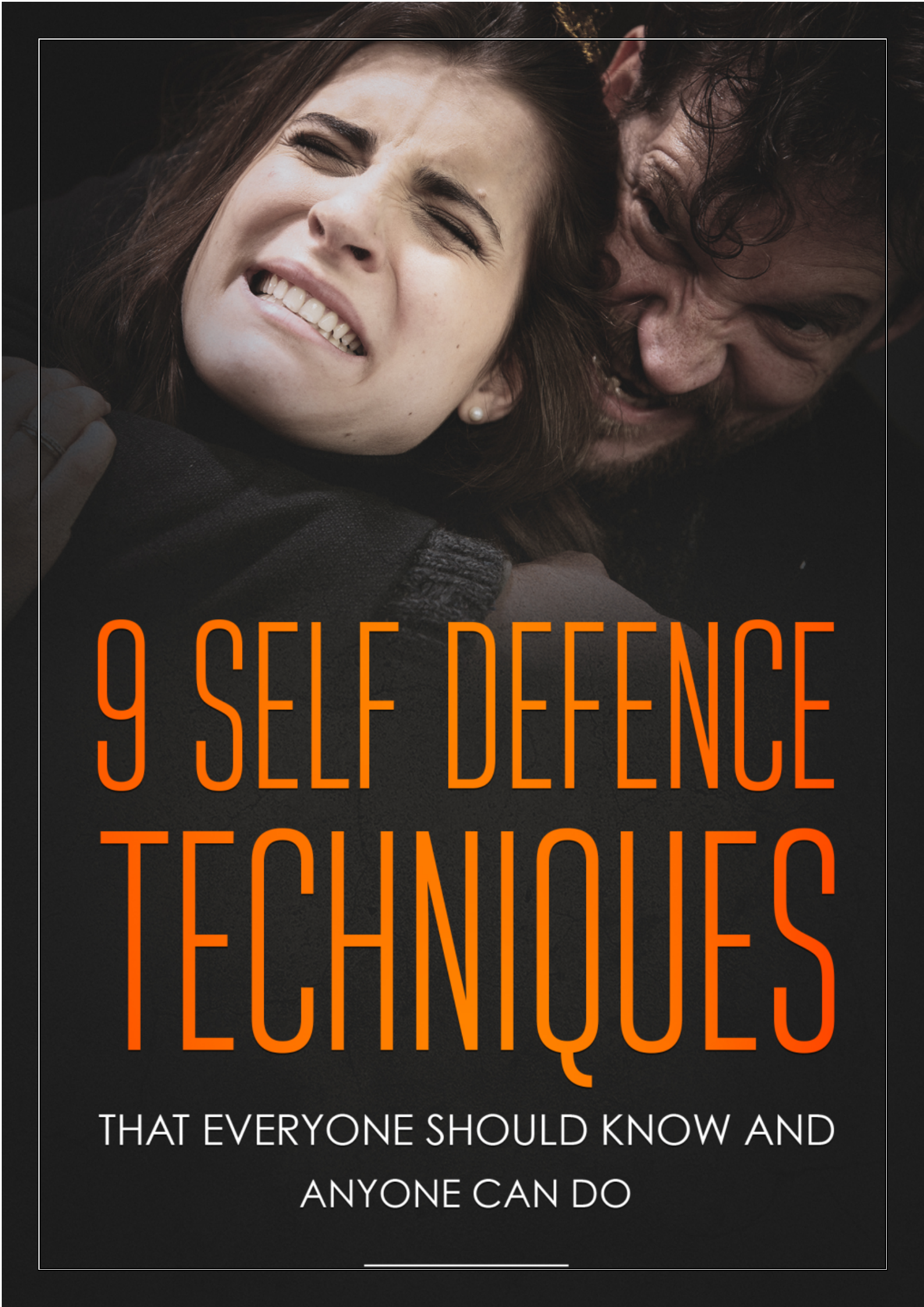


A close-up photograph of a woman with long brown hair, her eyes squeezed shut and mouth open in a cry, showing her teeth. She is wearing a dark turtleneck sweater. A man with dark, curly hair and a beard is holding her from behind, his face partially visible as he looks down at her with a concerned expression. The background is dark and out of focus.

9 SELF DEFENCE TECHNIQUES

THAT EVERYONE SHOULD KNOW AND
ANYONE CAN DO

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Introduction - 9 Self Defence Techniques That Everyone Should Know, and Anyone Can Do

Being the victim of a crime can happen to anyone, anywhere, at any time. Hopefully, no criminal will ever make you their target, but if they do, having the ability to defend yourself and those you love can be the difference between becoming a victim or not.

There are some 'experts' who would advise you not to fight back, but rather comply with the criminal's requests and to call the police if you can.

