



Basic Physical Self-Defense Techniques

Open Hand Techniques		Targets
Bear Claw	All fingers and thumb bent, spread apart, and tensed; poke toward, or rake across the face and neck	Eyes
Palm Heel	Wrist flexed back (fingers pulled back), thumb tucked	Nose; Jaw; Temple; Throat; Side of Neck; Back of Neck; Spine; Groin
Slap-Grab-Pull	Hand open and loose; slap the groin, grab and pull the testicles	Groin
Closed Hand Techniques		Targets
Hammer-Fist	Bottom (meaty) edge of the fist (opposite the thumb); Strike downward or across your body to the front, or swing upward to strike to the back	Nose; Jaw; Temple; Throat; Side of Neck; Back of Neck; Spine
Elbow Techniques		Targets
Roundhouse Elbow	Keeping your hand close to your body, swing elbow around and across your body; use in both directions.	Jaw; Temple; Ears; Throat; Back of Neck, Spine
Side Elbow	Prepare by extending arm to opposite side of body (from target) then drive elbow straight across your body	Ribs; Groin; Spine
Back Elbow	Extend arm forward and then drive elbow backwards	Chest; Ribs; Gut; Groin
Rising Elbow	Keeping your hand close your body and head, swing elbow upward using shoulder and hips	Jaw; Nose; Throat
Rising Back Elbow	Extend arm forward and, while stepping back with leg on same side as elbow, drive elbow backward and upward	Face; Throat; Temple
Kicking Techniques		Targets
Front Kick	Strike with the heel of the foot	Knee; Shin
Groin Kick	Swing top of foot or shin upward between their legs	Groin
Knee Kick	Engage the strong muscles of the hip to propel knee upward; May grab and pull target into rising knee	Face; Groin; Spine
Side Kick	Flex the ankle (pull toes up) and strike with the heel or outer edge of the foot	Knee
Back Kick	Flex the ankle (pull toes up) and strike back with the heel	Knee; Shin
Stomp Kick	Flex the ankle (pull toes up) and strike downward with the heel	Top of Foot

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Defensive Techniques

Shield Block	Strong vertical forearms (elbows down) in front of your face and body. Goal: Claim space; provide a shield between you and a punch or grab
Wedge Block	From a hands low position, bring forearms up together, then open outward. Goal: Create wedge of safety between you and a choke or bear-hug attack.
Getting off the Line of Attack	Jump to the left or right to re-position yourself to the side of an assailant. Goal: Prepare to fight or run

Preferred Targets: Temple, eyes, nose, jaw, throat, groin, knees, foot. These targets will disable an attacker when struck with a minimum of force, regardless of their strength or size. Tactics that can cause great pain but don't do much physical damage include pulling hair, hitting or kicking the shin, and pinching vulnerable targets such as the inner thigh. Boxing the ears can cause disorientation, dizziness, and loss of balance. The torso is less preferred since it is well-protected by bone and muscle. However, in an emergency situation, hit what you can reach!

Key Points for using Physical Techniques:

- **Yell – to scare attacker, generate power, and help you breathe**
- **100% Commitment – don't hold back**
- **Hit and Run – remember your goal is to disable attacker and get away safely**
- **Creativity isn't important – pick one or two techniques and use them over and over**
- **Lead = Speed; Rear = Power**
- **Bend knees**
- **Pivot back foot and drive from the hips for power**
- **For kicks, bend standing leg to help balance and power**
- **Believe you are worth defending!**