

Women's Self-Defense & Other Myths

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This manual intended for the purpose of instructor continuity within the Sundown Self-Defense Systems of Kansas City, Missouri.

Purpose

The Women's Self-Defense & Other Myths book is a list of practical, easy to remember techniques to enable a person to free themselves from an abductor and escape. These are all, easy to remember techniques, based on the teachings and principles of Taika Seiyu Oyata. They rely on mechanical advantage, not the size of the person being attacked.

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Acknowledgements

First and foremost, Taika Seiyu Oyata who brought the art to the United States, and luckily for me, Independence, Missouri....my back yard.

To the photo models Rebecca Dreisewerd, Lisa Ohmes and Brian Campbell.

The Super Models

The Good

Rebecca Dreisewerd
Lisa Ohmes

The Bad

Brian Campbell

Chapter One

The Myths

This book is designed for the purpose of educating you on easy to remember, simple to practice self-defense techniques. It is titled “Women’s Self-Defense and Other Myths” for two main reason.

- Any Gender can learn the techniques because any gender can be attacked.
- The current state of the market for this genre is filled with myths, or just flat out lies.

We have been teaching these for decades and it is truly a rare occasion to find out that any of the students attending a seminar in basic self-defense, ever continues their education past this initial course. Most will not give it much thought unless they or a loved one are attacked. Thus, the coursework has to be simple, easy to remember, instinctive and work.

The Myths

- Only Women Get Attacked
- The Thumb is the Weakest Part of the Grip
- The Groin Strike
- Martial Artist Make Good Motivational Speakers
- Martial Artist Know All the Stats
- One Seminar is all You Need.
- The Eye Pluck
- Rapist or Other Attackers are Predictable

Only Women Get Attacked

There are many males who get attacked every day, but why don’t we hear about it? Ego would most likely be the number one reason. Most men, wouldn’t want their peers to know they were attacked by a woman. It has been shown statistically that men are less likely to report an attack. Where a woman who is attacked is more likely to be met with compassion from friends and family, men are more likely to be met with snickers. It is a big part of our culture. As the years go by, I’ve seen more and more men take the course. Neither male nor female students are asked to share why they are taking the class, and most don’t offer any information. It is difficult to prove why men don’t report attacks, but most experts in the field agree it comes down to the male ego.

Grasping Lies – The Thumb is the Weakest Part of the Grip

The Dreaded Pull Away Lie

This is the biggest lie that is propagated by defensive tactics instructors worldwide in our opinion. The lie that you can pull away from the assailant if they are bigger and stronger than you are. Perhaps, with surprise, body movement and only if the assailant is only slightly bigger and stronger, this will work. I am not a large person, I have rather small arms and not a lot of muscle. I

cannot make these work on people remotely bigger than I am. They simply are making the victim use strength. Strength will not ALWAYS work in these situations. You ever notice that the people teaching these lies are quite often big muscle bound men?



Attack the Thumb – It is the Weakest Joint Lie



against the gap between the thumb and the other fingers. That is a little better, but usually an attacker is bigger than the selected victim. They want to prey on someone they believe they can defeat. This usually means that there isn't a gap

This one is also quite common. They tell the soon to be victim that as the assailant grabs them, the thumb is the weakest point of the hand so they should push forward (in this instance) and apply pressure to the thumb to release the grip. Some others with slightly higher intelligence will say to push



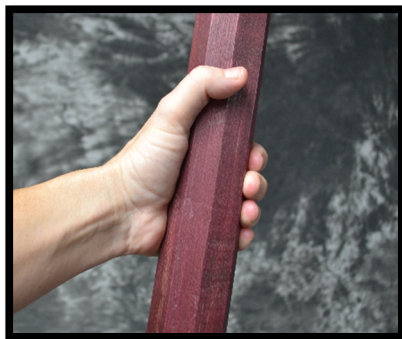
because their hands are bigger than the victim's wrist. The thumb is actually much stronger than the rest of the fingers, they only appear strong as they are together. Though in appearance the thumb looks shorter, the thumb is connected all the way down to the wrist and usually thicker than the fingers. The muscle controlling the thumb is about a third of your palm. That means that if you are trying to attack the thumb, particularly when it is overlapping the other four digits, you are attacking the strongest part of the assailant's grip.

