



# BE A SELF-DEFENSE WARRIOR

- Basic and beginning skills, tools, and techniques for self-defense.
  - Build confidence that you will know the basics of defending yourself if the situation ever arises.

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## AGENDA

- Know Your Surroundings
- Self-Defense & Protection You Can Have With You
- Body Areas to Concentrate On if Attacked
- Basic Defenses for Various Types of Attacks
- Verbal Altercations Taken Too Far



## Stay Observant Use What You Have

- Always know your surroundings
- Self-Defense Items to Always Have With You
  - Mace
  - Self-Defense Whistle
  - Batton
  - Keys



## Body Areas To Attack

- Eyes
- Throat
- Nose
- Ears
- Hands and Fingers
- Foot Stomp
- Knees
- Groin (Punt Kick or Knee)
- Palm Strike
- Thumbs to Arm Pits



## Basic Attack Defenses (Know the Gate & Always Drop the Weight)

- Wrist Grabs
  - Double Wrist Grab
  - Single Wrist Grab
  - Cross Wrist Grab
- One-Hand Lapel Grab
- Two-Hand Lapel Grab
- Rear Bear Hug
- Front Choke
- Rear Choke
- Rear Naked Choke



## Someone Approaching You

- Hands Always Up in a Defensive Position
- Fighting Position (Good Support Base)
- Wild Swinging Punch