

Module 1 - Escape

FIGHTWIZE



BASIC
SELF DEFENSE
TRAINING

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Module 1

ESCAPE

First Edition

Module 1 - Escape

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Introduction

We have developed a simple system that will give you a good foundation on which you can build. Learning how to escape from an attack is such an important aspect of Self Defense, especially during the early days of learning. You will complete the first course having learned some of the essentials and some general concepts that you can apply to many situations. You may well want to take the training further and build on your foundation by learning some Take downs, Hold downs, locks and more but first let's learn how to get away. We recommend that you read this book from cover to cover before even trying any of the techniques.

Develop a game plan, avoidance should be your first goal but if for some reason this has failed you then your next option should be escape. Avoidance is very much controlled by your awareness which can be enhanced by increasing your Self Defense knowledge through reading and research. If running or walking away is not an option either then escape is definitely your next option. If this involves a physical fight then you should look to make this encounter as brief as possible. The longer it goes on then the odds may be swinging against you.

The techniques in our system originate from Jiu-Jitsu. Jiu-Jitsu itself forms the basis of many other Martial Arts, the origins date back thousands of years and are still used by Military and Police Forces World Wide. The techniques here have been updated to suit modern day situations, they will differ slightly from person to person but basically everyone, young and old is capable of performing our techniques which are simple to learn but may take longer to perfect. It is through repetition and teaching to others that makes you ask yourself the necessary questions to help you really understand the techniques. When you are learning, don't be in too much of a hurry to rush on and cover the next techniques. Take your time and allow the concept to be absorbed.

Our System is made up of various concepts; it is far easier to learn a few concepts than to learn a different technique to counter each different type of attack.

We have taken some of the very basic concepts used to produce a range of Escapes combined with some basic Striking and Targeting. Together they will give you a good feel for some of the basics of Self-Defense. We have also included a section at the end which gives some very valuable information to increase your general Self-Defense knowledge and awareness.

Right now you may well live in an area where you feel it's safe and unnecessary for this type of Course but will it always be like that? Is the area expanding with new people bringing different ideas and values with them? Will you leave that area to travel for work or even fun? It could be very valuable just to learn some new ideas. Open your mind and look at the situation from a broader point of view, there's no harm in being prepared for the unexpected.

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continued....

Our Techniques utilize Gross Motor Skills (basic body movements) so they are very simple to learn and perform, we also have a 3 minute rule which means that if we cannot teach a technique in three minutes or less or you cannot assimilate that technique in three minutes or less then we don't teach it, it's as simple as that. Techniques or concepts have to be simple to be effective under pressure.

These are important factors as techniques must be simple enough to be performed under pressure. Practice these techniques with friends and family. The more you practice the more natural they will feel. Also practice your newly learned skills in different places, the kitchen, bathroom, living room, or garage etc. If you spend much of your time in small rooms or spaces then don't limit your practice to the large open space of a gym. You must practice in environments that are applicable to you.

As part of your awareness, it helps to recognize who the enemy is and learn to recognize their movements, even rituals that are common amongst certain types of attacker. Women are likely to encounter a different type of attacker than those that men are likely to face. Generally women are much more likely to take-on men such as muggers or rapists as opposed to other women. If we know the enemy, then we have a far greater chance of overcoming them. There is a great deal of deception that accompanies these people and generally the greater the Crime the greater the deception. Not all attackers will fit that stereotype associated with "The Bad Guy" and quite often you might not even have to look beyond your own family members. We hear reports of domestic violence on a daily basis.

Try not to get trapped in your own little bubble and be aware that there are people outside of your world. Whether we like it or not there are people out there whose intentions are not always good. Maybe you'll never come across people like that but then again maybe you will or maybe you already have. It could be in the workplace, in the home, on the street, in a bar or even on the road, it really could be anywhere. Don't switch off, that's just the type of people that predators look for.

Bad things sometimes happen to good people and don't think that it couldn't happen to you because it could. I'm certainly not saying that it will but it could. We hear of things happening all the time and by just being aware that it's out there is a big step. We even hear of things happening to people right here in Alberta and as the Province and Cities continue to grow, so will its problems.

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Self Defence

The First lesson to learn in Self-Defense is that **you are important**. The most valuable possession you will ever have is you. No-one has the right to hurt, intimidate or harass you. You have the right to protect yourself and you are well worth fighting for.

The second most important lesson is to learn to understand that **your mind is your most valuable weapon**, in self-Defense we use our mind to control panic and fear, use our brain to assess a situation and to judge the most appropriate action to take.

We use our Brain to make choices and making choices is a big part of Self-Defense.

Self Defense is not just about learning a few techniques, it's about all the things we do on a daily basis to make our lives safer. Much of it is common sense and the rest of it just makes sense. Some things you just do without thinking about whether it's wearing a seatbelt, crossing the road or using a knife safely. At one time people had to be forced to wear seatbelts in the car, nowadays people sit in a car and reach across without a thought. It shows that when you do something often enough, it becomes a habit, after that it becomes instinctive.