Scientists have classified opposable thumb grips into two categories, the **Power Grip** and the **Precision Grip**.



The precision grip is not what an attacker is using, that grip is when the pads are coming together to grip an instrument for fine detail work. Even though the picture at left shows a precision grip, it would be highly unlikely that someone using a weapon would use this grip and it is easy to lose the item you are gripping.

Abducting someone requires a power grip, most likely grabbing a wrist or an arm. When a power grip is utilized, you cannot simply rely on breaking the grip via the 'thumb gap' because it may not be there. Below are two examples of a power grip and you can see on the left an open power grip where the thumb is not able to connect itself to its other digits. The power grip at right is a closed grip where the thumb is able to connect itself, thus it is a little bit stronger. A grab of a victim's upper arm would most likely be an open power grip and a grab of a wrist would most likely be of a closed power grip, assuming that the attacker would be a larger person than the victim which is typically consistent with attackers who tend to prey on a specific smaller target.



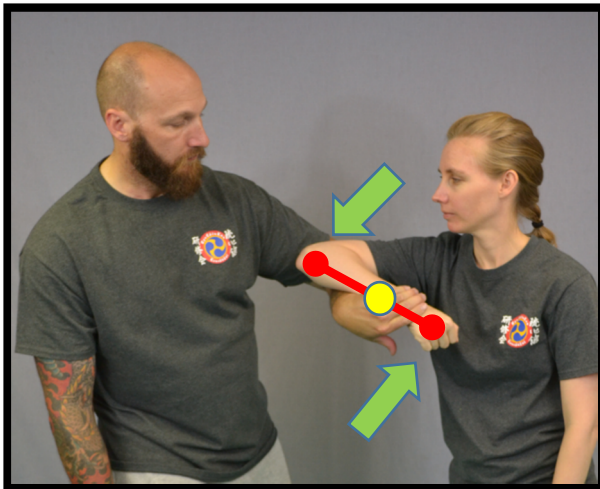
Open Power Grip



Closed Power Grip

So what *is* the weak point of the grip?

Technically, that doesn't matter. We don't attack the grip, we attack the weak point of the wrist, the *root* of the grip. The weak point is actually the ulnar side (pinky finger side) of the wrist. When we attack this point, the grip releases and this cannot be helped, it is a sympathetic nerve response handled in milliseconds at the sub-brain (PONS) level. The ulnar nerve crosses between bones on the bottom of the wrist and causes several things to happen at once, but the net result is, that we get a release of the grip.



Every single one of the grip releases in this book are built on this scientific principle. We use leverage and simply, physics, to enact this release. This is the follow up frame from a series of pictures later on in this book which show a release from a closed power grip on the victim's forearm, from an up/mirrored start position shown later. The lever is her forearm bones. She is specifically using her forearm as a crowbar by throwing her elbow over

the top of the assailant's wrist and punching down or pulling back with her hand. This curved, non-linear attack is pitting her forearm against the ulnar nerve in his wrist. The result will be a sensation for the assailant of wanting to escape. His knees will start to buckle and his grip will release. This is the simplest form of this escape. In our book "The Six Basic Principles of Tuite", we show modifications to this which allow you to take the opponent to the ground and pin them as well as other options. For a standard three hour self-defense course, we will not add all the extras in because there simply isn't time.

A simple Physics course will discuss machines like a 'Simple Lever'. The most efficient lever is a Class 1 Lever, like a teeter totter, and that is the science behind our power.

