technique, you can free yourself on both sides in just a fraction of a second.

However, if there were no time you would respond to the immediate threat first. Those restraining you do not make the immediate threat. The immediate threat comes from the third person.

Based on what you have already learned, what would be the obvious and logical thing to do?

Can you think what that might be?

I hope you can. It's obvious.

You would use your knowledge and ability with the Basic Front Kick from Lesson 4 to deal with the immediate threat from in front.

Can you see how all these defensive and offensive techniques are starting to tie in?

After you have mastered these techniques, the way that you can combine them is only limited by your imagination.

After you have dealt with the threat from 12 o'clock, you can deal with those who seek to restrain you at 3 o'clock and 9 o'clock.

Depending on circumstances you might also like to consider following through with a Basic Front Kick to the most menacing opponent. If while you are doing this the other opponent closes in on you from behind, remember your Rear Elbow Strike - another example of combinations.

In my very early training (1970 -1973) at Ju-Jutsu in Master Jan de Jong's (dec'd) Ju-Jutsu Kan we had a saying: "*Thrice armed is he (or she) who knows Ju-Jutsu.*" And so it will be with you, for I am giving you some very solid basic karate and ju-jutsu based techniques to defend yourself with.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor		average				excellent			
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 12 - Key points for me to remember:

LESSON 13 -

LEVEL TWO

DEFENCE AGAINST
BENT ARM STRANGLE
(FROM BEHIND)

LESSON 13 - DEFENCE AGAINST BENT ARM STRANGLE (FROM BEHIND)

DESCRIPTION: This time the attacker (A) wraps his hands around your neck from behind. You will know his arms are bent due to the pressure able to be exerted from the sides.

INTENTION: A's intention is restrict your air and blood supply in the hope that you will become unconscious or, in the extreme case, die. The fear and difficulty is increased because you are facing away from A. (ie he is at 6 o'clock).

DEFENCE: There are two defensive techniques that we have already covered that should immediately spring to mind. In Lesson 11 we covered a Bear Hug attack from behind. Both techniques from that attack would work equally well here. Namely,

- The "Shin Blaster" using the principle of increasing pressure, and
- The "Instep Stomp" using the principle of direct attack.

I hope you thought of both of them. Always try to adapt something that you already know. This will build your ability to deal with "unusual" attacks.

Now, I want to show you something that is truly devastating.

What I am going to reveal here involves two other principles that you should already be well versed in. They are:

- The principle of rotational movement
- The principle of direct attack (2 applications).

First, I am never happy with anybody attempting what I term a "Pearl Harbour" attack. That is, a surprise attack from behind. It just doesn't seem fair to me that somebody would sneak up on you like this and yet, that is precisely just what most cowards will do. So prepare yourself to be attacked in this way. There are no rules.

Here is the defence. It is dangerous (to A) and devastating in its

number and power of counter attacks, all of which can be executed in just a few short seconds. Your Attacker will never know what hit him.

OK. I have already explained that the attack is from behind (6 o'clock).

Using your knowledge of the Rear Elbow Strike in Lesson Two, we are going to add a little enhancement. First, I want you to think in terms of an **Upward** moving Rear Elbow Strike. That variation was not covered in Lesson Two but we will cover it here. The target is the point of A's chin.

Let's just assume for the sake of description that you will be using your left elbow (if you wish to practice starting with your right elbow then just reverse everything) to start the counter.

As you raise your left elbow into an Upward Rear Elbow Strike to the point of A's chin you commence turning anti-clockwise towards him. The elbow strikes A's chin using the principle of direct attack. Now, that may be enough to stop A right there and then but, like I said, attacks from behind are cowardly. They deserve a bit more attention.

Using your left arm continue the motion so that your left armpit now rotates around A's (right) wrist trapping his wrist in your armpit. You have once again used a variation of the principle of rotation. At this point you will be standing facing A, who will have already forgotten about his attack on you (Re: universal principle of circuit breaker).

Now here comes the icing on the cake - a second strike to A's jaw using the Open Hand Strike that you learned in Lesson 1. Obviously because you have your left armpit trapping A's right wrist the Open Hand Strike is delivered using your right hand. The principle, once again, is the principle of direct attack.

This three stage defence to escape a bent arm strangle from behind is a massive counter strike. If you place your right leg behind A you can also trip him to the ground. However, this will be using the principle of balance disruption that I will be explaining in detail a little later on.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Everything is building both in complexity and in the number of combinations of techniques that you are using.

I hope you are practicing and reviewing everything and not proceeding until you have understood the principles and mastered the techniques.

That is how I have designed this course - a gradual and logical progression that builds on itself.

Along the way new principles and techniques are added so this course is much like climbing up a ladder. If you successfully negotiate the first and second rungs then you can proceed easily to the third rung. However, if you start to skip past a few rungs and try to launch yourself from rung two to rung five then it will be difficult.

Please proceed steadily and take your time to learn things properly.

Oh, by the way, that last group of techniques is called the "Triple Blitz."

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

SUMMARY OF PRINCIPLES AND TECHNIQUES USED IN LESSONS 10 TO 13

It is now time to do a quick re-cap on the principles and techniques presented in the last four Lessons. You should now be practicing the following:

- Straight Arm Strangle (from the front #1) - "Spinning Wheel."
- Bear Hug from Behind (arms pinned) - "Shin Blaster."
- Double Arm Grab (from the side) - "Rolling Lever."
- Bent Arm Strangle (from behind) - "Triple Blitz."

Again, these are all fairly common attacks. They are the sort of attack that you might expect from your average "garden-variety creep" who wants to inflict his evil and violent ways upon you.

Let me ask you something...

What gives ANYBODY the right to inflict violence upon you? Sure, we have laws preventing it. You can even sue somebody for laying his or her hands upon you. But when it is just you and him and nobody else your mind should not be thinking about suing anybody. You should be in survival mode. That should be your first instinct.

By now you should be appreciating just how easy these otherwise dangerous locks and holds are to break and counter. All we are doing is using little known body mechanics to seek out weakness and take advantage of it.

Everytime an Attacker puts his paws upon you he is unwittingly opening himself up to being countered, and, in many instances, the counters are even stronger than his original attack.

Talk about turning the tables!

Just to recap, let me re-state the principles from Lessons 10 to 13.

Again, I will keep badgering you about this because it is so important - remember the all-encompassing principle of the "circuit breaker." Do

something! Anything. Never allow yourself to become a victim through inactivity.

- Straight Arm Strangle (from the front #1)
 - principle of rotational movement
- Bear Hug from Behind (arms pinned)
 - principle of increasing pressure
- Double Arm Grab (from the side)
 - principle of rotational movement
 - principle of thumb leverage
- Bent Arm Strangle (from behind)
 - principle of direct attack (x2)
 - principle of rotational movement

Now, you should be familiar with the following list of self defence principles.

- principle of circuit breaker.
- principle of thumb leverage.
- principle of direct attack.
- principle of percussion.
- principle of rotational movement.
- principle of increasing pressure.

Although in Lessons 10 to 13 we have only learned two new principles they are integral to future Lessons.

You should now be fully conversant with the six self defence principles presented so far. Even if you stopped at this point you would still be far better equipped to stop a violent attack than probably 98% of the population.

But there is more. By the time we finish - if you understand the principles and practice them until you are proficient - I will pity any Attacker stupid enough to lay his grubby hands upon you. (No I won't!)

LESSON 14 -

LEVEL THREE

DEFENCE AGAINST
BENT ARM STRANGLE
(FROM THE FRONT)

LESSON 14 - DEFENCE AGAINST BENT ARM STRANGLE (FROM THE FRONT #2)

DESCRIPTION: We have already covered an attack of this nature in Lesson 8 so you will already know that the attack involves the Attacker (A) grabbing you with both hands around your neck with his arms bent.

INTENTION: You will remember that A's arms are bent to exert as much sideways pressure onto your neck and throat as he can. He is standing right in front of you at 12 o'clock, trying to cut off your air and blood supply so that you will pass out or die in the struggle. But you are not going to struggle. You are going to counter-attack.

DEFENCE: As I hinted in Lesson 13, I am now going to introduce a new principle called the principle of balance disruption. This will be such a major benefit to you that, with some practice, you will find that you will be able to put almost anyone on the ground at your feet if you ever desire to do so.

Having said that I am not condoning that you should ever do such a thing. However, it will give you such a sense of power knowing that it is possible. Not only that, it is ridiculously easy to do - once you know how!

Here we go...

The Attacker has his hands around your throat. Your first move is to prepare your hands to alter his balance.

