



Content By Joan Dao

SELF DEFENSE GUIDE

SUMMARY

Learning self defense is a set of tools that increases the likelihood of survival. Data suggests that any form of fighting back dramatically reduces continued incidences of violence and violent attacks. This requires regular practice so you are prepared for the event, however unlikely, that you will be attacked.

The techniques used here are basic escapes to get out of an altercation and the attacks that are common against women and children. Please note these techniques are not a substitute for a martial arts curriculum.

ADDITIONAL RESOURCES:

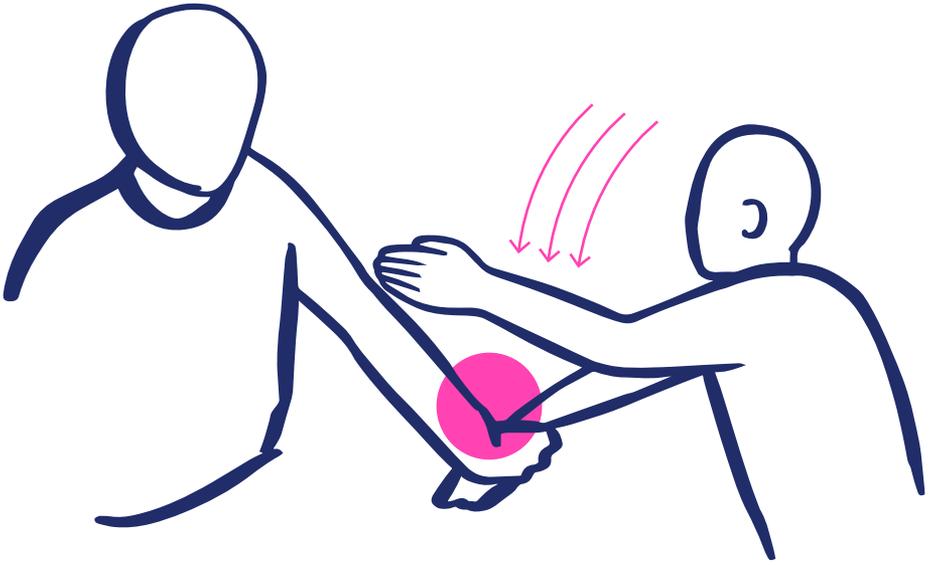
1. **Full Circle Martial Arts:** fcma.school
2. **Link to Michi Self Defense Basics:** https://docs.google.com/presentation/d/1ZVtJrj8fSzSaAWgW337jgKuT_qQN9KAW_YLg3It3MA/edit?usp=sharing
3. **Escape from Choke Holds:** <https://www.youtube.com/watch?v=-V4vEyhWDZO>



Key Self Defense Moves:

Situational Awareness

1. Look up and pay attention to your surroundings. People who are aware and paying attention to their surroundings don't make good targets.
2. Don't be distracted (such as your phone).
3. Have a plan about where you are going. Look for exits, cross streets, bathrooms, store fronts and areas with people.
4. Note time, landmarks, clothing, height, eye color, discernable tattoos or scars. Be a good witness.

