

# Neuqua Valley Self Defense Study Guide

**Definition of Self Defense-** The physical and psychological skills to prevent or escape an attack

## 4 levels of self-defense

### 1. Awareness (MOST IMPORTANT LEVEL!)

- be preventative, not reactive
- do you know what is going on around you?
- are you observant?
- listen to your own intuition!!!

### 2. denying privacy

- Most difficult
- do not put yourself in risky situations

### 3. attracting attention

- yell FIRE, it is the most effective because people generally respond to it
- yell NO, as second line of defense
- yell HELP, but generally less effective because people will call 911 and not get involved

### 4. physical fighting - Most dangerous level

- should be used as a last resort
- be prepared to “go all the way”

## Primary targets

1. nose
2. throat
3. temple | eyes
4. solar plexus
5. knee cap (it only takes 6 lbs of weight to break a knee)
6. +1 is groin because if the attacker is high or drunk, they may or may not feel it  
(typically attackers have bad habits)

## 6 weapons you always have to fight with

- o 2 arms, 2 legs, Head, Voice

**The three strongest parts of the body to strike with are: elbow, palm heel, and knee**

## **Tips and other info**

- The primary target for a palm heel and knee kick is the NOSE.
- If you find yourself on the ground, the best line of defense is your legs. Keep kicking and turning your legs towards the attacker.
- The weakest part of the grab is the THUMB. Strength is in UNITY so four fingers are always stronger than the thumb.
- 50% of all rapes occur within ONE MILE of the victim's home
- 5 out of 6 people are involved in a violent crime
- 76% of all crimes are committed within 1-3 miles from the home. People are most comfortable around their homes and put their guard down

## **Basic Techniques and strategies to avoid being an easy target**

- Keep your head up and keep eye contact as you walk
- Stand and walk with a purpose CONFIDENCE
- Be aware of your surroundings
- Walk with a group of friends
- Stay in well lit areas
- Have your keys in your hand when walking to the car
- Keep garage door closed or the door between the house and the garage locked
- Don't accept a ride with someone you just met
- Don't leave your beverage unattended at anytime.

**Defensive Stance**-Lower center of gravity, back foot is turned out and fists are prepared and up.

Just doing one self defense move will probably not get you away from an attacker. In order to be successful you must perform a sequence of moves.

**Appetizer**- The first move to make the attacker off balance and lose focus

- Shin Kick, Knee Kick, Side Kick, Front Kick

**Entrée**- The second move to pull away from your attacker

- Arm grab: Kick to shin, Grab: Knee Kick / Twist away, Hug releases

**Dessert**- The last move to get away

- Run away to a safe area, Run to a group of people to help you

## Benefits of good Flexibility:

- Improves physical and athletic performance
- Decreases the frequency and severity of injuries
- Decreases muscle soreness and recovery time
- Joint health – insures long term benefits of mobility
- Improves posture and prevents low back pain and injuries
- Relaxation and stress management

## Flexibility Training Guidelines:

- Use a variety of stretching modes such as dynamic, static, or a functional warm up
  - **Static stretching** - A stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds. Static stretching is the most common form of stretching found in general fitness and is considered safe and effective for improving overall flexibility.
  - **Dynamic Stretching** - Active movements of muscle that bring forth a stretch but are not held in the end position.
  - **Functional/Dynamic warm up** - a series of sport specific movements that are designed to prepare the muscles for performance and are done in a safe and controlled fashion. Dynamic stretching used but also movements to increase heart rate and increase blood flow which, in turn, warms up the muscles.
- Perform at least one major stretch for each major muscle group of the body
- Stretch to the point of mild discomfort, not pain
- Stretch both sides of the body and opposing muscle groups. Balance.
- Stretch the target muscle groups in different planes to improve overall range of motion at the joint
- Increase intensity and duration gradually over time. Stretching + time = improved flexibility
- Stretching after warm ups and /or workouts is more effective for increasing flexibility.