For the purpose of this defence we will start with the left hand. Place your left hand palm down on top of his (right) elbow. Now, place your right hand palm up under his (left) elbow.

While pulling your left hand down you push your right hand up. This will cause A to lean to your left as his spine now has a slight "S" bend in it. His balance is disrupted. Now we take complete advantage...

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Step your right leg behind his right leg and keep your knee very straight (this is very important). Now, using your arms **twist A's body around** your right leg. He will have no option but to crash to the ground. You literally step into the "window" made by his arching body.

Because most people have no idea how to fall, his injuries will range from bruising to skin scrapes to broken wrist to chipped elbow to dislocated shoulder or a combination of these.

At the very least you will be free.

You should practice this until you can do it to a bigger opponent.

This is what I call **a control technique** because it puts you in immediate control.

If you are having any difficulty doing this then your biggest mistakes will be:

- 1 - not preparing the "window" properly,
- 2 - trying to throw your opponent rather than **twist** him around your leg,
- 3 - not keeping your leg straight. This will be the case if you find that you are falling to the ground on top of your opponent. If your knee is bent it will become tangled with his and down you will go.

When you perform this take down **it is imperative that you keep your leg straight**. That is the key to this take down. By keeping your leg straight and twisting A around it you can down much larger opponents using pure technique.

One final point on technique - the closer the back of your knee is to the back of his knee at the commencement of the twist the better.

I call this takedown "The Window of Opportunity."

When you become proficient at this from a strangulation position you can try it from a basic standing position. The only adjustment that you

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

will have to make will be to take your opponent's wrist in your left wrist and take it away from his body to the side to make the window. Try it. There is real power in being able to perform this take down.

It can be done gently or with as much force and speed as you want. Just be gentle when you are practicing with a partner. I recommend soft landings on lawn or carpet or, preferably if you have a gymnasium mat handy.

Just imagine the damage you can cause if you dump some creep to the ground then follow it up with a Basic Front Kick!

Using this principle of balance disruption I have never once failed to put an opponent to the floor. This is a favourite technique of mine and I have perfected it down to a very fine art. You can too. All it takes is practice.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

LESSON 15 -

LEVEL THREE

DEFENCE AGAINST
BEAR HUG FROM THE FRONT
(ARMS PINNED)

LESSON 15 - DEFENCE AGAINST BEAR HUG FROM THE FRONT (ARMS PINNED)

DESCRIPTION: A places his arms around your torso and your arms trapping everything in a mighty squeeze.

INTENTION: A's intention is to hold you in position. The fact that your arms are also pinned suggests that he might also attempt to drag or push you to another location, possibly a waiting vehicle or somewhere more secluded. This is dangerous and must be prevented.

DEFENCE:

I want to do something different here.

I want **you** to suggest what you could do. You already know enough techniques and principles to THINK your way through this.

Please write your suggested defensive actions below then turn the page to see what my suggestions are:

1

.....
.....

Name the principle that you are using.....

2

.....
.....

Name the principle that you are using.....

3

.....
.....

Name the principle that you are using.....

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Based on what you have already learned here are some of the things that you should have come up with:

1 - Use the inside edge of your shoe to scrape down A's shin.

Name of principle: Principle of Increasing Pressure

2 - Use your heel to stomp onto the top of either of A's feet.

Name of principle: Principle of Direct Attack

3 - Use the Knee Lift to attack A's groin with a short sharp strike.

Name of principle: Principle of Direct Attack

4 - Testicle attack using the hand (grip and squeeze).

Name of principle: Principle of Increasing Pressure

I actually do not favour option 4. However, I hope that you thought of it nonetheless. The reason that I do not favour it is because it always invokes the same response - a "roundhouse" punch to your head.

The roundhouse punch is the type of punch that you see in cowboy movies and bar-room brawls. It is a wide arcing, swinging punch of considerable force. In my opinion it is a wild attack, easily defeated if you know how.

I will now show you the best method for combating this most popular punch.

Because it needs such a wide arc to develop the knockout force required, it is easily spotted (ie it is "telegraphed"). As it proceeds towards your head you raise your arm vertically on that side. This blocks the punch stopping it dead in its tracks. Obviously this uses the principle of blocking.

If your block is good it will be very painful for A as the block makes contact with the sensitive inner forearm.

We regularly practice defending against this punch in our karate classes - not because it is a good punch, merely because it is such a popular attack. During class nobody wants to strike any more than about three times with either arm. Blocking this swing properly makes

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

the puncher's arm very tender.

So, we have blocked the roundhouse punch. What next?

Simple. We step forward slightly and use the Front Elbow Strike from Lesson 2 to the point of A's jaw. This is the best option.

You could also use an Open Hand Strike (Lesson 1) or any of the other Basic Body Weapons. However, the Front Elbow Strike just fits so neatly after the block.

So there you have it - vertical block followed by Front Elbow Strike.

In the task chart that follows I want you to practice your escapes from your partner putting you in a Bear Hug from the Front with your Arms Pinned.

There is an extra task chart after that. Use that to practice the block and Front Elbow Strike against a roundhouse punch, as described above. This is called the "Telegraph Pole" defence.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

TASK CHART FOR DEFENDING AGAINST THE ROUNDHOUSE PUNCH

With a partner, rate yourself over ten practice movements:

	poor		average				excellent			
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	- O	O	O	O	O	O	O	O	O	O
Practice # 2 -	- O	O	O	O	O	O	O	O	O	O
Practice # 3 -	- O	O	O	O	O	O	O	O	O	O
Practice # 4 -	- O	O	O	O	O	O	O	O	O	O
Practice # 5 -	- O	O	O	O	O	O	O	O	O	O
Practice # 6 -	- O	O	O	O	O	O	O	O	O	O
Practice # 7 -	- O	O	O	O	O	O	O	O	O	O
Practice # 8 -	- O	O	O	O	O	O	O	O	O	O
Practice # 9 -	- O	O	O	O	O	O	O	O	O	O
Practice # 10 -	- O	O	O	O	O	O	O	O	O	O

Do you feel confident that you are now able to defend against this attack? YES/NO

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 15 - Key points for me to remember:

LESSON 16 -

LEVEL THREE

DEFENCE AGAINST
STRAIGHT ARM STRANGLE
(FROM THE FRONT - # 2)

LESSON 16 - DEFENCE AGAINST STRAIGHT ARM STRANGLE (FROM THE FRONT - # 2)

DESCRIPTION: The attacker (A) grabs you with both hands around your neck with his arms straight. This is exactly the same attack as in Lesson Ten.

I am now going to show you another of my favourite techniques. The principle is called the principle of wrist manipulation. This principle is, in my opinion, **the most versatile of all the self defence principles**, simply because it can be used in such a wide range of applications.

INTENTION: The intention is again to exert backward pressure onto your throat, usually by using the thumbs. Again the effect is to try to cut off your air and blood supply so that you will pass out or die. There is another threat too. Remember, as explained in Lesson Ten, that the Attacker can use his straight arms in a pushing action to forcibly walk you backwards into a wall or over an object. This obviously presents another danger.

DEFENCE: You can use either hand but for the sake of this description I will describe the use of your right hand.

Move your right hand over both of A's arms and place your right thumb on the back of A's right hand. In doing this you will note that your elbow points directly towards A's face. Curl your fingers beneath the "little finger edge" of A's right hand. Take a good grip. Now reverse your hand in the same manner and direction as before. If you need extra strength you can assist it with your left hand.

This will remove A's hand from your neck and throat. He will begin to feel pain in his wrist, which is being twisted at an unnatural angle (ie sideways). Continue the action so that A begins to turn his body away from you to try to relieve pressure.

At this point you can move your left hand to cover his elbow and assist the movement with a push against the back of the elbow joint.

When you practice this if you push down at the same time and keep

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

A's wrist higher than his elbow you can force him to the floor with a painfully twisted wrist, elbow and shoulder.

For extra power and control try at all times to keep A's wrist above his elbow joint which in turn should be kept higher than his shoulder. If you keep twisting the wrist and pushing against the elbow you will soon discover that you can very effectively push A to the floor so completely that you will be able to pile drive his face into the floor. That is why I call it the "Pile Driver."

Now have a look at that nice open and stretched rib cage. Does anything from Lesson Three or Four spring to mind here?

There are further options from this point. However, I will keep it nice and simple for you.

I honestly believe that if I was asked which technique is the most useful of every thing I know that I would pick this one. It is so versatile and, when you get the hang of doing it you will find it so simple.