Body Language - Staring at the ground, hunched shoulders, hiding your hands in your pockets and making yourself small, carries the message- "I'm weak and vulnerable".

Women get targeted as easy prey so having strong body language decreases the risk of being a target. Make eye contact with people in a way that lets them know you've seen them (Would-be Criminals are far less likely to do anything if they think they could be identified). Swing your arms when walking, take up space. Strong Body Language not only affects how others see you but it increases your own confidence.

Compare Predators on the streets to Predators in the wild, they are not looking for the biggest, boldest, strongest animal to bring down but the weak, injured or isolated. Try not to put yourself in a position where it increases your vulnerability. Predators are not looking for a fight but an easy kill and when the target fights back ferociously the Predator will often abort.

Verbal Strategies

Asserting yourself is an important part of taking control of your life. If someone's behavior is making you feel bad, uncomfortable or scared then confront the person. Tell them – Name the behavior, Criticize it, tell them what you want them to do: - "You're constantly touching me, I don't like it, stop it" – Repeat if necessary. This is a direct, non-engaging way of establishing what you want, avoid saying please when you are asserting yourself. If someone is bothering you in a Public Place, make a scene, it will be much more embarrassing for that person than for you. Your voice is a weapon too.

Yelling will alert other people around and can startle an attacker. It can also help channel your fear into aggression - Shout "NO" loudly and deeply from your stomach. Trust your instincts, if something does not seem right, then it probably isn't. Say someone unpleasant is following you – Trust your instinct and do something whether it's confronting them, getting to safety, calling someone or getting a weapon ready.

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Get a cell phone, it's not expensive if it's for Emergency only, not only can you summon up help from anywhere but you can also use it as a weapon (if you learn how).

We encourage people to use their voice once a physical confrontation has begun. Shouting loudly as you strike serves many purposes. Firstly, you may startle the attacker with a sudden loud shout, you are also attracting attention to yourself so someone may come to your aid, you may be creating witnesses which may come in handy if you caused physical harm to your attacker in Self Defence as it may well come to a situation where it's just your word against theirs, however, if it just so happened that a passer-by heard you shouting "Let go, let go" then that suddenly becomes evidence. Shouting also tenses up your abdominal region so if you happened to receive a hit at that same time then you are much less likely to be winded by it.

Distance and Time

It makes sense that the closer you are to your attacker then the less time you have to respond to their movements. Then obviously, the greater the distance, the more time you have to react. Keep at a safe distance, a distance that you are comfortable with and will give you time to react. If possible stand with an obstacle between you and the other person too. The attacker always has the upper hand from an action – reaction point of view as he knows that he is going to attack but your brain will have to process what it is he's doing and then decide what it is you're going to do as a reaction and then send out the signals to the muscles to make them move as required. This is the very reason we recommend the interview stance, the defensive stance and to keep at a safe distance.

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Martial Arts versus Self Defense

I would never disrespect one fighting art over another. I would recommend that you look into the various types available to you and ensure the one that you choose satisfies your criteria, whether you want to be more involved in a traditional art, a competitive sport, keep fit, a family recreation or purely for self defense. Go and watch a few classes and see what you think for yourself, talk to the instructor and if it's Self defense that you are interested in and then ensure that they dedicate a large portion of their instruction specifically to self defense training.

Traditional martial arts often dedicate a great deal of time to Kata, which are sequences of moves and techniques, simulating a person taking on one or more opponents. Often they involve speed, power, great poise and flexibility. These can be a good training aid but offer little assistance when it comes to practical modern self defense. Many arts do not prepare you for when an attacker comes in close contact or takes you to the ground as these may not be techniques that are allowed under the rules of a particular style. Remember in a street fight or attack, anything goes.

For a moment, picture two athletes in a tournament facing each other. They have prepared for weeks or even months, physically they are in great shape. Keep looking and first let's take away the referee together with the rules that he was there to enforce, now anything goes, they're not restricted to the same variety of moves that they are both accustomed to. Take away the gloves, the foot pads, padded head gear, groin protector and mouth guard. Take away the matting and replace it with concrete, let's add some brick walls and remove the lighting. Take away the crowd and anyone else there who may have been ready to jump in and break them apart as one guy is beat beyond unconscious. In fact let's change the environment to a back alley, a back lane, maybe a kitchen, a bedroom or even a lounge and let's make available all the weapons in each of these environments: glass, steel bars, screw drivers, knives and other items that you may not even recognize as a weapon. There is a different type of mind set required for a street encounter that is not necessarily covered by the average Martial Arts class.