Groin Strikes are a Game Ender

Most self-defense courses teach as one of their main techniques, the groin strike. Whether they are kicking it, kneeing it, punching, elbowing or grabbing and twisting; this is one of the main techniques purported to end any encounter. The reality is much farther from the truth. Though we see tons of videos on the internet and various television shows where kids are struck in the groin, who seemingly instantly fall, realize that in most of these cases the person is not an aggressor. They are standing around doing something else, like playing ball, riding a bike, etc. There is no adrenaline dump or preparedness by the attacker. There is no fixation and determination.

Preparation

Perhaps not so much with women, but with men.....we have been training with this our entire lives. At some point in a young boy's life, he is hit in the groin. Whether by accident or from later humorously intended friends, a boy gets struck and learns quite quickly to defend that area. You grow up as a boy, getting hit there numerous times and you learn to flinch-cover the area, much like the face. These are two of the easiest places to cover. I can remember times in high school where you would sit with your arm draped over your lap because certain friends found it comical to through a hacky sack, rubber ball or other items at your groin. You learned to protect it.

Delay

When a man is struck in the groin, it doesn't immediately elicit pain. Most of the time when you do see someone bend over immediately, it is in *anticipation* of the coming pain. A strike to the groin frequently takes several seconds to be felt. It is not immediate but most people who were struck when they were not prepared, full of adrenaline, and intent, will bend over. If they were intent on their mission, full of adrenaline they will not feel it. It might affect them but most likely not deter them from their mission.

Training

Many men actually train for a strike to the groin. As crazy as it sounds, there are men out there that will stand and let you kick them in the groin to prove they can handle it. Personally, I believe these people are crazy and are most likely

in the minority, but then again most criminal minds are a little on the crazy side. Just know they are out there. If a man is determined, he is not going to let a groin strike deter him from his mission.

Gender

There are women who attack women (and other men). Yes, that's right, if you teach women to kick the groin you are teaching them to forget about ½ the possible opponents on the planet. Yes, statistically they are more likely to be attacked by men. And yes, if you strike a woman there, it still can hurt. But why make the focus of your attack one area that might not even be a viable target for them, especially dealing with such a short training opportunity.

The Plucking Eye Gouge

Eyes just don't pop out. Sure you can hurt them, but they are fairly easy to protect. Mashing in on them can cause the person to move away which is good in most situations. It does force their head back and diverts their focus away from their attack, and into defensive move. Their eyes are not going to pop out. I previously discussed the groin flinch defense that most men have. All humans with sight have a similar eye flinch defense. If anything comes towards their eyes they are going to swat it away with their hands, blink, and move their head back. It is human nature. They have trained for this their entire lives, even if they never set foot in a martial arts school or boxing ring. Putting your hands into their eyes long enough to do some permanent damage also tells your opponent, though his eyes are closed, exactly where your hands are. Partner with someone, and have them close their eyes. Now lightly place your thumbs on their close eyelids. Ask them, with their eyes closed, to grab your arms and pull them away from their face. It is quite easy to do. It is natural. We don't want to fight their natural motions with our unnatural ones.

Martial Artist Should Motivate You and Martial Artist Know All the Stats

Most books and seminars will spout all sorts of stats, most of which are lacking. They will also try to teach you about how to not be a victim, they will take on the role of a psychiatrist among others. That is not what we are here to spout. We are people who have trained in what our instructor called “Life Protection Arts” rather than martial arts. Martial means war. We are not teaching you to shoot cannons, ground to air missiles, or anything of the sort. We are teaching you to save your life with the tools we have. We are the defensive tactics coaches, not the life coaches. I cannot make you practice.

Though I am a police officer, any statistics I spout will be outdated by the time I’ve gathered them and spit them out. Statistics are rarely up to date in these types of seminars. You are lucky to see statistics released from sources such as the FBI until about two years have gone by. I’ve also seen many statistics at these events that were totally fictional. The person spouting them cannot quote any exact source, they just heard it somewhere. I have seen complete works of fiction weaved into these seminars as well as online literature, some for decades.