The principle of wrist manipulation should be practiced so that it becomes second nature. Experiment with other applications.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

LESSON 17 -

LEVEL THREE

DEFENCE AGAINST
HEAD LOCK
(FROM THE SIDE)

LESSON 17 - DEFENCE AGAINST A HEAD LOCK (FROM THE SIDE # 1)

DESCRIPTION: The attacker (A) wraps his arm around your neck and squeezes. This is a very common attack, perhaps even the most common.

INTENTION: There are a number of intentions with this type of attack. First, A is using the attack to immobilise you. By taking your head to his waist he is also able to disorientate you. If A is strong he may elect to keep one arm on the headlock while he uses the opposite fist to punch your head and face. Again, if A is strong his intention may be to restrict the supply of blood to your head by exerting extreme pressure around your neck. The intention may even be to break your neck. Any and all of these options put you at extreme risk.

DEFENCE: The first thing you must **not do** is attempt to wrench your head out of A's grip. It would be very difficult and, even if it did succeed you would invariably injure your ears and maybe even your eyes.

The defence presented here is called the "Bowsaw and Meteor" Bowsaw? Well, you will have him stretched right over backwards like a bowsaw. Meteor? You will soon understand why.

Here is how you can escape very easily.

First, put your hand in front of your face to protect it from A as he may try to punch you. This is a self preservation counter as many Attackers will throw punches to your head while they have you in this lock.

Next, you reach up over A's back, shoulder and head using the arm **closest** to him.

You grasp the hair from the front of his head and pull it backwards (do not grab hair on the back of his head because it can be resisted, hair pulled from the front cannot be resisted easily when pulled

backwards).

If A is bald or has such short hair that it cannot be grabbed, you use your first and second fingers into his eye sockets as if you were placing them into a bowling ball. This is the principle of pressure point operation.

The action of you pulling back against A's hair or eyes will cause him to stand up and arch his back to relieve the pain. When A does this you then use your other hand (refer "Open Hand Strike" from Part One, Lesson One) to strike down onto his chest, (like a "meteor falling from the heavens") specifically the solar plexus area. This is the principle of direct attack. This will have a devastating effect on A and if he had not already released his grip on you he certainly will now.

If you hit him with this strike on the solar plexus he will collapse in a heap and find it very difficult to breathe for several minutes. That is because a sharp strike to this sensitive region collapses the diaphragm.

This is one of the easiest and most effective ways to escape a headlock. If you do not know how to escape this type of lock it can be a very difficult and painful experience.

I have seen many headlocks almost choke out a victim. Most people who have this lock put around their head have no option but to give up or wait until the Attacker has finished with them. Now you know how to escape it. Later I will show you another way so that you have two options.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

SUMMARY OF PRINCIPLES AND TECHNIQUES USED IN LESSONS 14 TO 17

As before, we will do a quick re-cap on the principles and techniques presented in the last four Lessons. You should now be practicing the following:

- Bent Arm Strangle (from the front) - "Window of Opportunity."
- Bear Hug from the Front (arms pinned) - various repeats
Incorporating the Roundhouse Punch - "Telegraph Pole."
- Straight Arm Strangle (from the front #2) - "Pile Driver."
- Head Lock (from the side #1) - "Bowsaw & Meteor."

From experience, these are all fairly common attacks

Just to recap, let me re-state the principles from Lessons 14 to 17.

- Bent Arm Strangle (from the front) - principle of balance disruption.
- Roundhouse Punch - principle of blocking.
- Straight Arm Strangle (from the front #2) - principle of wrist manipulation.
- Head Lock (from the side #1) - principle of pressure point operation.

To this point you should be familiar with the following list of **ten** self defence principles.

- principle of circuit breaker.
- principle of thumb leverage.
- principle of direct attack.
- principle of percussion.
- principle of rotational movement.
- principle of increasing pressure.
- principle of balance disruption.
- principle of blocking.
- principle of wrist manipulation.
- principle of pressure point co-operation.

LESSON 18 -

LEVEL FOUR

DEFENCE AGAINST

A KNEE TACKLE

LESSON 18 - DEFENCE AGAINST A KNEE TACKLE

DESCRIPTION: The attacker (A) attempts to grab both of your legs around the knees in a rugby type leg tackle.

INTENTION: The obvious intention is to secure both legs in a bearhug then lift your body and drop you backwards onto your back or head. Not nice!

DEFENCE: This is another serious attack. It is quite common but, in my opinion, either a very desperate move or just a plain dumb one.

The only reason I am including it here is because the general consensus of my assistant instructors is that it is so often used. They tell me that they have seen it used quite a few times.

This type of attack will succeed if you are caught unaware and don't see it coming. If that happens then you will be in a very difficult position. I guess the suicide method of this attack has a massive outcome if successful

My aim is to make such a move highly unsuccessful.

In Lesson Three you learned the Knee Lift and that is the best method to counter such an attack.

If you are quick you should try to get one leg back (that would be the knee you would use). The added benefit here is that even if the Attacker does manage to secure one leg you cannot be dumped on your back as you would if he had two.

The principle is simple. You should be well aware of it by now - the principle of direct attack.

However, I would like to introduce a slight variation. As A comes steaming in, place one leg back and use both your hands to grasp either his head, ears or shoulders and guide him right into that oncoming knee.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

This is the prime reason that I have placed this attack here in the more advanced section of the Lessons is because it is dangerous - dangerous to YOU if you do not respond quick enough and dangerous to your partner if you become too zealous with the Knee Lift. **Such a move can do serious facial damage.** It must be practiced carefully.

As I previously mentioned I think it is quite a stupid attack. However, it would seem that it is often used, mainly in brawling situations - for instance a bar room brawl.

Your understanding of the theory and principles of Manual # 1 - "How to Protect Yourself From Violence" should see you well away from such areas the moment anger and violence starts.

Nevertheless, if you happen to be there and ugliness surrounds you it can happen quickly.

This is a very effective and devastating way to counter an attempted Knee Tackle. I call it the "Nut Cracker Suite."

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor		average		excellent					
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	- O	O	O	O	O	O	O	O	O	O
Practice # 2 -	- O	O	O	O	O	O	O	O	O	O
Practice # 3 -	- O	O	O	O	O	O	O	O	O	O
Practice # 4 -	- O	O	O	O	O	O	O	O	O	O
Practice # 5 -	- O	O	O	O	O	O	O	O	O	O
Practice # 6 -	- O	O	O	O	O	O	O	O	O	O
Practice # 7 -	- O	O	O	O	O	O	O	O	O	O
Practice # 8 -	- O	O	O	O	O	O	O	O	O	O
Practice # 9 -	- O	O	O	O	O	O	O	O	O	O
Practice # 10 -	- O	O	O	O	O	O	O	O	O	O

Do you feel confident that you are now able to escape from this attack? YES/NO

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 18 - Key points for me to remember:

LESSON 19 -

LEVEL FOUR

DEFENCE AGAINST
HEADLOCK
(FROM THE SIDE - # 2)

LESSON 19 - DEFENCE AGAINST A HEAD LOCK (FROM THE SIDE # 2)

DESCRIPTION: Same attack as per Lesson 17. The attacker (A) wraps his arm around your neck and squeezes. This is a very common attack, perhaps even the most common.

INTENTION: As discussed before, there are a number of intentions with this type of attack. First, A is using the attack to immobilise you. By taking your head to his waist he is also able to disorientate you. If A is strong he may elect to keep one arm on the headlock while he uses the opposite fist to punch your head and face. Again, if A is strong his intention may be to restrict the supply of blood to your head by exerting extreme pressure around your neck. The intention may even be to break your neck. Any and all of these options put you at extreme risk.

DEFENCE: Do you remember what you must **not** do against a head lock?

The first thing you must **not do** is attempt to wrench your head out of A's grip. It would be very difficult and, even if it did succeed you would invariably injure your ears and maybe even your eyes.

The defence I am about to describe here is called the "Ear Spike."

First, you need to know how to use your fingers as weapons. Whenever I tell you to use your fingers as weapons you need to use them like stabbing needles. So many people in my self defence classes try to use the pads of their fingers as though they were tinkling on a piano. **WRONG.** You will never inflict pressure point pain this way.

Use the ends or tips of your fingers. Think of them as miniature spears.

At this point it would be beneficial to review Lesson 17. Please re-read it then come back...

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

OK. You're back.

The set up is the same in that you use the same arm - the one closest to A. The arm "snakes" up across A's back and shoulder. Locate A's neck as a reference point.

Here is where all the difficulty comes in for new students - location of the nerve strike. Insert the tip of your thumb to the specific point immediately in the hollow at the base of A's ear (near the ear lobe).