In most cases it may not even be such an organized stand off but most likely be initiated with a blind sided attack, a mugging or even an attempted rape. Change the odds and replace one of the fighters with another who is fifty pounds lighter so it's no longer a match fight, change the attacker to two men or more. Now many of these competitive athletes may well be in great physical shape but are they prepared mentally for such an encounter? In most cases, the answer is no. Many experienced martial artists have gone to pieces in a street fight mainly because of the mind set required and also, what works in the training hall may not be practical on the street, especially if space is restricted.

Would you choose to hang around to see how you fared in a situation where the odds are stacked against you? I'd suggest right now that if there's a front door take it, if there's not then take the back door and if there are no doors then make one.

If you prefer you can always be the guy remembered for taking on 4 guys and never made it. Avoid, Escape and Attack should be your options, in that order.

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The point here is that just because someone is considered an expert in the Dojo, in a particular style, it does not necessarily mean that they are an expert in Self Defense. In some cases they may well be but the two do not go hand in hand.

Violent situations are often glamorized by Hollywood with a hero using an array of fancy techniques against numerous attackers with an assortment of weapons but the reality is anything but, it's bloody, gruesome, and dirty and often ends in death. Those lucky enough to survive may end up with broken bones, smashed in faces, or any number of serious injuries, in many cases causing physical and mental scars that may never heal.

It is important to train and practice in a way that you would like to react if you ever did face a real situation. If you are always pulling your punches two inches away from hitting the target in training then the chances are that your natural reaction under pressure may well be the same. In training get your attacker padded up so you can react with some real full on blows. You don't want your training partners to always be compliant either, ask them to resist and make it difficult and you do the necessary to make the techniques work

Fear

Consider for a moment what it is that makes us feel scared. The fact that you may get seriously hurt, disfigured or even killed by this person standing in front of you. You have loved ones; Children, Husbands, Wives, Brothers and Sisters Etc waiting for you at home that you may never see again.

Now you have to tell yourself that this scumbag standing in front of you is not going to deny you that right to get home to your loved ones, the people you need and who need you.

YOU ARE GOING HOME AND YOU WILL DO WHATEVER IT TAKES!

If that requires you sticking your fingers deep into someone's eyes then so be it. Start thinking more along the lines of what you will do to them rather than what they might do to you.

During a confrontation it is normal to experience an injection of adrenalin; this can often be mistaken for fear especially if you have not had regular exposure to it. The body shivering, the legs feel weak, losing bowel control, the mind going blank and a general feeling of numbness is all associated with adrenalin as your body prepares itself for fight or flight. Adrenalin can give you added speed and strength so although you may not think so at the time, it really is there to help.

Remember, you are worth it! If you were ever attacked, don't worry about what they may do to you, let's be prepared and then you can worry more about what you might do to them!

When you have actually made that decision to fight, there's no holding back.

Give it everything you've got.

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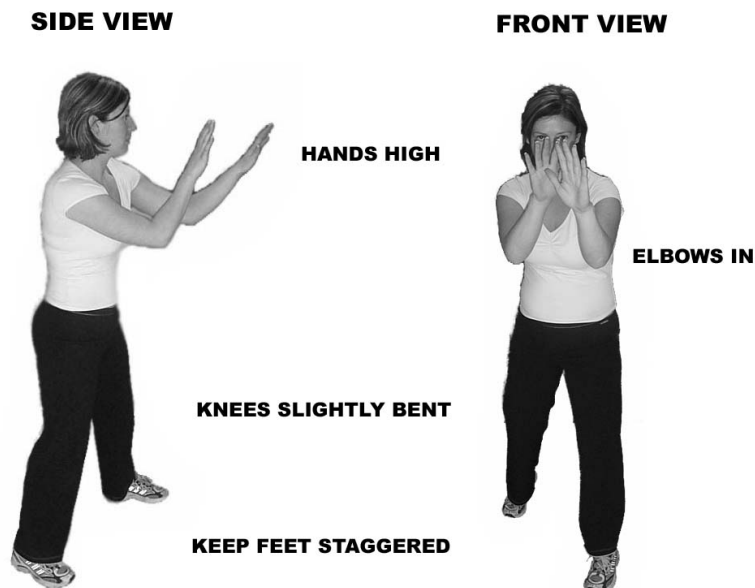
Stances

The Interview Stance

Stand in a comfortable position in readiness before any physical attack has begun, feet shoulder width apart, Hands Open at about chest level and elbows tucked in. Keep an eye on your Assailant, looking approximately at chest level where you can see movement from both their hands and feet. Try to keep a distance of at least 6 feet. The closer you allow them to be the less reaction time you have. You are now in a safer position, aware and ready to protect yourself. Your elbows are tucked in protecting your body and your hands are close to your head should you need to move them to protect your face

Defensive Stance

Step back with your dominant side, same shoulder and leg back. (i.e. your right side is back if you're right handed), this allows you to generate more Power with your dominant hand or foot as you strike. Stepping back as opposed to forward into this position also creates that little bit of extra distance between you and the attacker, once again that gives you more time to react. Tuck your chin, keep hands high to protect the face and keep elbows in to protect the ribs. This position will feel uncomfortable so practice this enough until you are comfortable. Your legs should be staggered to give added stability by widening your base and your knees slightly bent to further help stability and balance. This Defensive Stance gives good protection and balance. It allows you to move quickly into positions to strike.