However, the police won't get to you immediately and if you are likely to be attacked they will have only responded after the attack has happened and with police response times becoming every increasingly longer, relying on their presence to save you is a risky gamble.

Simply put - you are your own first line of self-defence for you and your loved ones and family.

The law on self-defence is clear in that you can use as much force as is reasonable in the circumstances to protect yourself, others and your property, and you can even go so far as to kill your attacker if you honestly believed your life or the life of another was at risk (and I can back this up with additional training modules if you would like them).

Obviously, the best way to avoid having to defend yourself is by spotting a threat before it is too late and good situational awareness can never be underestimated, but sadly today too many people walk around with headphones in, listening to music or checking emails and their social media pages on their mobile phones making them blissfully unaware of what is going on around them, and that makes them an easy target!

Opportunist criminals need easy targets so the easier you make it for them, the more vulnerable you become, but the opposite is also true.

Most criminals don't want an audience, and if you attract unwanted attention to them they may take off in search of a quieter target so use your voice by shouting and screaming if need be.

And this is the same when it comes to using a self-defence technique.

For a self-defence technique to work it must be:

1. Simple to remember and use;
2. Have maximum efficiency, and
3. Require minimal effort to execute.

It should also be delivered with 'SAS':

1. Speed;
2. Aggression;
3. Surprise.

And you don't have to be built like Arnold Schwarzenegger either!

As strong and invincible as people like to think they are, we are all in fact quite vulnerable, and this includes your attacker.

For example did you know that only 8.5 lbs of pressure could break any bone in the human body, and it takes less than 4.5 lbs of pressure (2 small bags of sugar) to kill another human being?

And according to research the average person can punch with a force of approximately 240 - 350 pounds per square inch.

Therefore, it doesn't actually matter how big or strong someone looks, if you have the ability to apply force in the right place then you have the ability to stop them dead in their tracks.

The aim of any self-defence technique should be to achieve one or more of the following:

- To make the aggressor lose their concentration. If they stop thinking about you, they will stop hurting you
- Interfere with the physical integrity/ structure of the aggressors' body - if they can't walk they can't hurt you.
- Interfere with the central nervous system – if they can't function they can't hurt you.
- Destroy or interfere with circulation – if they can't get blood to their brain or muscles they can't hurt you.
- Interfere or destroy their ability to breathe – if they can't breathe they can't hurt you.

In short, if an aggressor can't see, hear, breathe or walk, then they cannot hurt you.

So, sit back and relax as I take you through the nine self defence techniques you can easily make use of in defending yourself!

Please do note however, that these techniques are not an exhaustive list, they are just some that I have included in this free report for you.

Best Regards.



Mark Dawes

PS: If you are interested in learning more about how to defend yourself or in becoming a properly qualified Self-Defence Trainer with a BTEC Level 3 Award in Self-Defence Instruction, then visit this web-page - <https://www.nfps.info/self-defence-trainer/> and request a copy of our **FREE Report**.

1. The Glabella



Picture courtesy of Bryony and Mark Pengelly from Mark Pengelly's Schools of Kick-Boxing

As seen in the picture above, the glabella is the area at the front of the forehead, the point at the base of the nose between the eyes.

Blows to this part causes loss of consciousness from severe trauma to the cerebrum leading to disruptive stimulation of cranial nerves and loss of sensory and motor functions.

This point is the smooth midline bony prominence between the supraciliary arches of the frontal bone, representing the most anterior part of the forehead when standing erect and looking straight ahead.

The resultant effect of a hard blow to the glabella includes the rupturing of the sense and motor organs, because of stimulation of the brain nerves caused by severe shock to the cerebrum, swollen face, damage to the eyes, possible nose bleeds and concussion.

A moderate attack would cause dizziness or possible unconsciousness as the blow would send a shock wave into the brain, which may cause dizziness and disorientation.

A harder blow would cause the whole of the brain to be jerked forwards causing the brain to crash into the skull causing severe damages to your attacker.

2. The Nose



Picture courtesy of Bryony and Mark Pengelly from Mark Pengelly's Schools of Kick-Boxing

A blow to the nose, no matter how light, will result in bleeding from one or both nostrils and hitting the nose with a hammer-like blow or upper movement can cause the cartilage of the nose to fracture or break, the eyes to water hindering his vision, and cause your attacker to panic and feel intense pain.

Even a minor blow to your attacker's sensitive nose can cause discomfort and this would cause swelling as the nose itself can swell and the swelling can extend to the areas around the eyes.

Both of these blows can be enough to stop your attacker in their tracks.