Next push the thumb as close to 90 degrees into that spot as you can. The reaction, if you do it correctly will be spontaneous.

I have never seen anybody resist this "ear spike" defence. The principle behind the technique is the principle of pressure point attack.

To do this effectively you need to locate the specific ear pressure point quickly. If you doubt the effectiveness, try pressing against your own ear.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

LESSON 20 -

LEVEL FOUR

DEFENCE AGAINST
CRUSHING HAND SHAKE

LESSON 20 - DEFENCE AGAINST A CRUSHING HAND SHAKE

DESCRIPTION: This time the attack is not so much an attack, rather an over-zealous person who has a much stronger hand shake than yourself.

INTENTION: Sometimes the person you offer your hand to in friendship not only shakes your hand but won't let it go. He squeezes and squeezes and gets enjoyment out of seeing you wince in pain.

The type of person who might do this may be somebody like a friend of the family, an uncle trying to exert his dominance over you or simply a person who might have had just a bit too much alcohol to drink and is taking things a bit too far.

We all know somebody like this.

DEFENCE: I am going to offer two defences. The first is a simple one that will make such a person let go immediately.

Turn the person's hand over so that the back of his hand is facing upwards (ie yours is facing downward). Take your other hand and in the manner that you would knock on a door, rap your second row of knuckles sharply against the back of his hand. If that fails to make him let go then the next move is to commence what I call a "scrubbing" action with those knuckles making sure that the direction of the scrub is across the bones of his hand, not along them.

This uses the principle of direct attack. It is also an excellent way to remove yourself from a Bear Hug From Behind with your arms out (free). Try it. That is why I have not listed that option for a Bear Hug. It is just far too easy to get out of. I have saved it for here.

OK. That is the first method. Simple but very nasty. However, you can choose the power of your "rap" and your "scrub." That is what I call it "Rap and Scrub."

The next method is considerably more difficult but will really make

"Uncle Harry" look like a fool if he does not let go.

I will assume that the hand shake is right hand to right hand. If it is left to left merely reverse the directions.

I call this defence the "Yoke and Vault." You supply the yoke. He does the vault.

You step along side him to face the same direction (somewhere between 10 and 12 o'clock. It doesn't really matter precisely but you need to be in that range). You are now on his right hand side, hands are still locked.

Using your left hand between the first finger and thumb place a "yoke" around his right wrist. Don't grab it, just support it. Turn his hand down so that your hand is on top. As you keep pushing down, slide your left elbow under his upper arm for a bit more support.

You now have a classic arm bar or, as they say in Ju Jutsu, the set up for a "hammer throw." If you keep pushing down with your right hand his fingers will pop open to relieve the pressure. That is even better because now you can grasp that bunch of fingers and exert even more pressure. Make sure that you maintain the "yoke" and keep supporting his upper right arm on your left arm. This is particularly important if you are of smaller stature.

After his fingers pop open the next thing you will find is that he starts to stand on his toes. This is to try to relieve the pressure. At this point you can be really nasty but I definitely don't recommend it - not for this sort of thing anyway.

Continuation of the pressure to his arm will see him literally pole vault on his head. **Caution: This is EXTREMELY dangerous.**

Now that you know how to do this you can practice it from almost any standing position. All you need to do is to seize a person's wrist and you can set the whole thing up. Try it.

This technique uses the principle of wrist manipulation and the principle of balance disruption.

TASK CHART - SIMPLE

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

TASK CHART - ADVANCED

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 20 - Key points for me to remember:

LESSON 21 -

LEVEL FOUR

DEFENCE AGAINST
TWO HAND SHOVE

LESSON 21 - DEFENCE AGAINST A TWO HAND SHOVE

DESCRIPTION: This is the classic "tough guy" chest shove. Two hands thrust into your chest to push you backwards - usually accompanied by some choice words.

INTENTION: The intention is to show some bravado. "What are ya gonna do about it? Huh? What are ya gonna do about it?"

It is also to push you away with some force on your chest. One shove like this is no big deal. However, if a second or third shove is given then that usually means an escalation of violence. Bravado turns into ugliness.

DEFENCE: If I am pushed in this manner, although I don't like it, I will usually accept it - ONCE. If a second shove is made I will respond. You see, one shove might just be a physical statement of some sort. Many times it can end there. But if the Attacker decides to go on with it then there are only so many times you can be shoved before you run backwards into something - either a wall or an accomplice of A.

Use the first shove to gauge these things:

- the strength of A
- the anger of A
- the likely further actions of A.

If a second, and usually more powerful, shove is made here is what you can do.

As the hands are propelled towards you, intercept them by dropping both your palms down on top of the back of A's hands. This uses the principle of deflection.

A deflection is different to a block. A block stops everything. A deflection, as the name suggests, allows the motion to continue but in a different direction.

Try this...

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Have your training partner put his or her hands on your chest as would be the case in this type of attack. Now, drop your hands down on to the back of your partner's hands. What happens?

Your partner's hands will drop. Notice that the further they drop, the further they are away from you?

If you do this with some speed and power you will notice that not only will their hands plunge down but also, because it is such a surprise move, their head and shoulders will jerk forward. At this point you can take advantage of that momentum - or you can leave it at that.

Let's assume you want to do something stronger. Let's assume that you want to use the principle of direct attack to make sure that you put a stop to any further escalation of violence.

Using the reverse hand strike that you learned in Lesson 1, use the back of your right hand to strike the side of A's jaw, followed by the back of your left hand.

You have now:

- 1 gauged the Attacker's intention
- 2 applied a circuit breaker to stop the attack
- 3 deflected the second attack
- 4 hit back with two powerful strikes of your own.

Don't be deceived by the perceived lack of power of a back hand slap. This strike is used quite extensively in many martial arts as both a block and a strike. Used against a jaw it can be very powerful.

Timing is the essence with this defence. It will take a few practice routines to get it just right but watch what happens when A has some forward momentum and you apply the downward deflection of both his hands.

You must be very careful when practicing because your training partner's head and shoulders can jerk forward quite rapidly and if your first back hand strike is already on its way then the contact can be quite severe. I like to call this the "Double Banger."

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 21 - Key points for me to remember:

SUMMARY OF PRINCIPLES AND TECHNIQUES USED IN LESSONS 18 TO 21

As is customary, we will do a quick re-cap on the principles and techniques presented in the last four Lessons. You should now be practicing the following:

- Knee Tackle - "Nut Cracker Suite."
- Head Lock (from the side #2) - "Ear Spike."
- Crushing Hand Shake - "Rap and Scrub" and "Yoke and Vault."
- Two Hand Shove - "Double Banger."

As usual, these are all representative of the type of common attacks that one can expect from somebody pre-disposed to violence.

Just to recap, let me re-state the principles from Lessons 14 to 17.

- Knee Tackle - principle of direct attack.
- Head Lock (from the side #2) - principle of pressure point co-operation
- Crushing Hand Shake - principle of direct attack
 - principle of wrist manipulation &
 - principle of balance disruption.
- Two Hand Shove - principle of deflection &
 - principle of direct attack.

You will notice that many of the principles are being repeated, some exactly the same way as previously shown, others in a variation.

The interesting thing to note is the versatility of the principles that I am showing you. When you learn them they can be adapted to suit a range of performances.

You might also be starting to appreciate the descriptive names that I have given the individual defences. They are representative of what the defence is all about and attempt to give you an immediate visual idea of the moves. By picturing the defence through association with the words you will also be able to recall it much easier.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

The list of list of self defence principles has now grown by one more to **eleven**.

- principle of circuit breaker.
- principle of thumb leverage.
- principle of direct attack.
- principle of percussion.
- principle of rotational movement.
- principle of increasing pressure.
- principle of balance disruption.
- principle of blocking.
- principle of wrist manipulation.
- principle of pressure point co-operation.
- principle of deflection.

LESSON 22 -

LEVEL FIVE

DEFENCE AGAINST
DOUBLE WRIST GRAB
(FROM BEHIND)

LESSON 22 - DEFENCE AGAINST DOUBLE WRIST GRAB (FROM BEHIND)

DESCRIPTION: Somebody walks up to you from behind (6 o'clock) and secures both your wrists in restraining holds.

INTENTION: The intention is to restrain you from behind. The fact that both of your arms have been secured suggests that another person might attack you from the front.

This is a difficult position as virtually no amount of struggling will allow you to escape.