A martial artist or police defensive tactics extraordinaire is there teaching a seminar for one reason, to impart their skills upon you. That is where their talent is placed. They should not be trying to motivate you, spout statistics they cannot back up, or any other such nonsense that they are not qualified to impart. A technical instructor needs to teach the things they know. It is no different than me trying to impart trigonometry onto my students. I will fail, and it is time wasted in a seminar that is already lacking on time.

The main bit of advice I can give to anyone is to pull your head out of technology and pay attention. There are a lot of scary people out there, if you are not paying attention you may well get yourself into a position we are training you to get out of. If you were able to pay attention well enough, your odds of getting into these situations are a lot slimmer. But I’m not going to preach to you, you have to do this on your own. Martial Artists do not necessarily make good motivational speakers. Use us for the skills we are gifted with.

Most of these classes I have witnessed over the years as taught by peers, spend a lot of time focusing on empowering the students and teaching awareness. I have watched at almost every seminar and from years of teaching students at a local university, this time is pretty much wasted. Every semester a peer of mine would spend the first three or more classes teaching awareness and I'd watch after each class as the majority of the students would walk out of the building head engrossed in their phones, oblivious of their surroundings. Even the ones that initially left those classes seemingly aware, by the end of the semester would be right back to their old habits. The only thing I would say about awareness is that the greatest thing you can do is keep that cell phone in a purse or a pocket any time you are walking and I'll leave it at that.

One Seminar is All You Need

Quite frankly, it takes a whole lot of practice to move techniques from explicit to implicit. Big words, what do they mean in this regards? To move something to implicit you have to practice. An implicit memory example would be tying your shoes. This was a skill you learned, and your parents probably were frustrated trying to teach you. But eventually you learned how to do it, and over time and practice, you don't ever think about the action any more. You just do it when it needs to be done. Anyone that thinks they can just attend one seminar, get a few hours of worth of technique practice, and be ready to fend off any attacker, is just being unrealistic. Students need to practice. I'm not saying they have to join a self-defense school and train for decades, but they do need to practice the techniques shown. Most every technique in this book can be practiced solo, you just need a little imagination. All of these techniques can easily be practiced, just one or two repetitions, with a friend in short order. You have a calendar app on that phone I mentioned earlier, enter **Life Protection Practice** as a weekly reminder.

Rapists can be Predictive

Rapist and other attackers all have different skills, different motivations, et cetera. The things that brought them to you, and their life events in general have all been different. Whether they are there to rape someone, attack someone, kill someone or any other assault related task, you cannot predict 100% how they are going to initiate that attack. You can, however predict their reactions to certain nervous system responses. For instance, pressure along an ulnar nerve causes a sympathetic nervous system response that will cause them to release your grip and lose balance. That, we can predict.

Rapist Rape for Sex

Nicholas Groth, director of Forensic Mental Health Associates, established around 1980 a typology of rapists. He analyzed his observations of over 3000 sex offenders over 25 years of practice. Most of his patients were not sexually deprived during the rapes they committed. These patients were perfectly capable of having sex and many were indeed sexually active in other relationships. I'm trying to stay away from statistics and such, but it may help you to understand one of the biggest myths about rape. In over a quarter century of responding to rape and sexual assault calls, I've witnessed how frequently, when a person is raped, the suspect can't even get an erection. It is about power over the victim, more so than the sexual act.

The Net is Full of Answers

I've said several times that there are numerous rape prevention courses out there that love to fear monger. They make money off of these courses. There are some, like listed in the below snopes.com article, that list all sorts of traits that rapist specifically look for and target. It details certain types of clothing, hair styles, et cetera. This is one example where everything this person was touting as fact, was indeed **pure works of fiction**.