The Defensive Stance

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Tools and Targeting

Your body is equipped with several tools:

- Head
- Elbows
- Knees
- Fists
- Hands
- Fingers
- Feet
- Butt
- Hips etc..

Anything goes! strikes can be used in various ways, practice using different tools to access the different Primary Targets:

- Groin
- Eyes
- Throat
- Solar Plexus
- Knees
- Instep

Everyone, regardless of size, has these weak points. Follow the steps for increasing the effect of your strikes.

Shouting with each strike not only startles an attacker, it alerts any people around you and also helps channel your fear into aggression. Practice the basic stance shown and using various strikes from this stance.

For practice, look for possible targets on people as you are talking to them or even if you're just sat watching someone. Consider the various strikes that you could use to each of the targets that you have in mind.

The bottom line for striking is use whatever you've got, it does matter if the type or style of strike is out of some text book or not, if it works for you then use it.

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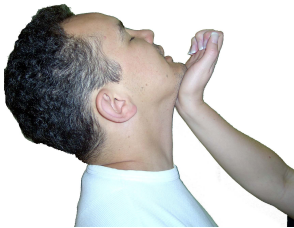
Tools

Striking is not all about punching to the head. In fact, why risk hurting your hand or catching an infection from a puncture wound to your hand from their teeth? The following will remind you a few of the many simple strikes that you could use.

Fingers



Palm



Knee And Foot



Elbow



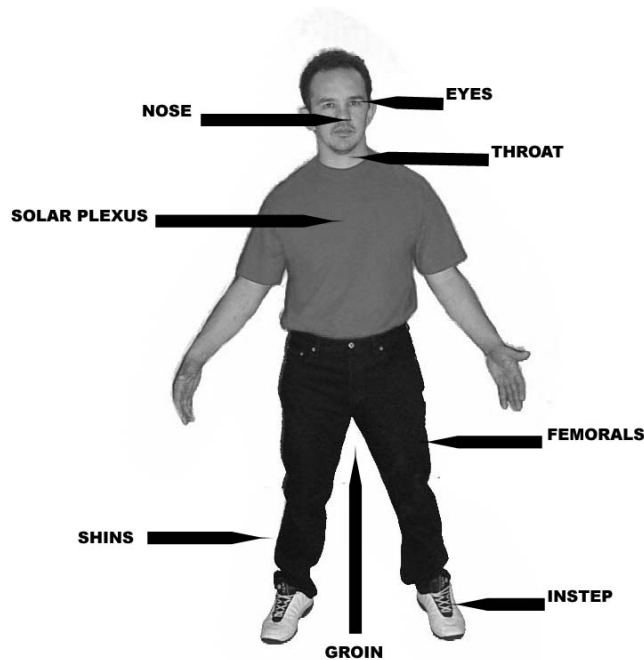
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Targeting

Practice various strikes to each target and find which ones you are most comfortable with. Use very light contact (no more than 5% - 10%).

This is still enough for you to feel some of the effect without causing any lasting damage. During practice, add padding to the acting attacker so that you can up the amount of force that you use. If possible practice your strikes on a punch bag, the more you practice the more natural the movements will feel

PRIMARY TARGETS



The Eyes, Nose, Throat, Solar Plexus, Groin, Instep and Shins serve as a great starting point to Targeting, they are all very simple, effective Targets that are easily accessible with various types of Strike.

Although the groin region may be very effective, do not concentrate solely on the groin as a target. Men have an instinct to react extremely fast to strikes aimed at the groin so save this area as a target on attackers that are very close.

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How to Increase the Effect of your Strikes

Strikes are made more effective in many ways:

- Brace the Target – This can be done by the person being against a wall or floor or even brace the Target yourself by holding the person or limb in place whilst striking.
- Strike through the Target - Don't aim just at the Target but about 6 inches past it.
- Time on Target – Don't pull your strikes back too quickly. Your strike is kept in contact for a count this helps create a maximum transfer of Energy. Striking with a larger surface also gives a better transfer of energy.
- Over loading – Strike several times to the same target.
- Shouting - Helps you focus on your energy into your Strike.

Shouting alone serves many purposes:

- Startle the Attacker.
- Attract Attention of passers by.
- Create witnesses to the Attack.
- Tenses your abdominal region.
- Helps you focus on your strikes.