DEFENCE: As mentioned above, you need to be wary that the reason your wrists have been secured might be for somebody else to come at you from the 12 o'clock position. If that is the case, wait until that person is within range then lash out with the Basic Front Kick that you learned in Lesson 4. If they are too close before you realise what is happening, you can use the Knee Lift that you learned in Lesson 3.

As the person behind you only represents a threat to your freedom you can now deal with him.

The first part of the defence is to turn slightly to your left in a counter-clockwise direction. At the same time move your left hand behind your back and take hold of A's right wrist.

Using the principle of thumb leverage, raise your right hand and break free of his grip.

The situation now is as follows:

Your right hand is free. Your left hand is still secured by A's left hand while that hand (left) holds A's right wrist. It sounds confusing but it's relatively simple.

Keep turning counter-clockwise to face A while at the same time using the principle of wrist manipulation to twist A's wrist. You can do this by placing your free right hand on the back of his right hand. He

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

is now in a very painful position whereby you can take him to the ground.

The reason that A will go to ground is to relieve pressure. His wrist becomes overloaded and the pressure is brought to bear on his elbow. In turn, it too becomes overloaded and the pressure transfers to the shoulder. His shoulder is unable to take the leverage that you are placing upon it so his body begins to arch sharply to his right. Eventually he can no longer remain standing and he will crash to the ground. Even when this happens you can still keep exerting pressure on his wrist.

This defence has a greater level of difficulty. The most important thing to remember is why such a grip would be placed on you in the first place. To allow somebody to sneak up behind you and seize your wrists shows that your level of awareness is insufficient.

The main threat will be from a third party so keep that in mind, deal with that person first then get out of the grip.

Getting out of this is called "Turning the Tables."

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

LESSON 23 -

LEVEL FIVE

DEFENCE AGAINST
REAR "V" NECK CHOKE

LESSON 23 - DEFENCE AGAINST REAR "V" NECK CHOKE

DESCRIPTION: Somebody walks up to you from behind (6 o'clock) and wraps their arm around your neck so that their inner elbow joint is pulling back against your throat.

INTENTION: The intention is to choke you from behind. In this attack it is easy for A to pull you backwards to disrupt **your** balance.

This is a difficult position as virtually no amount of struggling will allow you to escape.

DEFENCE: Determine which arm A has placed around your neck. We will assume for the sake of this description that A is using his right arm.

Approximately 95% of the population are right handed so the probability of receiving a right arm choke is 19 out of 20.

You can always reverse the order to defend against a left arm choke.

Grab A's arm with your left arm at his forearm and your right arm at his shoulder. Thrust your right leg to the right and backward slightly. Pull against A's arm to drag his body around your leg. Keep your leg straight. This is important. You can then execute a throw using the principle of balance disruption.

Because most people have absolutely no idea how to fall, the chances are that A will injure himself.

You can determine the amount of damage done to A by graduating his fall. If he is a real cretin you can dump him as hard as you like.

Injuries from a fall like this can range from scrapes and bruises to a fractured and broken wrist, chipped elbow, dislocated shoulder, fractured skull or a combination thereof.

When practicing with a partner you should be careful.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

I call this defence simply "Road Crash" - for obvious reasons.
Visualise it!

There's not much better than seeing somebody who wanted to attack you viciously from behind now laying at your feet nursing his wounds and wondering what the hell happened.

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

LESSON 24 -

LEVEL FIVE

DEFENCE AGAINST
LYING DOUBLE ARM STRANGLE

LESSON 24 - DEFENCE AGAINST LYING DOUBLE ARM STRANGLE

DESCRIPTION: You are lying on your back. An attacker is straddling you (sitting on your stomach) while strangling you around the neck with both hands.

INTENTION: The intention is to control you by sitting on you. The strangle is obvious - an attempt to cut off your air and/or blood supply. This is perhaps the most perilous position that you may find yourself in.

My question is - how did you allow this to happen?

I always advocate that the last position you should find yourself in is a wrestling position on the ground. You should avoid this at all cost.

However, let's assume that you were asleep (on your back) and some cretin managed to get into your home without you detecting him.

Imagine the horror at finding yourself beneath a stranger trying to take advantage of you by straddling your torso then attempting to strangle you.

DEFENCE: The first thing that you must do is give A something to think about while you prepare yourself.

Where is A's weakness?

Think about it for a moment.

His arms are outstretched, his hands are around your neck. His ribs are stretched.

Strike A's ribs with a thumb-knuckle strike. To form this strike simply make a fist then press the pads of your thumbs into the second knuckles of the first finger. You will see that this makes a nice triangular striking point. Drive the tip of those thumbs into A's ribs. (It will be interesting for you to return to Lesson 8 and use this alternate

hand strike in that defence.)

That will definitely give him something to think about. His reaction will be to remove his hands and jump upward - such is the power of this strike, which uses the principle of direct attack.

Your next objective is to rid yourself of the weight sitting on you using the principle of balance disruption. To do this raise one leg (let's assume for the sake of this description) that you raise your right leg. Raise it as close to your right buttock as is possible. At the same time grasp A's **left** shoulder (using a handful of clothing) and drag to the left whilst twisting your torso to the left (ie right hip on top, left hip to the ground). This will cause A to fall to your left hand side.

You can now use your right foot to kick A in the head in the manner that you learned in Lesson 4. The only difference here is that, instead of standing upright, you are laying on your side.

If desired you can now straddle A and execute either a series of Open Hand Strikes or Elbow Strikes to A's head.

The principle of direct attack has been used again - several times - to finish A off.

This attack from A is perhaps one of the most frightening of all as, chances are, you may have been caught sleeping.

Your response must be immediate so practice this with a partner with your eyes closed to simulate a sleepy sensation or defending yourself in darkness.

This defence is called the "Bucking Bronco."

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor		average				excellent			
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Lesson 24 - Key points for me to remember:

LESSON 25 -

LEVEL FIVE

DEFENCE AGAINST SINGLE HAND THROAT GRAB WITH FIST RAISED

LESSON 25 - SINGLE HAND THROAT GRAB WITH FIST RAISED

DESCRIPTION: An attacker holds your throat with one hand and has his fist raised ready to strike you with the other.

INTENTION: This type of attack is threatening. It is the sort of attack that one might expect after an argument. The chance of escalating violence is high.

DEFENCE: Let me ask you a question because by now, if you have worked your way diligently through all the lessons to here you should be able to answer it.

Can you identify the most pressing danger?

Look at the situation. What represents the most immediate danger to your safety?

Write your answer in here

We shall see if you are correct a little further below.

First, arguments never solve anything. All they ever do is leave two or more people hating one another - be that momentarily or for a longer period.

I read somewhere that *"a discussion is an exchange of information, an argument is an exchange of ignorance."* That is something worth remembering.

Part of your training in the Home Study Course Part One - Mental Training and Theory was to identify potentially dangerous situations and avoid them.

Violence often occurs when one or more parties are insulted or become annoyed as a result of words spoken. Sometimes that is as a result of overhearing or even eavesdropping on a conversation. It can also occur when another party intervenes by making certain

information known. In Western Australia, in November 2004, it was widely reported in the news that a man went armed to a private residence and shot dead a woman in a vehicle because the man that she was with had made some insulting remarks about a friend of his. When the result is such extreme violence, can you see how tragic and patently stupid this is?

An innocent woman has paid the ultimate penalty of death and the idiot who shot her is now in captivity.

The point that I want to make here is that there are certainly people in out midst that take extreme action to exact revenge.

IF you inadvertently or even intentionally insult somebody you might try to reduce the propensity for violence by saying something like "I am sorry. I apologise. I didn't mean to offend you."

Most decent people would accept that. Let us assume that the person confronting you wants to press the issue - not with a rifle but with his fists.

OK. Back to the question about what represents the most immediate danger to your safety.

Your answer should have been "the raised fist."

Having a hand around your throat is unpleasant. However, it represents no real immediate threat. The raised fist is a clear intention that the violence will probably escalate.

With that in mind the best thing to do is to address the raised fist first. The best way to do this is to extend your arm forward to the fist and place your hand, palm forward, in front of it. The Attacker will find it virtually impossible to launch a fist attack to your head with your open hand sitting right in front of it. If he does punch your palm it might sting a little bit but there will be little behind the strike because it will not have had any where near sufficient distance to develop any power. This involves the principle of blocking.

Having halted the real threat we can now turn to removing the hand

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

from your throat. If you have been attentive you will already be thinking of how this may be done.

We will again use the principle of wrist manipulation as it provides the simplest and easiest method of doing the task.

Let's assume for the sake of this description that A will be holding your throat with his left hand because he is right handed and thinks he can do more damage to your face with a right hand punch.

