

**ESSENTIAL SELF DEFENSE™ TRAINING**

*“Two friends are hiking in the woods when they stumble across a grizzly bear. The one friend starts to put on his running shoes. The other friend says, ‘Man, you’ll never outrun that bear.’ ‘Oh, I don’t have to’, replied the first friend, ‘I just have to outrun you.’”*

The purpose of this course is to make you aware of the real dangers of a criminal assault, attempted rape or homicide. This will increase your survivability. The goal is not to win, but not to lose. Self Defense = Self Preservation. All you need to do is prolong the assault, create an opening to escape. Do not expect to become “instant ninja” in 4 lessons or even 40 lessons. Just be difficult enough to make the would-be assailant pick someone else.

What you should expect from this program:

1. The understanding of what is in your control and how to become a tough target.
  - a. Develop plan
  - b. Decrease your exposure
  - c. Decrease your vulnerability
  - d. Recognize when you are about to make an unnecessary risk
  - e. Pay attention to your instincts
2. How to use technology to increase your survivability
  - a. Cell phone
  - b. Pepper spray
  - c. Personal alarm
3. Strikes
  - a. Finger jab
  - b. Edge of hand
  - c. Tiger claw
  - d. Front whip kick
  - e. Knee
  - f. Elbow spike
  - g. Elbow swing
4. Gouges and biting
  - a. Eyes
  - b. Side of neck
  - c. Testicles
  - d. Throat

Empty hand techniques always come last.

Order of importance: 1. Avoidance, 2. Technology, 3. Empty hand

Remember, empty hand no matter how romantic is, is the lowest rung on the ladder.

**Each Session (except intro) Begins with the Circuit Warm up**

1. Heavy bag or Spar Pro: Blade, Finger Jab, Whip Kick
2. Spar Pro: Chin Jab Upper cut with Knee
3. Heavy bag or dummy: Ear box, Knee
4. Heavy bag or dummy: Side Kick Edge of Hand
5. Heavy bag or dummy: Hacking Drill From Guard
6. Heavy bag or dummy: Hacking Drill From Mount

If you don't have equipment, simply partner them up or work with them individually. Each station, 1 minute; do the circuit 2 times. Changing sides where needed.

\*\*When the attacker (A) attacks from a standing position, all they do is walk towards the defender (D) and put their hand on A's shoulder. Once they touch, the drill stops.

**Session 1 Intro  
Strategy, Avoidance and Technology**

This is your list of priorities:

1. Create space – RUN, Call for help, Cell Phone
2. Technology –Pepper Spray, Personal Alarm
3. Close Quarters weapons (edged)
4. Empty hand striking
5. Empty hand biting and gouging
6. Empty hand grappling

Understand your assailant:

He is determined

1. Capable
2. Cunning
3. Dangerous

If you have something they want, they will take it.

Like any predator, they will pick you because they feel they can successfully get what they want. The longer you prolong the assault, the better off you are.

In order to get what he wants, the criminal needs to:

- a. Get close to you
- b. Get you alone

NEVER Listen to your assailant. They will always lie. Note: BTK killer, Boston Strangler, Ted Bundy.

These people had charisma, they were smart and convincing. Your personal space is valuable- don't give it up.

He is cunning. He will think of ways to get close to you. He will not jump out and yell stick 'em up.

There are 3 ways that your assailant will get close to you.

1. Approach you
2. Have you come to him
3. Use the environment

Common approaches:

1. Asking for directions, change, the time or a cigarette (anything that shifts your attention from him and occupies both your hands and your eyes)
2. Posing as a Law enforcement officer.
  - a. First of all, you can only get pulled over for a traffic violation by a marked car or an unmarked car with a policeman in uniform with his hat on. If it looks dodgy dial 9-1-1, tell them the situation and go to the nearest police station.
3. Minor fender bender. You do not have to pull over and get out of your car. Especially on a secluded road. Dial 9-1-1 and go to the nearest police station.
4. Gaining access to your home or apartment. Do not let anyone in. PSE&G or any other utility must notify you BEFORE any work on your home or property is scheduled.