As a general rule strike with hard to soft and soft to hard – For example:

- Elbows to Ribs
- Knee to Femoral
- Knee to groin
- Head to Nose
- Palms to head

Avoid punching to the head if possible. It's so easy to break knuckles and fingers as the head is so hard. There is also the risk of someone transmitting nasty infections or even HIV or hepatitis via puncture wounds from the teeth to the knuckles. You can hit just as hard with the palm of your hand with much less risk of injury to yourself.

Further Targeting and Striking

When working with these sensitive areas, pressure points or motor nerve points, full on strikes would cause lasting damage and even 5% strikes can have an effect on people, sometimes there is even a delay before the reaction. Due to this, we are very careful. Striking these areas can have the effect of shutting down that limb and can also cause unconsciousness. Be warned that strikes to the Throat could cause permanent damage to the throat and even result in death so this must be treated very cautiously in Training and only used in a true Self Defense situation. The same caution is necessary with strikes to the eyes, you must treat this with total caution in training and only use firm strikes in a real Self Defense situation.

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The Flash – Bang Strategy

This is a most simplistic method of Self Defence. Maybe the pressure, confusion or adrenalin has affected you to a point so you cannot remember even simple techniques but all you have to remember here is that you have to strike back to a weak point. Just remember no attack on you goes unanswered!

The Flash Bang is a concept used by Military and Police Forces. It is a device that may be used to clear a room for example. It's thrown into the area required and makes a very sudden bright flash, followed by a very loud bang and lots of smoke. It's used with great effect to startle and create confusion before sending personnel to take care of a situation. We can use this same concept to deal with an attacker.

Think of yourself as a small grenade, nice to look at but when your pin is pulled you explode with everything you have. Ensure you strike in combinations of no less than three. The reason is because one strike from you will be blocked, two strikes might well be but three strikes and beyond become almost impossible for the average person to stop, especially if they are well aimed strikes delivered with ferocity.

Switch your strikes between various Targets. Always aim for those weak and sensitive areas where you will get maximum results. The eyes, nose, throat, solar plexus, groin, femoral nerves, shin, instep and so on. Stick to the rule of striking hard to soft or soft to hard such as palm to head, palm to nose, and elbows to mid section. Strike with speed and rotate your body into strikes to maximize power. Shout as you strike startling the attacker, attracting attention and creating witnesses to the assault.

If it's a predator type of attack then this may well be all that's required for them to abort as they were not looking for a fight but just an easy meal. Whatever type of attacker it is, react quickly and get the confrontation finished with as quickly as possible, get yourself to safety and always report an incident to the Police.

When you practice, experiment with different combinations. See which combinations you feel most comfortable with and which ones you think are most effective. Practice shouting out loud phrases like "Let go" or "Leave me alone". Anything that is going to attract attention and let other people know that it's you being attacked. This may be vital evidence if you end up being the one who causes serious harm to the attacker. If you practice striking regular enough, your methods of striking can become instinctive.

Remember that you do not have to wait to be attacked in order to defend yourself, provocation is enough. If you really feel threatened enough by someone then you have the right to defend yourself. If you wait to be attacked, it could well be too late.

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Techniques

Escapes from Common Holds

The concept for each Escape Technique is – Stance, Distract, Strike, Disable

Attack	Stance	Distract	Strike	Disable
Attacker grabs you	<p>Step Back into your Defensive Stance, dominant side back.</p> <p>This widens your base making you more stable and making it more difficult for the attacker to pull you around.</p>	<p>A quick strike to a sensitive area such as a well executed Shin Kick would probably end the struggle there and then but if not it will at least act as a distraction loosening the attackers grip.</p> <p>Other distractions may include a slap to the head, a punch to the solar plexus, a foot stomp or even spitting.</p>	<p>Pull back with your arm being held and drive your Free arm in the opposite direction against theirs. This collision impact will cause twice the Force of just pulling or just Striking.</p> <p>Also by rotating body you're incorporating some of your bodies larger muscle groups against possibly just a hand grip so the odds of breaking free are now in your favor. Don't forget to shout out as you strike.</p>	<p>Strike to a weak area:</p> <ul style="list-style-type: none">- Eyes- Throat- Groin- Solar Plexus- Femorals <p>Give your all, there's no holding back. Your life may depend on this.</p> <p>This will buy you some time and whilst the attacker is more concerned whether or not he will see or breathe again while you take the opportunity to get away and run to Safety.</p>

Module 1 - Escape

1. One wrist Grab – Straight

Stance



Attacker grabs your wrist

Distract



Step Back into Defensive Stance. Dominant side back i.e. Right side back if you are right handed



Shin Kick "Hard"

Strike



Pull back with arm being held and drive your Free arm against there's. Rotating your body

Disable



Fingers to the eyes or throat and run to Safety. Use other types of Strikes/ Targets to disable the attacker if you prefer

2. One Wrist Grab – Across

Stance



Attacker grabs your wrist

Distract



Step Back into Defensive Stance. Dominant side back



Shin Kick "Hard"

Strike



Pull back with arm being held and drive your Free arm against there's. Rotating body

Disable



Fingers to the eyes or throat and run to Safety

Module 1 - Escape

3. Two Wrist Grab – Low

Stance



Attacker grabs your wrist



Step Back into Defensive Stance. Dominant side back

Distract



Shin Kick "Hard"

Strike



Pull back with One arm and drive your other arm forward making the attackers arms hit each other

Disable



Fingers to the eyes or throat and run to Safety

4. Two Wrist Grab – High

Stance



Attacker grabs your wrists

Step Back into Defensive Stance. Dominant side back

Distract

Shin Kick "Hard"
This time a Distraction may not be necessary but use it if you need it.