Remember that 95% of the population is right handed so this is a reasonable assumption. If you want to practice on the other side just reverse my description.

Now, here is something really neat...

When A has his right fist (preferred arm) raised, you block it with your left arm (non-preferred arm for a right hander - I am assuming that you are probably right handed too. But it doesn't matter).

If you **are** right handed then you are blocking A's preferred arm with your non-preferred arm. This gives you an immediate advantage.

If you are, in fact, left handed (5% of the population) then you are blocking his preferred arm with your preferred arm and the duel is even - at this point.

Wait for it...

There is a massive tactical advantage coming for you.

Place your right arm on top of A's left arm so that your hand is on top of his (palm down on the back of his hand) and your elbow is pointing directly at him.

In the same way that we have trained in it before, use the principle of wrist manipulation to remove his arm. When you have control of it you can support the grab with your left hand as he will have insufficient balance to launch any decent punch at you. You are now in total control.

Now I am going to give you an alternative.

You can either take A to the floor by applying wrist pressure or try something a little bolder. The best way that I can describe "taking A to the floor" would be to lay the palm of his hand flat on the floor "to the outside his body position." If you practice it a few times with a partner you will immediately understand what I mean. I call this "The Wrist Dump."

But you might like to try this nasty alternative - more wrist manipulation!

By rotating both your thumbs under the palm of A's hand (all fingers on the back of his hand and thumbs below) you can step forward and position A's elbow on the top slope of your chest. Get the arrangement nice and tight then pull back on A's wrist so that the whole joint is being pulled back towards you.

This is an exceptionally excruciating lock from where you can ask A to submit. I call this "The Vice."

Knowing what I do about the psyche of most males they will agree to submit just to relieve the pain then, as soon as you let go, they will try to "hang one" on you just to get even. Be wary of this.

You can always push A away so that he is out of range for a swift retaliatory punch. But be prepared to defend yourself from further violence. Revise Lesson 15's alternative method for dealing with a roundhouse punch because that will probably be his next stupid move.

You should only try this advanced option if you become very proficient with it. Otherwise just take A to the floor where he will be less likely to try to retaliate. Having said that watch out for flailing feet. Some of these types just never know when enough is enough.

Taking your opponent to the floor once again uses the principle of balance disruption while the standing submission hold uses the principle of increasing force.

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

There will follow two task charts, one for each option.

I hope that you are filling in these task charts after every technique. Not only do they provide a record of your practice and progress but they also allow you to discuss your findings with your training partner and provide a pause for you to refine technique.

TASK CHART (OPTION 1 - TAKE DOWN)

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

TASK CHART (OPTION 2 - STANDING SUBMISSION)

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

LESSON 26 -

LEVEL FIVE

DEFENCE AGAINST
ATTACKER KNEELING BESIDE YOU
USING A STRAIGHT ARM STRANGLE

LESSON 26 - DEFENCE AGAINST AN ATTACKER KNEELING BESIDE YOU USING A STRAIGHT ARM STRANGLE

DESCRIPTION: This is the classic alternative to the Lying Double Arm Strangle where A is straddling your torso. This time he is kneeling beside you.

INTENTION: The intention is to cut off your air and/or blood supply, which will render you unconscious or dead.

DEFENCE: The first thing that you do is to secure a "pinion point" on A. For the sake of this description I will assume that A is kneeling to your right hand side. If it happens to be the left all you need to do is reverse these instructions. In fact, once you successfully defend from the right you should also practice from the left as there is no real preference other than what side A approaches you from.

The pinion, in this case (to the right) is the arm nearest you, which will be A's right arm. Secure it by using both hands around his lower forearm. You need to do this to keep him in position because you don't want him slinking away when the pressure goes on to him.

The next thing that you do is to raise your right knee and push it up and under his chest, ribcage, and stomach area. This will provide the drive to push him away.

Next, and this will require some athleticism (hence, this is in the advanced section), you loop your left leg over his neck.

You then exert pressure with your legs and scissor his head using the principle of scissoring action. Push him away using the power of your left leg. This uses the principle of superior leverage. Next, position his secured arm (right arm) so that the elbow is facing down. While still holding his arm, lever down against your right leg so that there is extreme pressure and strain on his elbow. This uses the principle of increasing force.

After you have made A squeal for mercy you can then retract both

legs and use the soles of your feet to thrust him away from you. This uses the principle of direct attack.

Immediately jump to your feet and assume a position over A who will be nursing a sore arm or a snapped elbow joint. You can then decide whether he needs any more discouragement from the Basic Front Kick - aimed primarily at the side of his head. Again, the principle of direct attack is used.

Anybody who takes advantage of a horizontal or sleeping victim deserves everything he gets. Teaching him a sorry lesson this time might save a victim far less capable than you somewhere in the future. This defence is called "The Rack."

Now, I always get this question in my self defence seminars...

"What if I am under blankets?"

I agree. This makes the task far more difficult.

In this instance the best advice that I can give is to try to free one of your arms and make an immediate pressure point attack on one of A's eyes. Obviously, this uses the principle of pressure point attack.

Never, ever, believe that you are totally defenceless. If you do then you are. If everything seems useless just bide your time until the moment of opportunity arises then hit A with everything that you've learned - eye gouges, knee strikes, elbows, kicks, open hand strikes - use the works!

Find a nearby object to use as a weapon (see Home Study Course Manual #1 - "Mental Principles and Theory") and let him have it.

After all, what gives ANYBODY the right to take advantage of you in this way?

If you have been training assiduously in the offensive techniques of Lessons 1 to 5 then you will be well and truly capable of a "Blitz Attack." **Make these weapons your friends and they will serve you well in times of emergency!**

TASK CHART

With a partner, rate yourself over ten practice movements:

	poor			average				excellent		
	1	2	3	4	5	6	7	8	9	10
Practice # 1 -	-	○	○	○	○	○	○	○	○	○
Practice # 2 -	-	○	○	○	○	○	○	○	○	○
Practice # 3 -	-	○	○	○	○	○	○	○	○	○
Practice # 4 -	-	○	○	○	○	○	○	○	○	○
Practice # 5 -	-	○	○	○	○	○	○	○	○	○
Practice # 6 -	-	○	○	○	○	○	○	○	○	○
Practice # 7 -	-	○	○	○	○	○	○	○	○	○
Practice # 8 -	-	○	○	○	○	○	○	○	○	○
Practice # 9 -	-	○	○	○	○	○	○	○	○	○
Practice # 10 -	-	○	○	○	○	○	○	○	○	○

Do you feel confident that you are now able to escape from this attack? YES/NO

SUMMARY OF PRINCIPLES AND TECHNIQUES USED IN LESSONS 22 TO 26

As Lessons 22 to 26 are the last formal lessons in this course, the following list is the last summary. You should now be practicing the following:

- Double Wrist Grab (From Behind) - "Turning the Tables."
- Rear "V" Neck Choke - "Road Crash."
- Lying Double Arm Strangle - "Bucking Bronco."
- Single Hand Throat Grab With Fist Raised - "The Wrist Dump" and "The Vice."
- Kneeling Straight Arm Strangle - "The Rack."

All of the above are fairly specialised attacks but all are common enough to be worthy of inclusion in this Home Study Course.

The principles from Lessons 22 to 26 are:

- Double Wrist Grab (From Behind)
 - principle of thumb leverage
 - principle of wrist manipulation
- Rear "V" Neck Choke
 - principle of balance disruption
- Lying Double Arm Strangle
 - principle of direct attack
 - principle of balance disruption
- Single Hand Throat Grab With Fist Raised
 - principle of blocking
 - principle of wrist manipulation
 - principle of balance disruption
 - principle of increasing force
- Kneeling Straight Arm Strangle
 - principle of scissoring action
 - principle of superior leverage

- principle of increasing pressure
- principle of direct attack

The list of list of self defence principles has now grown to a total of **thirteen**.

- principle of circuit breaker.
- principle of thumb leverage.
- principle of direct attack.
- principle of percussion.
- principle of rotational movement.
- principle of increasing pressure.
- principle of balance disruption.
- principle of blocking.
- principle of wrist manipulation.
- principle of pressure point co-operation.
- principle of deflection.
- principle of scissoring action.
- principle of superior leverage.

So there you have it - **my thirteen principles of self defence** that will allow you to get out of virtually any lock or hold.

In reality, there are twelve basic principles with one universal principle - the first - which is the principle of circuit breaker.

Always remember - **it is your willingness to respond immediately to a threatening violent action** that casts doubt into the mind of an Attacker. Every second you waste strengthens his resolve.