Read more at

<http://www.snopes.com/crime/prevent/rape.asp#cv7VLDUT5SXDWARe.99>

The article is entitled; **Assaulted Tale (aka This Bird Won't Fly)**

Doing some net research, I found a guy in St. Louis spouting absolute absurd trash and totally made up statistics to fear monger clients into signing up and paying him money. Even more regrettable than the poor St. Louis women that believed his drivel, is the fact that various other web sites are now quoting his trash as if it were true, including many online newspapers and magazines. **What ever happened to fact checking?**

All of these things are absolute and complete bull and can be proved to be lies. I won't waste pages disproving this idiot's drivel, as SNOPEs.com has already done it for us.

LIE 1) The first thing men look for in a potential victim is hairstyle. They are most likely to go after a woman with a ponytail, bun, braid or other hairstyle that can easily be grabbed. They are also likely to go after a woman with long hair. Women with short hair are not common targets.

LIE 2) The second thing men look for is clothing. They will look for women whose clothing is easy to remove quickly. Many of them carry scissors around specifically to cut clothing.

TRUE 3) They also look for women on their cell phone, searching through their purse, or doing other activities while walking because they are off-guard and can be easily overpowered.

LIE 4) Men are most likely to attack & rape in the early morning, between 5:00 a.m. And 8:30 a.m.

LIE 5) The number one place women are abducted from/attacked is grocery store parking lots. Number two: Are office parking lots/garages. Number three: Are public restrooms.

LIE 6) The thing about these men is that they are looking to grab a woman and quickly move her to another location where they don't have to worry about getting caught.

LIE 7) Only 2% said they carried weapons because rape carries a 3-5 year sentence but rape with a weapon is 15-20 years. – **Truth is 30%**

LIE 8) If you put up any kind of a fight at all, they get discouraged because it only takes a minute or two for them to realize that going after you isn't worth it because it will be time-consuming.

LIE 9) These men said they would not pick on women who have umbrellas, or other similar objects that can be used from a distance, in their hands.

Keys are not a deterrent because you have to get really close to the attacker to use them as a weapon. So, the idea is to convince these guys you're not worth it.

LIE 10) Several defense mechanisms he taught us are: If someone is following behind you on a street or in a garage or with you in an elevator or stairwell, look them in the face and ask them a question, like what time is it, or make general small talk: 'I can't believe it is so cold out here,' 'we're in for a bad winter.' Now you've seen their face and could identify them in a lineup; you lose appeal as a target.

LIE 11) If someone is coming toward you, hold out your hands in front of you and yell STOP or STAY BACK! Most of the rapists this man talked to said they'd leave a woman alone if she yelled or showed that she would not be afraid to fight back. Again, they are looking for an EASY target.

LIE 12) If you carry pepper spray (this instructor was a huge advocate of it and carries it with him wherever he goes), yell I HAVE PEPPER SPRAY and holding it out will be a deterrent.

LIE 13) If someone grabs you, you can't beat them with strength but you can by outsmarting them. If you are grabbed around the waist from behind, pinch the attacker either under the arm (between the elbow and armpit) OR in the upper inner thigh VERY VERY HARD. One woman in a class this guy taught told him she used the underarm pinch on a guy who was trying to date rape her and was so upset she broke through the skin and tore out muscle strands -- the guy needed stitches. Try pinching yourself in those places as hard as you can stand it - it hurts.

LIE 14) After the initial hit, always GO for the GROIN. I know from a particularly unfortunate experience that if you slap a guy's parts it is extremely painful. You might think that you'll anger the guy and make

him want to hurt you more, but the thing these rapists told our instructor is that they want a woman who will not cause a lot of trouble. Start causing trouble and he's out of there.

LIE 15) When the guy puts his hands up to you, grab his first two fingers and bend them back as far as possible with as much pressure pushing down on them as possible. The instructor did it to me without using much pressure, and I ended up on my knees and both knuckles cracked audibly.

