

SELF-DEFENCE BASICS

Undermine each threat

STUN and RUN

Nobody should have to do this.
This is not a solution.
This is the last line of defence.

#SarahEverard

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Distance

Threat spotted (verbal/visual/physical)

Goal: Keep threat away

- 1000+ lumen torch/strobe light
- Pepperspray/hot drink/shout "HELP"
- Aim at face, create distance, take every chance to run, make noise and call for help

Guard

Physical threat imminent

Goal: Reduce risk of blows landing

- Arms high, out in front, ready to protect head
- Chin down, prepare neck and head for strikes
- Wide stance for stability, think boxer
- Prepare to strike on approach

Strike

Attack in progress

Goal: Shock attacker, run

- Open palm - aim for nose/eyes
- Elbows - aim for temples, jaw
- Head - front or rear headbutt
- Feet - kick at shins, stomp feet and knee

Escape

Attack in progress

Goal: Escape from a grab, strike and run

- Front/rear upper grab - raise arm, turn body away
- Wrist grab - rotate wrist in tight circle outwards
- Grab from behind - backwards headbutt to face, elbows to face, stomp feet, grab their leg through your legs and pull through
- Pull at fingers individually, break and run

Mindset

- Manners OFF, gentleness OFF
- Technique trumps strength, target weak points
- Use entire body like a whip, twist hips into strikes
- You could get hurt, but this can save your life

Law

"There is no rule in law to say that a person must wait to be struck first before they may defend themselves" (R v Deana, 2 Cr App R 75).

"may [...] only do, what is reasonably necessary."

Source: Crown Prosecution Service

More detail: <https://lukespear.co.uk/self-defence-class-basics>