Your privacy is what they need. They need to isolate you. Don't let them. Think ahead. Be a tough target!

**Remember, the closer you let them get to you, the lesser the chance for your survival.**

Now the good news...

### THE 3 THINGS EVERY CRIMINAL FEARS

1. Be identified
2. Get Arrested
3. Get Injured

The Longer you prolong the assault, the worse for your assailant

**Calling for help, can you describe where you are?**

Always know your location:

1. Address
2. Street
3. Landmark
4. Town

When you are stressed, even dialing 9-1-1 is an issue.

**Drill 1:**

Let's Call the police (purpose is to show difficulty under stress)

Dial 9-1-1 (DO NOT PRESS THE SEND BUTTON)

BTW- Every cell phone in the world is required to be able to dial 9-1-1, even without a calling plan. All you have to do is keep it charged. It will always dial 9-1-1.

As ridiculous as it seems, when you are stressed, even simple tasks like dialing 9-1-1 or locating your phone are a big problem.

If you don't have a phone, you will yell fire as you try to escape.

**DRILL**

2 people

Attacker (A) and Defender (D)

Leave your phone where you normally keep it.

At about 10 paces have A start to approach D

D will move in the exact opposite direction. While you are doing this you need to:

1. Locate the phone
2. Dial 9-1-1 (no send or you'll have the cops there for real)
3. They have to then state their location and the nature of the problem  
"I'm in the LOCATION and I'm being attacked!"

**Pepper spray & Personal Alarm:**

Pepper spray: create a figure “S” fog between you and the assailant

**Drill 2: Personal alarm**

1. Pull it and throw it
2. Place it in a handbag or nap sack with your hand on the lanyard

**Drill 3: Pepper spray**

Similar to Drill 1

At about 10 paces have A start to approach D

D will move in the exact opposite direction. While they are doing this, they need to:

1. locate the pepper spray
2. Spray the figure “S”
3. Escape

**Drill 4: Pepper Spray Multiple Assailant**

A1 is the front (distraction) A2 is the muscle (primary attacker)

A1 is in front of D and A2 is behind D about 5 feet.

Same as before, but once you recognize A2, move away from A2

1. Create space from A1
2. locate A2, create distance
3. locate the pepper spray
4. Spray the figure “S” at A2
5. locate A1 and spray the figure “S”

**Session 2: Standing Empty Hand**

Set up the Warm Up Drills

1. Heavy bag or Spar Pro: Blade, Finger Jab, Whip Kick
2. Spar Pro: Chin Jab Upper cut with Knee
3. Heavy bag or dummy: Ear box, Knee
4. Heavy bag or dummy: Side Kick Edge of Hand
5. Heavy bag or dummy: Hacking Drill From Guard
6. Heavy bag or dummy: Hacking Drill From Mount

### Drill 5 Empty hand

Similar to Drills 1 and 3

Start with having them practice the

Finger jab, Front kick, heel of hand, edge of hand combination (all lead hand and lead leg)

**Do not commit your body weight unless you need to. Your priority is to ESCAPE!**

Now practice:

At about 3 paces have A start to approach D

D will move in the exact opposite direction. While they are doing this, they need to:

1. Strike with Finger jab, Front kick, heel of hand, edge of hand combination
2. Locate the pepper spray
3. Spray the figure "s"
4. Escape

### Session 3: Empty Hand Multiple Assailants

1. Heavy bag or Spar Pro: Blade, Finger Jab, Whip Kick
2. Spar Pro: Chin Jab Upper cut with Knee
3. Heavy bag or dummy: Ear box, Knee
4. Heavy bag or dummy: Side Kick Edge of Hand
5. Heavy bag or dummy: Hacking Drill From Guard
6. Heavy bag or dummy: Hacking Drill From Mount

### Drill 6: Empty hand Multiple Assailants

Similar to Drills 2 and 4

A1 is the front at 3 paces (distraction) A2 is the muscle (primary attacker)

A1 is in front of D and A2 is behind D about 5 feet.