TRUE 16) Of course the things we always hear still apply. Always be aware of your surroundings, take someone with you if you can and If you see any odd behavior, don't dismiss it, go with your instincts!!!

1995 U.S. Department of Justice statistics show that weapons were used in 30% of all rapes, meaning the chances that your rapist will be armed is just a little less than one in three. Again, I hate throwing out statistics. Look at this one, it is only 21 years old at the time of this printing.

<http://www.pimall.com/nais/rapepreventiontips.html>

Found this over and over and over again on the net and snopes slammed the hell out of the St. Louis douchebag that started these lies.

Chapter Two

Women's Self Defense One

Defenses Intent on Thwarting Abduction

This course teaches you basic strikes and releases to use if an attacker grabs you with the intent of 'taking you away.'

2A

Strikes and Nerves

Basics: Strikes and Nerves



The Slap

The slap is a very natural attack and is delivered with a lot of force. It is faster than trying to close your hand and punch. It is also safer, particularly if you have long fingernails. Strike with the palm of the hand, not the fingers.

The more relaxed your hand is, the more kinetic energy will transfer to your target.



Targets

- Neck
- Jaw
- Temple
- Ear



Neck, Temple and Jaw slaps can actually knock out your opponent or just make them dizzy. It can destroy the equilibrium and therefore their balance. A good strike to the neck can trick the suspect's body into thinking there is a danger of high blood pressure, it will then attempt to regulate this by quickly lowering blood pressure, making them pass out.



Ear attacks can also mess with the suspect's equilibrium and possibly rupture their ear drum. Rupture is unlikely but possible.

The Shove



A shove looks similar to a push, but implies more of a strike. It drives through the assailant, using the heel of the hand. As a general philosophy, the defensive techniques in WSD-01 will encompass a shove after disengaging, prior to running away.



Shoves can take place on various locations on the opponent's body and shoves from angles other than the front are more difficult to brace for.

Release – Shove – Retreat

During this course you will learn to release the assailant's grip from a variety of attacks. Knock the assailant off balance with a shove and/or strike, and then run away. Of course, there are other options depending on the environment and your skill. The general philosophy is to get out of the situation, not to continue to engage the assailant.

Knee Spear



A Knee Spear or strike is a very natural technique that does not require a lot of skill to learn. The three main areas that are commonly targeted are the outside of the leg, the front of the leg and the inside of the leg. All three targets are just above the assailant's knee. Striking to these areas will give instantaneous results, off-balancing your assailant if not taking them to the ground.

Groin Strike Myth:

A common myth is that striking an assailant in the groin will end the fight. A hard strike to the groin, particularly when the assailant is filled with adrenaline, will usually take 10-30 seconds before they feel the pain. Usually, the pain is less with a direct strike than it is with a grazing strike or even a near miss. Striking the groin during a confrontation like this may make the assailant, initially, more angry than have the effect that was desired. It will usually distract them which may loosen their grip on you.

Nerve Attacks

One of the releases we trained you on was nerve attacks. These are usually painful ways to break the assailant's concentration on their original attack to provide you an opportunity and opening for your escape.



The Jugular Notch

The Jugular Notch is typically used to push an assailant away or down. Place one or two fingers in the 'hole' at the base of the neck, then curl them down. Imagine you are rock climbing and want to pull yourself up



Two fingers are stronger than one. If your hands are small, get three or four in there. The opening you are pushing into is small usually two will suffice.

This will interfere with their breathing, most likely cause a gag reflex, and thereby divert their attention from the attack.



Do not push straight, really focus on pushing back AND curling down. You can even zig and zag, rotating your fingertips in a side to side motion. Rock them back and forth as you 'climb up' on them. This will most likely cause their body to sacrifice their knees, buckling them to escape the pressure.

If you do not get an initial reaction curling down, redirect up towards the top of their head.