Most people do NOTHING. That is where they come unstuck. Do SOMETHING - anything. Create the "circuit breaker" in his primitive primate mind. Get his attention off his next practiced move. Make him re-direct. That is, to alter his tried and rehearsed violence.

Be different. Create doubt. When his psychological advantage diminishes, in his mind at least, yours increases.

SUMMARY LIST OF THE 21 SELF DEFENCE TECHNIQUES COVERED

SUMMARY LIST OF 21 TECHNIQUES COVERED - PRACTICAL SELF DEFENCE:

(Note: Lesson #'s bracketed for easy reference)

Each defence has a unique name that gives a visual image of the technique(s) used. Try to picture the defence in your mind using only the name as a prompt to the attack.

In order of presentation in the course:

1 - Double Wrist Grab

- High - Down Lever (Lesson # 6)
- Low - Up Lever (Lesson # 7)
- Side - Rolling Lever (Lesson # 12)

2 - Bent Arm Strangle (from the front)

- Rib Cracker (Lesson # 8)
- Window of Opportunity (Lesson # 14)

3 - Bear Hug from the Front (Arms Free)

- Clap of Thunder (Lesson # 9)

4 - Straight Arm Strangle

- Spinning Wheel (Lesson # 10)
- Pile Driver (Lesson # 16)

5 - Bearhug from Behind (Arms Pinned)

- Shin Blaster (Lesson # 11)

6 - Bent Arm Strangle (from behind)

- Triple Blitz (Lesson # 13)

7 - Bear Hug from the Front (Arms Pinned)

- various defences (Lesson # 15A)
incorporating Roundhouse punch retaliation
- Telegraph Pole (Lesson #15B)

8 - Headlock from the Side

- Bowsaw and Meteor Strike (Lesson #17)
- Ear Spike (Lesson #19)

9 - Knee Tackle

- Nut Cracker Suite (Lesson # 18)

10 - Crushing Handshake

- Rap and Scrub (Lesson # 20A)
- Yoke and Vault (Lesson # 20B)

11 - Two Hand Shove

- Double Banger (Lesson # 21)

12 - Double Wrist Grab (from behind)

- Turning the Tables (Lesson # 22)

13 - Rear V-Neck Choke

- Road Crash (Lesson # 23)

14 - Lying Double Arm Strangle

- Bucking Bronco (Lesson # 24)

15 - Single Hand on Throat Grab with Fist Raised

- Wrist Dump (Lesson # 25A)
- The Vice (Lesson # 25B)

14 - Kneeling Straight Arm Strangle

- The Rack - (Lesson # 26)

SUMMARY OF PRINCIPLES USED IN THE 21 SELF DEFENCE TECHNIQUES

SUMMARY OF PRINCIPLES USED IN THE 21 SELF DEFENCE TECHNIQUES:

In order of presentation:

1. principle of circuit breaker.
2. principle of thumb leverage.
3. principle of direct attack.
4. principle of percussion.
5. principle of rotational movement.
6. principle of increasing pressure.
7. principle of balance disruption.
8. principle of blocking.
9. principle of wrist manipulation.
10. principle of pressure point co-operation.
11. principle of deflection.
12. principle of scissoring action.
13. principle of superior leverage.

1 - THE PRINCIPLE OF THE CIRCUIT BREAKER

This principle involves the practice of DOING SOMETHING. It acts as a barrier to the Attackers line of thinking in that it is most unusual. This is because most victims do NOTHING. A response should be made to EVERY VIOLENT attack at the very first opportunity.

2 - THE PRINCIPLE OF THUMB LEVERAGE

This principle involves taking advantage of the inherent weakness of the structure of the human hand. Because the thumb opposes all four other digits it becomes the weak point of the grip. It is therefore the point at which breaking away from all hand holds and grips are focussed.

3 - THE PRINCIPLE OF DIRECT ATTACK

This principle involves attacking the human body with powerful strikes. Such strikes can be directed to virtually any part of the body. However, when direct attacks are made to the pressure sensitive areas such as those listed above then the effect of such strikes can be magnified many times.

4 - THE PRINCIPLE OF PERCUSSION

This principle involves forcing a cupped hand onto an area of the head to blast the focussed area with an infusion of air. When used against organs such as the ears and eyes, this strike becomes extremely debilitating and can cause permanent injury.

5 - THE PRINCIPLE OF ROTATIONAL MOVEMENT

This principle involves rotating a body part to escape a lock or a hold. Twisting the body makes it difficult to grip. Many holds can be broken by using a rotational movement - providing they rotate against weakness and not into strength.

6 - THE PRINCIPLE OF INCREASING PRESSURE

This principle involves gradually increasing the force of a technique until pain can no longer be withstood. Again, this principle is most often used in conjunction with the pressure sensitive areas.

7 - THE PRINCIPLE OF BALANCE DISRUPTION

This principle involves disrupting the balance of an adversary so that he either falls to the ground or becomes so concerned with maintaining his balance that he is unable to concentrate properly on what he was attempting.

8 - THE PRINCIPLE OF BLOCKING

Perhaps the easiest of all principles to understand. As the name suggests a block is used as a barrier to prevent a collision with your body. Primarily used against arm attacks, often punches.

9 - THE PRINCIPLE OF WRIST MANIPULATION

Arguably the most useful of all the self defence principles. The wrist is designed mainly to bend back and forth and also allow for some minor movement from side to side. It does not like to be twisted obliquely. An oblique twist overloads the next joint, the elbow, which in turn overloads the shoulder. This in turn will lead to balance disruption to the side. Of all the principles this should be very well learned due to its massive versatility.

10 - THE PRINCIPLE OF PRESSURE POINT CO-OPERATION

This principle involves applying pressure to sensitive areas of the human body. Generally these are areas where vital organs are

located (eg the eyes, throat, groin, solar plexus). However, pressure point manipulation can be applied to any area where muscle or skin coverings are at their weakest or thinnest (eg shins, ribs etc).

11 - THE PRINCIPLE OF DEFLECTION

The cousin to the principle of blocking. Whereas blocking halts an attack, the principle of deflection merely re-directs the attack. This principle is often used in the "gentle" art of Japanese Aikido where the attacker's momentum is re-directed and used against him.

12 - THE PRINCIPLE OF SCISSORING ACTION

When one body part is opposed to an adjoining body part or crushed against that part the principle of scissoring is applied. Very useful for the application of pain or to cause an Attacker to take a course of action or go in a direction that he does not want. This principle, though somewhat difficult and of limited usefulness does have specialist applications.

13 - THE PRINCIPLE OF SUPERIOR LEVERAGE

A close cousin to the principle of balance disruption. In fact, this is the pre-cursor to that principle. Having superior leverage can cause a fall or can be used to apply painful outcomes.

GENERAL COMMENT:

All of the above principles are capable of being used with each other. When more than one principle of self defence is used more pain can be inflicted upon an adversary, which allows an escape to be made more rapidly. Combinations of self defence principles are therefore highly recommended.

There is one other principle that I would like to share with you. Although not covered in any of the self defence techniques presented it can be applied to most of them with a little bit of thought. It involves body impact. Although it is a useful addition to almost any defence it should be avoided if it is likely that you will be on the receiving end. Basically it involves dumping a body to the ground or barging it into another object

14 - THE PRINCIPLE OF BODY IMPACT

This principle involves causing an adversary to impact with a solid object. Most often this solid object will be the ground but may also be a brick wall or a pole or anything that can be used for solid impact.

A LITTLE SOMETHING... SOMETHING EXTRA:

After following all these principles you should be well on your way to being able defend yourself in a variety of situations.

Let's assume, just for a moment that you need a weapon fast. Most men wear socks, many women wear panty hose or stockings.

A handful of change in the toe of one of these items makes a pretty deadly kosh. Similarly a bar of soap will do the same. Or a couple of handfuls of sand or dirt or small stones.

Can you see how your imagination can be used to create weapons out of everyday items?

When your mind is "geared" to self preservation and self defense **EVERYTHING** can be used as a weapon. You just have to know how!

ANSWERS TO QUESTIONS ON LESSONS 1 TO 5

ANSWERS TO QUESTIONS ON LESSONS 1 TO 5

Answers to Questions on Lesson 1:

1 - Why is the open hand strike is the best strike available for an unskilled fighter?

Answer:

Most people are unable to form a proper fist and an open hand strike is easier to perform.

2 - Why do you tuck your thumb and fingers in when executing this strike?

Answer:

To avoid injury to them.