Strike



Drive your elbows downwards, turning your wrist slightly inwards as you pull your arms through the attacker's thumbs.

Disable



Fingers to the attackers eyes or throat and run to Safety

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5. Two Wrist Grab Behind

Stance



Attacker grabs your wrists

Distract



This time step forward into Defensive Stance.

Distract



Lift your knee and drive your foot onto their Instep

Strike



Punch your arm out of their grip

Disable



Drive your elbow back into the Solar Plexus and run to safety

6. Hair Grab

Stance



Attacker grabs your hair

Distract



This time step forward into Defensive Stance.

Distract

Use a shin Kick again if necessary

Strike



Get a grip on one or two fingers and bend them right back.

Disable



Hold fingers in a lock or snap the fingers and Escape to Safety

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7. Bear Hug – Under Arms

Stance

Distract

Strike

Disable



Attacker grabs you from behind

Drop your weight and widen your stance for more stability

Drive your Knuckle several times into the back of attackers hands

Strike hard to the groin (an open hand works well) but grab, shake and tear away whatever you can get to cause as much pain as possible

Run to Safety

8. Bear Hug – Over Arms

Stance

Distract

Strike

Disable



Attacker grabs you from behind

Drop your weight and widen your stance for more stability

Strike hard to the groin (an open hand works well) but grab, shake and tear away whatever you can get to cause as much pain as possible

Shoot your head backwards into the attackers face

Run to Safety

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9. Attempted Head Lock

Stance



Attacker goes to get a hold of you

Distract



Place your hands quickly against the sides of your head to prevent their arm from wrapping around your neck



Slip underneath their arm as they try to squeeze, keeping a hold of their arm

Strike



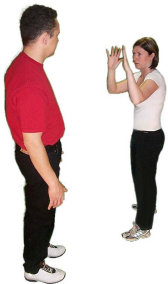
Keeping a hold of attacker's arm, drive your knee into the Femoral Nerve situated a few inches above the knee on the outside of the leg

Disable



Push the attacker away and run to safety

10. Punches



Attacker throws Punches



Step back into a Defensive Stance with hands high in front of the face



The Attackers Natural reaction is to punch around your hands in a Hook Punch or arm-swing fashion



Align your elbow with any punches thrown. Exact alignment of Elbow is not critical as you have your arms as part of the block too



This block itself causes far more hurt to the attacker

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Strength

How is it possible to overcome someone stronger?

Firstly we utilize larger muscle groups.

For example - someone is holding you by the Arm. If we were just to pull back with arm strength then the chances are that you would not be able to break free. However, by rotating your upper body, you are now utilizing some of the larger muscles in your waist, back, shoulders etc you will at least initiate some movement. You should also give a distraction by striking to one of the sensitive areas such as the shins, this takes the attackers mind off his grip on you momentarily as his mind switches to the pain experienced in the shin and in many cases good firm kicks to the shins alone will be enough for you to pull free and escape.

If this kick does not get you free from the assailant, it will at least loosen their grip on you. Straight after the distraction we pull with the hand being held and strike with the free hand in the opposite direction creating a collision effect. This push pull effect creates a collision which is a much larger force on the point of impact.

By rotating the body in pulling, makes use of some of your body's larger muscles in the back, waist and shoulders.

Use the element of surprise, acting quickly and giving a loud shout while striking (eg – “Let Go”) right in the face of the attacker works well. The shout not only startles the attacker, it also signals to people in the area that you are in trouble; it also tenses up your abdominal muscles which is useful if you were to be struck at the same time and finally it helps you to focus on your strike. You'll learn how to execute Techniques correctly as they often aim at weaknesses in the attacker.

Learn to be pre-emptive, so that you do not have to wait for them to strike or grab and then respond but know what strikes and targets you are going to use before the encounter becomes live.

In Summary:

- React Quickly.
- Shout out loud startling the attacker.
- Rotate your body, utilizing the larger muscle groups.
- Use distractions.
- Ensure that you strike to the sensitive areas.
- Using push/ pull create a collision effect at the point of impact thus doubling the amount of force at that point.
- Be pre-emptive and don't wait for them to strike or grab until you respond.