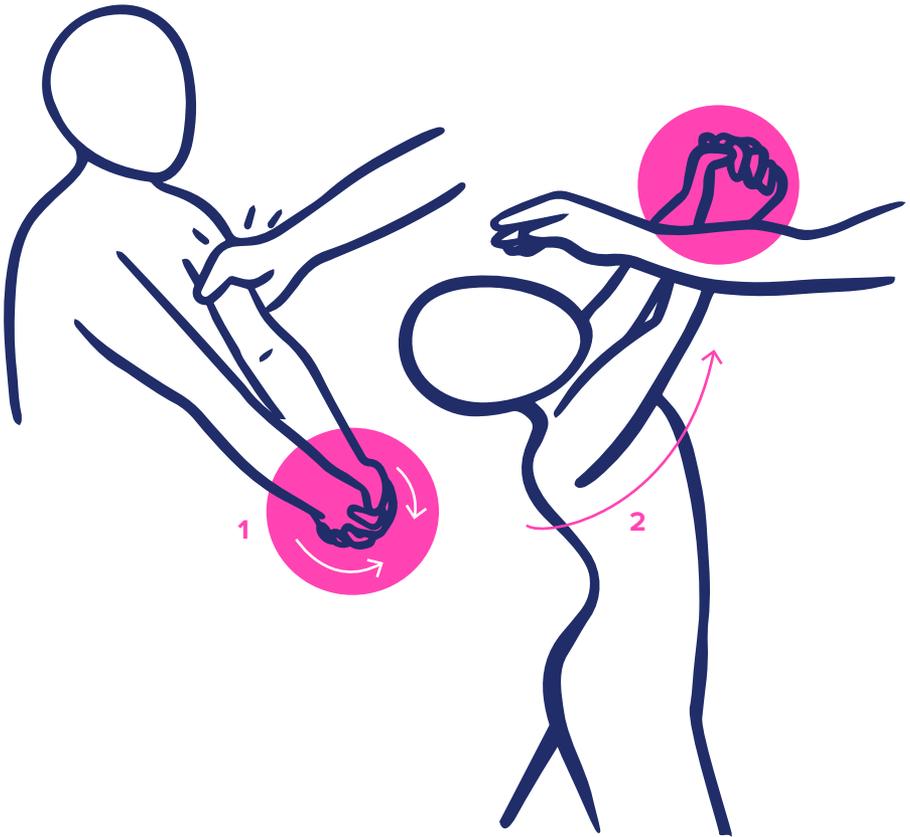


Key Self Defense Moves:

Wrist Escape I

The attack is overhand grab and to walk away.

1. The defense is to turn the wrist up and strike the attackers wrist crease with your other hand. Walk at the same pace as the attacker so the escape is discreet.



Key Self Defense Moves:

Wrist Escape II

The attack is a grab to the wrist or upper arm facing the defender.

1. The defender will clasp their hands together and make a large circle (going outside or pinky side) with their arms/shoulders that goes above their head and shoots down. The bigger the circle the better and move your hips with your arms to maximize your weight and momentum of the technique.
2. If you are using this for a choke, please tuck your chin first to protect your airway.



Key Self Defense Moves:

Wrist Escape III

The attack is a wrist grab facing the defender.

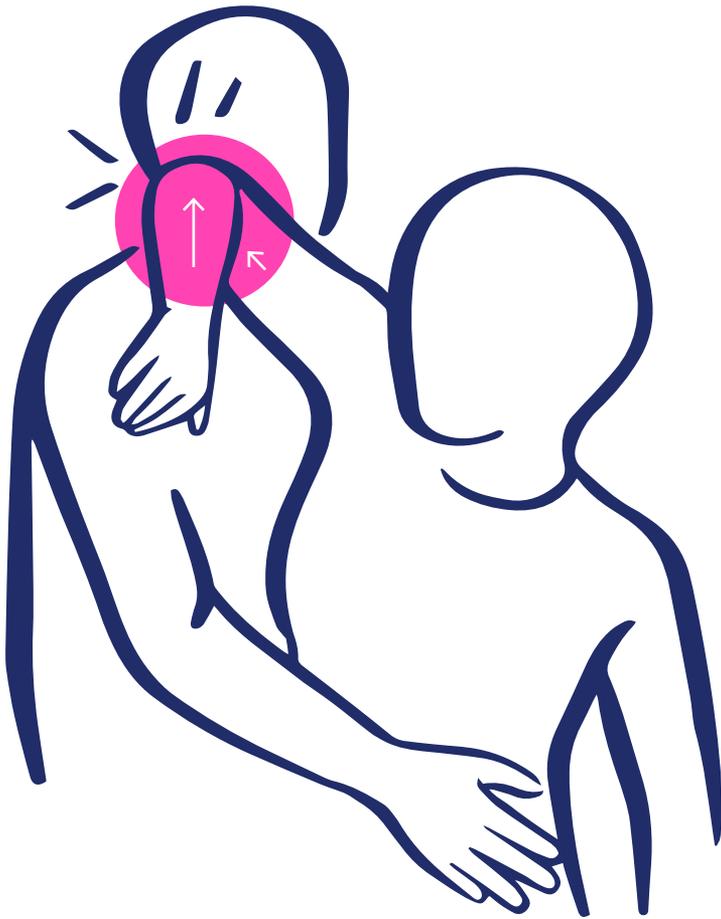
1. The defense is to drop your height by bending your knees and pop your elbow up as if you were dramatically picking up the phone or doing an upward elbow strike.
2. The point you want to focus on is the grip between the pointer finger and the thumb which is the weakest point in the grip.