3 - What are the three most preferred targets to use this strike on?

Answer:

Jaw , Nose , Groin

4 - Describe the angle that you would position your hand for a strike to the groin?

Answer:

In an inverted position (ie fingers down rather than up)

5 - Although it would be easy to do as a follow up, why is unwise to squeeze the testicles of a male attacker after delivering the strike mentioned in question 4?

Answer:

Because, through pain or rage, he will probably lash out wildly causing you injury.

Answers to Questions on Lesson 2:

1 - Name the three types of basic elbow strikes and give an example of targets where they might be aimed?

Answer:

Forward Elbow Strike - side of the face or jaw

Side Elbow Strike - torso, ribs, stomach

Rear Elbow Strike - solar plexus, ribs, stomach

2 - Fill in the word to complete this sentence found in Lesson 2 - "No matter what the target is, the attack should be..."

Answer:

focussed.

3 - Elbow strikes are very difficult to avoid or block for one main reason. What is it?

Answer:

The extremely short time that they take to deliver

4 - Describe the method for forming an elbow strike to the face of an assailant? In other words, how do you position your arm before the strike?

Answer:

Turn the point of your elbow up by turning the palm of your hand away from your body.

5 - What is the reason for manipulating the arm in question 4?

Answer:

Greater impact (ie force concentrated into a smaller area)

Answers to Questions on Lesson 3:

1 - What is the similarity between the knee lift and the elbow strike?

Answer:

The very short time taken to deliver them.

2 - As with the elbow strike, when executing a knee lift, what is the WORST thing that you can do to alert the target?

Answer:

"Telegraph" your intention by making unnecessary "wind up" movements.

3 - Describe the best method for training in Knee Lifts?

Answer:

You can use your open hands, held at waist height, and use them as focus pads.

4 - Describe the target zone (ie zone of action) for the Knee Lift?

Answer:

The target zone is half a metre to either side of your centre-line (ie one metre from left to right)

5 - What are the only two targets for a Knee Lift?

Answer:

Groin
Coccyx

Answers to Questions on Lesson 4:

1 - Name the three main targets when using the Basic Front Kick.

Answer:

Shins

Knees

Groin

2 - What part of the foot is used to deliver the Basic Front Kick?

Answer:

The sole of the foot near the toes - the part that holds you up when you stand on your "tippy toes." (ie bottom of foot with the toes turned back)

3 - Why is that part of the foot used?

Answer:

It provides a strong striking surface and reduces the possibility of injury if the toes were pointed.

4 - What advantage do you have by raising the kicking foot to the knee before commencing the kick?

Answer:

Elevating the knee focuses the kick on the target and makes it far more difficult to detect and counter.

5 - Can you think of at least two advantages of using a Basic Front Kick?

Answer:

It is an unexpected move.

It doubles your striking power and uses a more powerful limb.

Answers to Questions on Lesson 5:

1 - Name the three methods of finger strikes to an attacker's eyes.

Answer:

Single finger strike

Double finger strike

Finger "flick"

2 - Give three reasons why a finger strike to the eyes is so effective.

Answer:

It "short-circuit"s the Attacker's mind-set.

Makes the Attacker's eyes "water" making it difficult to see.

Makes the Attacker's nose "run" making it difficult to breathe and causing disorientation.

3 - Name two methods for practicing a finger strike to the eyes.

Answer:

At your own image in front of a mirror

Against a piece of x-ray paper

4 - No matter what size your opponent is, what is the main reason for the effectiveness of a finger strike to the eyes?

Answer:

Nobody has muscles covering their eyes, which make them very vulnerable as targets. Therefore, it does not matter about the physical size or capacity of the opponent.

CONCLUSION

I do hope that you have enjoyed studying and participating in my self defence HOME STUDY COURSE against violence. Its contents are a culmination of more than thirty years of self defence seminars and the experience that I have gained from teaching martial arts to thousands of people of all ages and from all walks of life.

If you study the techniques and ideas presented you will **dramatically** improve your chances against becoming a victim of crime. It's got so much to do with your attitude.

Sadly, many people who desperately need this information, whether they know they need it or not, will never avail themselves of it. If you can think of anybody who might benefit from the information contained in this course please tell them about it. Your kindness and concern could pay off in a big way. One of your loved ones or friends may be able to use something from this course to save themselves. And, indirectly, it will be you who saved them.

As I have already mentioned several times, there is a compendium volume to this home study course, called "How to Protect Yourself From Violence - Mental Principles and Theory - Manual I." Like this volume it is a "stand alone" manual. Either one can be read by itself. However, their contents are mutually complementary.

I like to think of them like this: This volume is the tiger. The first volume is the dove. I always prefer the method of the dove to that of the tiger. In reality, they are the yin and the yang. Like night and day, female and male, dark and light, soft and hard.

Within great strength there is always some weakness. Conversely, wherever weakness is found there is also some strength. May you have the wisdom to choose when to show compassionate and when to show fury.

www.selfprotection101.com presents:
Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Review all your handwritten notes from Lesson 1 to Lesson 24 and make a list of the TEN most important things that you need to do to improve your protection:

1

2

3

4

5

6

7

8

9

10

Now, write a brief plan of how you intend to implement these things into your daily life:

A FINAL WORD FROM ME TO YOU

The forerunner to this home study course, called "Strikeback", was written in 1993. On the cover was a picture of a red back spider - *lactrodectus mactans hasselti*. The red back is widespread in Australia and is found most often in warm, dry areas.

The female red back spider can inflict a bite that is highly venomous and can be lethal. Red backs seldom bite, except when guarding their egg sacks. Then, they are particularly venomous and highly protective.

In retrospect, it was a silly cover. Totally my idea, of course. The problem was that most people who saw it thought that the book was about pest extermination or entomology. So it sold poorly from the bookshelves.

However, every person who read the book thought that it contained excellent information. That is probably why I have chosen such an orthodox, yet intriguing, title and cover this time.

Anyway, my sincere desire is that many people will read and learn what I have to show them. I believe that if they put these ideas into practice they will be so much safer for the effort.

Like the red back spider, you can learn to respond to attackers and intruders with assertion and venom - if you develop the correct attitude. That is principally what this home study course has been about.

Finally, share your new found knowledge with your loved ones.

Best Regards,

Gary Simpson

Gary Simpson
6th DAN Kyoshi (Master Instructor)
Zanshin Kai Karate Do
Perth, Western Australia

MORE ABOUT THE COURSE INSTRUCTOR:



I don't know about you but I like to know a little bit about people who write books and manuals.

You read their words and you wonder what they look like, what other interests they have, what they believe in and the like.

You already know quite a bit about my life with karate and other martial arts from Strike Back Volume 1, so I will tell you about some other things that I am interested in...

If you have visited my "**Motivation and Self Esteem for Success**" website at **www.motivationselfesteem.com** you will probably be aware that I have also been studying these subjects too. I have over 300 books on all sorts of success principles.

I have used the knowledge gained from those books and from videos, audio cassettes and live seminars to produce another two volume set called "**Journey, Life & Destiny.**" My goal in producing this work is to offer hope to those who want something more from life than what they are presently getting. Each volume contains two "modules" designed to take anybody from where they are now to anywhere that they desire to be. This set is also particularly helpful for anybody who is not sure exactly what it is they want from life.

I want to offer hope to people. I want them to be safe and I want them to be successful in life. My friend, Warren, who I dedicated this manual to (see page 3) was cut down in the prime of his life. It wasn't fair. We must seize every opportunity with both hands.

Life is not a dress rehearsal. This is the main event. Live it! Learn all that you can about the things that interest you and be the very best that you can be. If you visit my website you will see a constant offering of material to help you do just that - and a lot of it is free.

NEVER FORGET:

**YOU
are the
front line warrior
of your own safety.**

**DO NOT
expect or rely upon
anybody else to come to
your aid in your
moment of need.**

YOU are it!

www.selfprotection101.com presents:

Home Study Course - STRIKEBACK 2 - "How to Defend Yourself Against Violence"

Finally, I hope you never have to use any of these techniques in a real life situation. However, the world does seem to be becoming more and more violent as populations increase. So, the possibility of you having to do so, as repugnant as that may be, increases virtually every day.

The way that you train will determine the way that you respond to any real attack. Train like a bum and that is what you will be when the time comes. Train like a champion and you will be just that.

The choice is yours...

Protect yourself. Train diligently. Live well.

All the very best,

Gary Simpson

Gary Simpson
7th DAN Kyoshi (Master Instructor)
Zanshin Kai Karate Do
Perth, Western Australia