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Quick Tips to Increase your Awareness

This is a list of simple guidelines that may just help you realize some potentially dangerous situations. They may just trigger a sense of awareness in you.

The Home

Alarms are the number one deterrent for burglars.

Fit Deadlocks on all doors and windows, do not leave the key in the lock but leave a key in each room in a place well known by all family Members in case you needed to get out in emergency.

Dogs are a big deterrent to Burglars.

Fit Security lighting at entrances to your home.

Do you have a Neighborhood watch Program in your area?

You spend a lot of time at home – Make it a safe place.

Know the natural weapons that you can use that are probably already scattered around.

Change the locks when you 1st move – you never know who may still have keys
Add Deadlocks to all doors and windows.

Keep these windows locked (Windows can be locked in a semi-open position).

Every room should have an item that can be used as a weapon.

Pens are great weapons, have one in every room.

Make sure that you know a way that you could get out of every room in the house – via a window maybe, and what's on the other side of that window – Garage, long drop ?

The kitchen is full of weapons from knives to chemicals (oven cleaner, detergents)
The bathroom can also have cleaners, perfumes, objects etc
A small toilet can also make a good safe place as you can sit and jam the door shut with your legs, there are also chemicals – Bleach etc, toilet brushes too.

Laundry rooms also make an access way into your house, if there's a window in there make sure that it's locked, don't leave keys in the locks (Doors or windows).
Keep the iron in the Laundry room as this can be a very effective weapon, especially when hot.

Module 1 - Escape

continued....

Close your blinds at night so burglars cannot have freedom to look inside and see what you have.

Do you know your way around your home in the pitch black of the night?

Do not use your full name on your mailbox or in the phone book.

Do not leave a schedule of your away times on the answering machine.

If you're home alone, do not let strangers know, invent a room mate.

Know your neighbors in case of emergency.

Do not allow strangers into your home to use the phone, offer to make the call for them.

Ask for photo ID of repairs people. If necessary phone their Company to verify.

Don't hide spare keys in easily accessible places.

Consider creating a safe room in your house with a separate phone line or Cell phone.

Never give personal information out to telephone solicitors.

Check whose at the door before you open it.

Don't label keys with your name and personal information on them.

Always carry enough change to make a phone call.

Module 1 - Escape

The Street

Be Aware of what's going on around you –

When walking down the street, do you know if you're being followed?

Whilst out running or walking are you alone and wearing headphones, these will really restrict your awareness.

Whilst out walking, face oncoming traffic.

Keep your hands out of your pockets so that they are ready to use if you are grabbed.

Walk with Confidence, look like you know what you're doing and where you're going, even if you don't. Keep your head and eyes up.

Have you noticed a vehicle drive by you numerous times or is there a person sitting outside your work or School.

Adults do not need to ask children for help.

There's safety in numbers.

Do not walk in dark Alleys / Fields to take a short cut.

Always let people know where you are and what time you plan to be somewhere.

Trust your instincts, if you see something strange going on, avoid it and Report it.

If you jog or walk alone don't wear headphones.

Don't answer questions to Strangers on the phone giving information that you're alone.

Make eye contact with people in a way they know that you've seen them (a would-be criminal does not want to be identified so is less likely to strike).

Screaming works as someone may come to your aid, if nothing else, at least you are attracting attention to yourself.

Don't Hitchhike.

Be careful whilst using ATM's at night.

If you wear a purse with a shoulder strap be prepared to let it go if it's snatched, you may get hurt if you're dragged along with it. (do you really have to carry such a Purse?)

Module 1 - Escape

continued....

If a stranger stops you to ask directions then keep a safe distance from them.

If you are dropping someone off at their house, ensure that they are safely inside before you drive away.

If you're alone and you see an accident or stranded motorist, report it from your Cell phone or from the nearest telephone.

Public Transport

If you sense that someone is following you then make your way to a populated area or even your local Police Station, don't go straight home.

Be aware of people over hearing your conversation especially if you're giving details of your whereabouts.

Sit near to the Driver.

Parking Lots

Be aware of some situations that have happened in the past –

You're returning to your Car alone in a very quiet Car Park but there is a van Parked next to your car, you cannot see inside but it's parked on the Drivers side of your Car. Be aware that someone could quickly slide the Van doors open and pull you inside. You could get into your Car via the passenger side and slide across or you could ask a Security guard or Friends to escort you back, Never be afraid of feeling foolish by asking for help in such cases. As always, better safe than sorry.

The Car

Don't sit and write notes, apply make-up etc. Get in and get on your way.

Have Auto locking doors.

Fit an alarm and Steering locks.

Carry a basic survival kit in your Car.

Returning to your car, have a quick look in the back and quickly check for leaks underneath.

On returning to your car, can you see feet on the other side of it?

Is there another Car parked next to yours when there are many spaces elsewhere?