Same as before, but once you recognize A2, move away from A2

1. Locate A2, Strike with Finger jab, Front kick, heel of hand, edge of hand combination
2. Locate A1, Strike with Finger jab, Front kick, heel of hand, edge of hand combination
3. Locate the pepper spray
4. Locate A2 Spray the figure "S"
5. Locate A1 and spray the figure "S"
6. Escape

**Session 4: Grabs and Holds**

This is when you have let your guard down. Remember, the closer you let them get to you, the lesser the chance for your survival.

1. Heavy bag or Spar Pro: Blade, Finger Jab, Whip Kick
2. Spar Pro: Chin Jab Upper cut with Knee
3. Heavy bag or dummy: Ear box, Knee
4. Heavy bag or dummy: Side Kick Edge of Hand
5. Heavy bag or dummy: Hacking Drill From Guard
6. Heavy bag or dummy: Hacking Drill From Mount

**Drill 7: Close proximity**

A closes on D

1. D throws elbow spike
2. Elbow swing, create space
3. Edge of hand neck
4. Creates distance
5. Locate pepper spray
6. Spray figure "S"
7. Escape

**Drill 8. Single hand grab**

A assaults D

1. Tiger claw face, edge of hand neck
2. Create distance
3. Locate pepper spray
4. Spray figure "S"
5. Escape

**Session 5 Grabs and Holds (cont)**

1. Heavy bag or Spar Pro: Blade, Finger Jab, Whip Kick
2. Spar Pro: Chin Jab Upper cut with Knee
3. Heavy bag or dummy: Ear box, Knee
4. Heavy bag or dummy: Side Kick Edge of Hand
5. Heavy bag or dummy: Hacking Drill From Guard
6. Heavy bag or dummy: Hacking Drill From Mount

**Drill 9: double hand grab**

A assaults D

1. Knee and stomp to testicles and feet of D repeatedly
2. Tiger claw face, edge of hand neck
3. Create distance
4. Locate pepper spray
5. Spray figure "S"
6. Escape

**Drill 10: Bear hug arms trapped**

A assaults D

1. Base, stomp and rear elbow (if jammed up, head butt to the rear and squeeze testicles)
2. edge of hand, create space
3. Create distance
4. Locate pepper spray
5. Spray figure "S"
6. Escape

**Session 6 Knocked Down**

1. Heavy bag or Spar Pro: Blade, Finger Jab, Whip Kick
2. Spar Pro: Chin Jab Upper cut with Knee
3. Heavy bag or dummy: Ear box, Knee
4. Heavy bag or dummy: Side Kick Edge of Hand
5. Heavy bag or dummy: Hacking Drill From Guard
6. Heavy bag or dummy: Hacking Drill From Mount

**Drill 11: Break falls**

1. Forward fall
2. Rear fall

**Drill 12: Prone vs. Standing**

1. D on back, a on feet in front of D  
Practice pivoting, kicking and getting up off the ground.

**Drill 12: Prone vs. Standing Kicking Distance**

1. D on back, A on D's flank one step away.

**Drill 13: Prone vs. Standing Stomping Distance**

1. D on back, A Standing close to D.

**Session 7 On the ground**

1. Heavy bag or Spar Pro: Blade, Finger Jab, Whip Kick
2. Spar Pro: Chin Jab Upper cut with Knee
3. Heavy bag or dummy: Ear box, Knee
4. Heavy bag or dummy: Side Kick Edge of Hand
5. Heavy bag or dummy: Hacking Drill From Guard
6. Heavy bag or dummy: Hacking Drill From Mount

**Drill 14: Bits and pieces.**

The best thing you can do is the worst possible thing, get nasty, bite gouge, and tear. One partner lies on another. Simply locate the nose, eye gouge, inside the thigh, groin grab.

**Drill 15: Mount Escape**

A on top of D in mount.

1. Use gouges to the eyes, through and testicle grab to create space
2. Move to edge of hands and heel of hands
3. Create even more space to shrimp out
4. Get up and
5. Run

OR

1. Strike with Finger jab, Front kick, heel of hand, edge of hand combination
2. Locate the pepper spray
3. Spray the figure "S"
4. Escape