Key Self Defense Moves:

Yelling

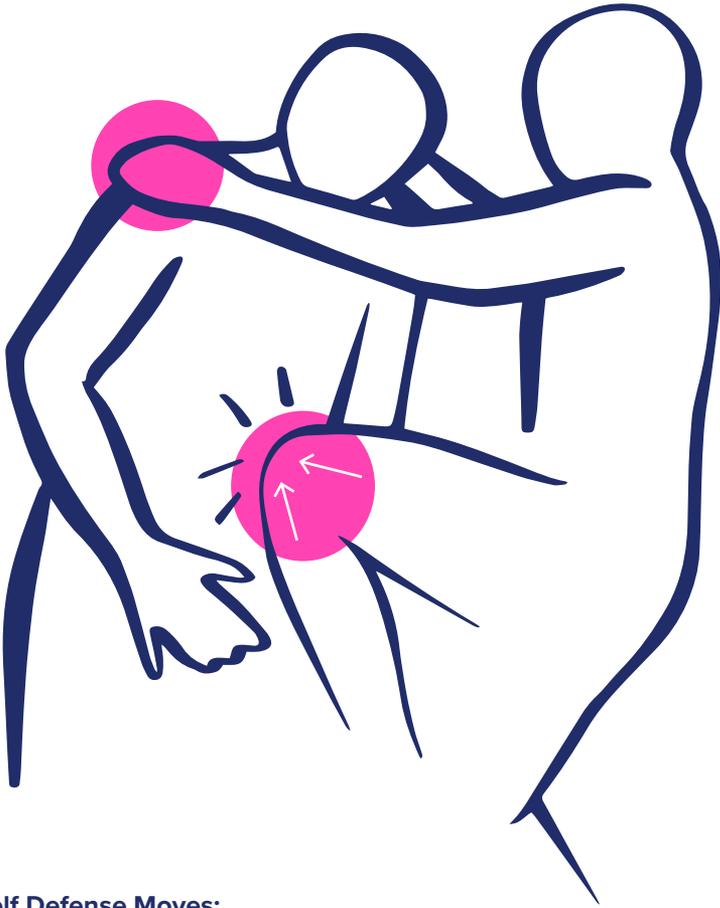
1. Practice yelling “STOP” “NO” “I DON’T KNOW YOU” and “FIRE” on the top of your lungs and get comfortable doing it so you can call for attention if need be.



Key Self Defense Moves:

Elbow Strike

1. Make a chicken wing with your arm with the thumb facing your chest or pinky side out. Your ulna bone in your forearm will be your striking surface. This is the hardest strike you can do and is best used in close proximity.
2. Footwork is similar to throwing a ball or half twists “washing machine” warm up moves. You end up in a contrapposto stance where weight is shifted to one side. In this case, your weight will shift from one side to the side of your target as you twist through. You can also go upwards.
3. You can use this on ribs, across the cheek, up in the chin or jaw, and neck as targets. Fleshy, softer spots are recommended.