Picture courtesy of Gregory Stuart Gavin from The Scottish Budo Association

3. The Eyes



Picture courtesy of Gregory Stuart Gavin from The Scottish Budo Association

If they can't see you, they can't fight you. Have you ever got a piece of something in your eye at any point in time? How irritating or painful was that? Now imagine a punch to the eye socket or a finger strike to the eye itself.

The eyes are very vulnerable and easily damaged and it is also easily possible to pop the eye out of the socket and get it caught between the lids and this can seriously damage the eye unless it is put back into place.

Causing trauma to the eyes can cause your attacker to lose vision, feel intense pain, disorient him or her, and cause him or her to panic.

Striking the eyes with a flicking motion can also be effective and can gain you a second or two to hit another target because even such a light strike can cause damage to the and also cause the recipient to feel sick and extremely weak

One effective way to attack the eyes is to shape your hand in the form of a 'C' and powerfully ram the tip of your thumb deep into the eye socket (as shown in the picture above).

If the eyeball could be hit directly it would cause a lacerated eyelid and a rupture to the eyeball with a possible protrusion into the gelatinous matter beneath, in turn causing temporary to permanent blindness, which may or may not be corrected with surgery.

4. The Ears



Picture courtesy of Bryony and Mark Pengelly from Mark Pengelly's Schools of Kick-Boxing

A strike to the ear may appear to be harmless but it is one of the most traumatizing blow that can be made to a human. Why? Because a strike to the ear, has a plethora of possible effects such as rupture of the tympanic membrane or the eardrum resulting from air being forced into the external auditory canal, down to the eustachian tube.

This results in a loss of hearing ranging from partial to complete, depending on the volume of air forced through the canal. This type of strike alone may cause shock as well as great pain.

In research done for a National Geographical survey, it was found that a person could deliver approximately almost 12 psi (pounds per square inch).

That is over twice as much pressure as it would take to burst an eardrum, which would cause deafening noise and also because the ear is associated with balance it would put the attacker off balance for some amount of time.

A double strike, which uses a cupped palm heel, delivered into each ear at the same time, works best and if the timing is right each hand will have a kind of stabilizing effect on the head, stopping the head from a possible recoiling effect.

Type of damages guaranteed include unthinkable damages to the eardrum, swelling of the outer ear, possible deafness, trauma to surrounding nerves and veins, shock.

5. The Trachea Strike



Picture courtesy of Gregory Stuart Gavin from The Scottish Budo Association

The throat is a very fragile area and a simple strike to the front of the throat can damage the trachea, hinder the attacker's ability to breath and can even cause instant death.

One effective way to attack the throat is with the side of the hand, commonly known as a 'knife-hand' strike. Strike forward and slightly upward driving the hand through the trachea.

Given that the human trachea is made of approximately twenty fragile cartilage rings; one sharp blow will fracture or crush it.

Fracturing it damages the nerves surrounding the trachea, interrupts breathing, causes pain and painc.

Crushing it could block the flow of oxygen causing intense pain, choking and asphyxiation, unconsciousness possibly death.

This is a very effective technique that can cause maximum damage from a relatively small amount of force.

It must be noted however, that a strike to this area can lead to serious injury and even the death of your assailant, so it is really worth having a competent understanding of the law in relation to self-defence so that you know when such a strike may be legally justified.

6. The Carotid Sinus (The 'Okinawan Slap')

The 'Okinawan Slap' has been around for hundreds of years. All it requires is a 'karate style chop' to the side of the neck at an angle of approximately 45 degrees, which will stop your attacker instantaneously.



Picture courtesy of Eddie Quinn from The Approach System

As shown in the picture above, the carotid sinus is located a forward from the side of the neck, ahead of the neck's sternomastoid muscle (imagine about half the distance between the muscles on the side of the neck, and Adam's Apple on the front of the neck). Therefore, it can be hit even if the assailant is much taller than you.

It is a very simple technique to master.

A light strike could result in unconsciousness or fainting, which your attacker will come out of it on his own.

A heavy strike your attacker could kill them, and the law allows for this, provided that the use of such a technique was reasonable in the circumstances (and I can give you access to an online course delivered by a Professor of Law who will corroborate what I have just said).

7. The Groin/Pelvic Area



Picture courtesy of Gregory Stuart Gavin from The Scottish Budo Association

Of course, we all know a kick to the groin/pelvic area has a lot of stopping power and that is why tournaments as well as full contact fighting, has outlawed this vital point, but, in a self-defence situation it is a very effective technique – and not just on men ... read on and you will see why.

A light but direct strike to the testicles, will do enough damage to stop almost any attack instantly because it can rupture the testicles, cause nausea, difficulty breathing and panic.

An effective way to strike the groin is with the instep of the foot or shin bone. Raise the knee upward and outward, extend the leg and strike the groin, remembering to thrust forward with the hips and get the entire body behind the kick.