The Clavicle Notches



This is a similar attack to the Jugular Notch, though you cannot push straight back on this one. It is best to envision a twig that you are trying to wrap one or two fingers around. Imagine the tips of your fingers wrapping around until they touch your palm. This will take the assailant down, loosening their grip.



Both sides can be done simultaneously, though one will work if only one hand can reach.

Varying your pressure between sides, will get a bigger reaction as they are then forced to adjust their stance as they are twisting away from the pressure.

Imagine wrapping your finger all the way around the clavicle. Think of the clavicle like a pencil or a stick that you could wrap around until the tip of your fingers touch your own palm. Much like the last technique, add a little three dimensional motion by zig zagging or rocking your finger side to side as you wrap it around their clavicle.



Side Neck/Brachial Carotid Attack

Bear Hug front with Arms Trapped High



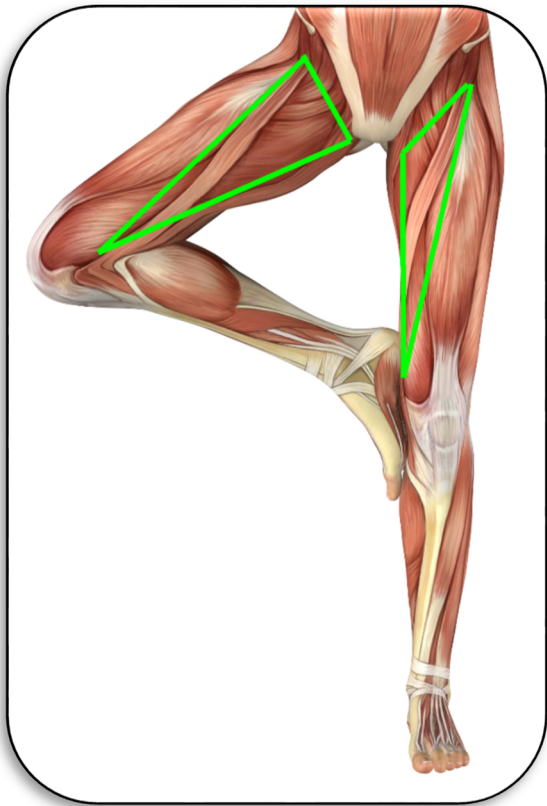
This attack can be a pinch or a thumb push, depending on your hand position during the attack. This will force the assailant's head back, opening their arms and releasing their grip.



Most likely, one side of their head will begin to pull away from you. If you have the second hand free, you can simultaneously push on the trachea or wrap the clavicle as in the two previous techniques.

Femoral Pinch – Bear Hug Front with Arm Trapped Low

The femoral nerve on the inside of the assailant's leg is one of the more sensitive locations on the body. In a position with your arm trapped down, grabbing the skin on the inside of the leg with both squeezing and twisting will cause the assailant to pull their hips away from you as well as loosen their grip. If you accidentally grab the wrong 'item' from this position, well that will aid as well but may not be as painful.



The femoral nerve can be accessed anywhere in the green triangle. Pinching it creates pressure as well a retreat response. It can also cause extreme pain.

2B

Grabs

Single Upper Arm – Mirrored



An assailant grabs your arm to pull you away, you punch down while throwing your elbow over the wrist, making your arm into a pry-bar. This pries the hand loose, drop your weight into to finish the release and then shove the assailant, most likely striking their arm, chest and/or shoulder. Run away.



TRAINING NOTES

Single Upper Arm – Cross

An assailant grabs your arm to pull you away, you punch down while throwing your elbow over the wrist, making your arm into a pry-bar. This pries the hand loose, drop your weight into them to finish the release and then shove the assailant, most likely striking their arm, and/or shoulder. Run away.

TRAINING NOTES



Two Arm Upper to One Arm



The Assailant grabs one forearm with both hands. The same exact principles apply, throw your elbow over the top but in this instance, throw it over BOTH of their wrists/arms. This will break the grip, shove, and then run. You can also use your free hand to pull on your own fist to help the process.