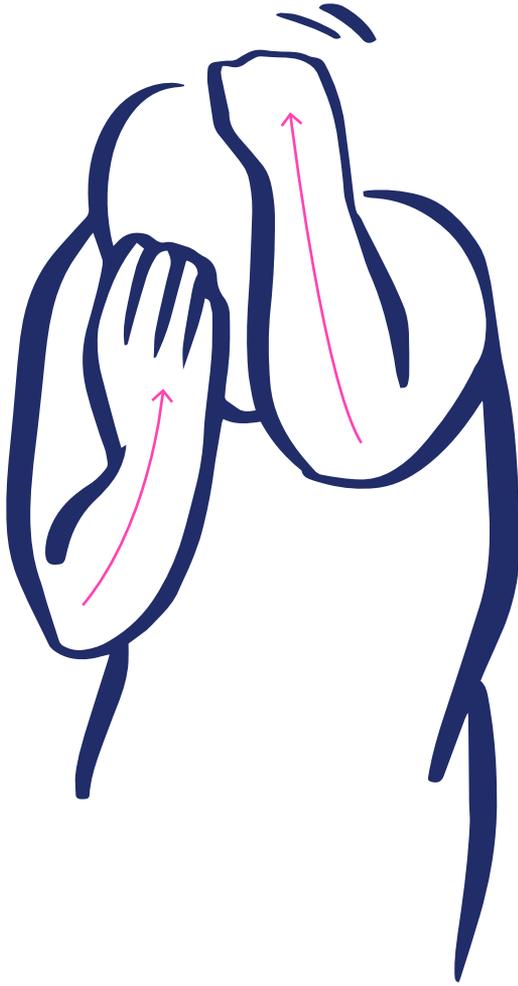


Key Self Defense Moves:

Knee Strikes

Your striking surface is the 6 inches above your knee cap at the bottom of your thigh.

1. Take both your hands and grab your attackers' shoulders and propel your knee into the attackers inner thighs, groin, torso, or chest. Even better is if you can pull their face down to your knee.

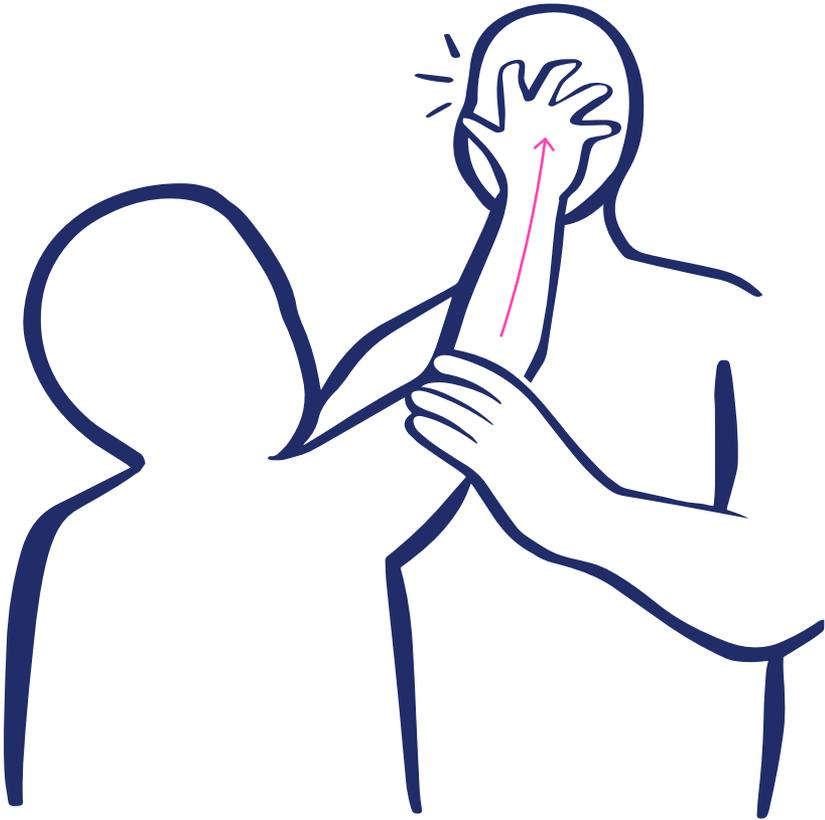


Key Self Defense Moves:

Cover Your Head

Most attackers are aiming for the head so you can be stunned or knocked out. It is important to protect your head and be aware.

1. Bring your arms up and grab the back of your head with your hands and elbows pointing forward.
2. You should be able to see between your elbows in front of you to maneuver. If someone is throwing a big winding punch, you can turn and have your arms take the blow on the side of your head, instead of taking it head on.



Key Self Defense Moves:

Distraction

1. Distract your attacker. This can be biting, pinching, kicking, taking a knee to their groin, screaming, spitting, vomiting, slapping the face. Anything that calls attention to you or gets your attacker to back off are all fair game in the name of survival.



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