Module 1 - Escape

Conclusion

Hopefully, today's course has opened your eyes a little and increased your awareness as to what is available. You know that your first choice is to avoid trouble, your next option is to walk or run, and then you come to the escapes and use whatever physical force is necessary for you to achieve that. You have learned the Primary Targets, how to strike them and the concepts behind breaking free from holds, getting to a place of safety and last but not least you have learned many tips that will increase your knowledge and awareness.

Ensure that you practice at home with family or friends, attend other courses or classes, search for more information and don't neglect the verbal or Psychological aspects. Build up the confidence that you have in yourself and that you're prepared to defend yourself. Be in control of your own destiny rather than leave it in the hands of some ruthless thug.

The tactics shown in this course are not to be just read and understood but read and practiced. Get yourself to a few classes. It does not have to be a full commitment but at least find a class where you can drop-in.

Courses Available:

Module 1 - Escape

Basic Targeting and Striking, Escapes from common holds

Module 2 - Ground Defense

Your Attacker has taken you to ground, the fight is far from over !!
Learn the Essentials of Protecting yourself on the Ground.

Module 3 - Simple Take downs

Learn a number of ways to take your opponent to ground.

Module 4 - Simple Hold Downs

There may be situations where you need to keep your attacker "secured".

Module 5 - Maximum Effect

Further Targeting and Striking. Learn how to access and strike some of the most effective Pressure Points and Motor Nerve points for maximum effect.

Module 6 - The Weapon of Opportunity

Hairbrush, Pen, Cell phone, Keychain, Newspaper, book.
Know these potential weapons and how you can use them in your Self Defense.

Module 1 - Escape

Review

1. What is the first lesson in Self Defense?

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2. What is the Second most important lesson in Self Defense?

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3. What are the three main elements to Self Defense related to your game plan?

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4. Do you have to wait until you are physically attacked in order to defend yourself?

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5. What are the two types of stance?

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6. What is the relationship between distance and time in Self Defense?

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7. Name nine tools that your body is equipped with that can be used for striking?

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Module 1 - Escape

8. Name six Primary Targets.

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9. Name five ways we use to help overcome larger, stronger people.

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10. A general rule in striking is hard to soft. Give five examples.

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11. Another general rule in striking is soft to hard. Give five examples.

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Module 1 - Escape

12. What is the 4 step concept behind the Escape techniques?

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13. What is another Simple concept / Strategy that you could use in a Self Defense situation?

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14. Give five benefits of shouting as you strike.

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Module 1 - Escape

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Alberta Self Defense has no way of evaluating your level of health, fitness or skill. With any physical activity there is a risk of injury from accidents or over exertion. We also recommend that you contact your Doctor of Physician before participating in any form of physical exercise.

You must also realize that the course being taught here is for Self Defense and the techniques should only be used in Self Defense. You are responsible for your own actions, Alberta Self Defense or any persons associated will not be held responsible if you do cause injury to yourself or another person.

There is no guarantee that the use of such knowledge or techniques will keep you from injury or harm; Alberta Self Defense cannot be responsible for other injuries that result from your use or misuse of any information found here.

Self defense, and practicing and applying the techniques shown here, is inherently dangerous; techniques shown here may cause significant and unintended injuries if applied or practiced incorrectly or in a careless manner; Personal instruction by a qualified instructor is a preferred and potentially safer method of learning Self Defense.

Any information in this book should not be construed to be legal advice. You should be familiar with the laws of your area, Province and country. If you are not, employ the services of a Lawyer.

While practicing these techniques you must be careful to avoid strong pressure and damage to sensitive areas, including but not limited to eyes, throat, face, groin and pressure-point areas.

There can be no guarantee that a self-defense technique will, when applied in an actual situation, be effective, and we strongly urge that if fleeing is an option you should flee rather than try to use a self-defense technique. The best defense is to avoid potentially dangerous situations whenever possible. Much of the information on this book deals with handling risky, volatile and violent situations and that there can be no guarantees about the outcomes or influences of human behavior.

You agree, on behalf of yourself and your heirs, personal representatives, successors and assigns;

- That you assume all risks, including but not limited to all risks, whether or not practicing, applying, using and/or trying to use the techniques shown in this book.
- That you waive, release and discharge any and all claims of damages for death, personal injury or property damage which you may have, or which you may have in the future, as a result of reading this Book and/or practicing, applying, using and/or trying to use the techniques shown in this book.
- That you agree to indemnify and hold harmless Alberta Self Defense and everyone appearing in or associated with Alberta Self Defense and/or this book, against all claims, losses, damages and expenses, including but not limited to Lawyers' fees and costs, whether asserted by you or anyone else, resulting from (i) any breach or repudiation of these Terms and Conditions, Disclaimer and Release of Liability; and/or (ii) any loss or injury to person or property, arising from or associated with this Book or your practice, application, use and/or attempt to use the techniques shown in this book.