Another effective way to strike the groin is with the knee as shown on the photo.

The Real Key To This Technique – Damage The Pelvis!

The real key however, is to try and damage the pelvis, not the groin or testicles per se (and this is why this technique will also work against a female assailant).

The pelvis is the human body's structural centre. Like a building foundation it supports everything above. So break it and the body will fall like a house of cards.

The architecture of the pelvis has a built in weakness - the pubis which is the connection in the middle between the two main pubic bones. The structure of the pelvis is basically a ring and when you break the ring it can no longer function as the structure intended to support the body.

Now consider that the average person can deliver a strike of over 100 psi from within the distance of a meter, which is enough to break the pubis and cause the pelvis to collapse and even possible damage to the bladder and other internal organs.

The expectant result of this strike is that it causes stimulation including hanging of testicles, irritation of surrounding nerves, arteries and veins, stoppage of breath, loss of bladder retention.

If hit really hard, it may cause the kidney to loss effectiveness or function.

In the case of damage to pubic symphysis, a fracture or break, will make movement not viable. If all the above is hit heavily, a high degree of pain which may leads to knockout and can also lead to fatality, due to kidney destruction.

8. The Shin Kick

The shin is a weakly protected bone that is relatively easy to damage. Even a simple kick can cause intense pain, a fracture and even a break, and if your attacker can't stand, walk or run, they are no longer a threat to you.

The shin kick is one of my favorite stop action kick points which will totally halt an attack instantly because a shin is very hard to protect and most people do not guard against the possibility of getting hit on this particular spot.

A decent strike to the shin, will cause the muscle in the thigh to convulse, resulting in the loss of motor function in that leg, which would result in your attacker being forced to lift the foot off the ground. And once your attacker is off the ground, you could make another move to the open eyes, ears or a combination of other aforementioned places (if necessary) to ensure an uncompromised exit from the scene.



9. The Foot

The foot itself is in nature, a very sensitive appendage. If you remember a time when someone has ever stepped on your foot or maybe you've dropped something heavy on your foot, you already know some of the effects involved. Why did it hurt so much? One reason is that there is very little muscle structure to protect the nerves, nerves of the bone, arteries and veins.

Stamping on an aggressor's foot can result in immediate pain and possibly even fracture or break the small bones in the upper part of the foot and the toes, but you of course have to take into consideration any footwear that the assailant may be wearing that could protect against such a strike.

The technique to inflict the maximum amount of pain here is to tread and crush and you can be guaranteed of a result which is inclusive of severe pain to the foot causing loss of motor function.



Therefore, it doesn't really matter how big or heavy your attacker is because you can beat anyone if you know where the most vulnerable spots are.

About the Author

I am Mark Dawes, the Director of NFPS Ltd, The National Federation for Personal Safety, a training organisation that currently delivers BTEC Level 3 Trainer Awards in Self-Defence, as well as many other disciplines and our company is one of the few companies that can actually qualify people with a BTEC Level 3 Award in Self-Defence Instruction.

I have also worked as an Expert Witness on the Use of Force and has provided reports and testimony for Court in many criminal law and civil law cases.

I have also been constructing and delivering training programmes in the field of Self-Defence, Personal Safety and Conflict Management since 1988 and was the Personal Safety Advisor to the Hillingdon Crime Prevention Panel for over 5 years working in liaison with the local Metropolitan Police Crime Prevention Officers running personal safety courses in the West London Area.

As a Consultant Trainer over the years I have also provided training to many thousands of individuals including: Social Services staff, Courtroom staff, Local Authority staff, Healthcare staff, Transport companies, Pharmaceutical companies, Security organisations and Military personnel.

The training and consultancy I provided complies with all of the relevant statute (including Common and Criminal Law, The Human Rights Act 1998 and the Health and Safety at Work etc., Act 1974 and associated Regulations).

I have also undertaken ongoing legal training in civil and criminal law and have had all of this training audited for legal accuracy by a Barrister at Law and former Member of Parliament who was awarded the CBE. In addition I have received input into our training from Michael Mansfield QC, Professor of Law Gary Slapper, John Wadham and Eric Baskind LLB (Hons), LLM, MCI Arb, FRSA, FHEA.

In short, I provide training that is not only effective, but legally defensible and if you would like to find out more about the training I offer, including how you could become a properly qualified Self-Defence Instructor with a BTEC Level 3 Award in Self-Defence Instruction (and no, you don't need to be a Black Belt, Martial Artist, MMA fighter, or indeed have any necessary experience at all because I will teach you everything you need to know) then visit this web-page - <https://www.nfps.info/self-defence-trainer/> and request a copy of our **FREE Report**.

Mark Dawes



Director, NFPS Ltd.