TRAINING NOTES

[illegible]

Two to Two – Upper

The Assailant grabs both of your arms independently with his two hands. The same exact principles apply, throw one elbow over the top but in this instance, throw it over BOTH of their wrists/arms. This will break the grip, shove, and then run.

If you miss going over the second arm after the first wrist release, you are now back to a single grab so throw that elbow over the top just like on page 28.

TRAINING NOTES



Upper Arm Grab

Assailant grabs your upper arm between your elbow and shoulder.

Bring your hand up outside the assailant's arm. Once again you go over their arm, dropping your elbow down, shove and run.



TRAINING NOTES

Single Lower Arm Grab – Mirror

Assailant grabs your arm from a low position, mirrored side. As your hand is down there is no need to punch down, just throw your elbow over. Drop, shove and run.

TRAINING NOTES



Single Lower Arm Grab – Cross

Assailant grabs your wrist from a low, cross position. As your hand is down there is no need to punch down, just throw your elbow over their wrist. Drop, shove and run.

TRAINING NOTES



Two Arm Lower to One Arm



Assailant grabs one of your forearms and wrist with two hands.

Bring the grabbed arm's fist outside of their arm, and use your free hand to help push down across wrist. Drop, shove, run.



TRAINING NOTES

Two to Two – Lower

Assailant grabs both of your wrists at the same time. Same principles, throw either elbow over the top and have it clear **both** arms. This will drop the assailants wrist on top of his other wrist and help clear both wrists. Drop, shove and run.

If the second wrist doesn't come free, turn and throw your other elbow over the top.

TRAINING NOTES



Bear Hug from Rear – Arms Trapped Low



As the assailant grabs you from behind trapping your arms low, raise only one elbow, twisting your body to loosen their grip. Strike with the other hand towards the assailant's femoral (inside of leg) but if you accidentally get their groin that will at least distract them. Slip through the opening you made and shove, then run.



TRAINING NOTES

Bear Hug from Rear – Arms Trapped Up

As the assailant grabs from behind trapping your arms up, raise **only one** elbow, twisting your body to loosen their grip. Strike with the other elbow to their ribs. Duck, and slip through the opening you made and shove, then run.

TRAINING NOTES



Rear Grab – Choke



An assailant grabs you around the neck from behind. As quickly as possible, establish and maintain an airway by pulling down with both of your hands on his arms and drop the leg back on the same side that he encircled from. If his right arm came around your neck, drop your right foot back and squat.



Wrap your heel behind his if possible, turn towards his encircling elbow and squat further. This creates a trip and causes him to fall over your leg, onto his back.



TRAINING NOTES

The Beginning

This is the end of **Women's Self-Defense One**. These techniques are designed to be easy, and natural but that only takes you so far. Your next step is to practice, then practice some more. Practice till you can get out of any grab or attack just like tying your shoes. There are only 20 basic techniques and a few variations that were selected for this introductory course. There are a myriad of ways you can be attacked and it is not possible to address all of them in a two to three hour program. As mentioned before, practice is something that only takes a few minutes and can be placed weekly or monthly on your smart phone calendar. You and a friend can run through all 20 of these in less than five minutes if you get in a routine. Is five minutes or a commercial break worth it if it might save your life later? I think so.

What's Next?

In addition to regular practice, you could take some more self-defense courses. My own biases aside, most classes out there will at least get you practicing and thinking. Just please remember the myths from the first chapter as they are very prevalent in the martial society. Very few people ever take us up on this, but in addition to providing this training, we also offer a **free month** of self defense training at our school located in South Kansas City, Missouri. The current schedule and other information is located at www.kenshukai.org and could be the most bang for the buck investment you ever make. You can focus just on more Women's Self-Defense, or chose to train in a martial art. Either way, there is no charge for 30 whole days.



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