Physical Self-Defense Strategies

*Only use in situations where you are experiencing a level of aggression that endangers your physical safety*

**Safety Stance**
- If cornered, pivot out in half-circle motion to cover distance quickly to make safe getaway.

**Blocks**
- **Roof Block**
  - Protects head from front and overhead strike
  - Fisted palm facing out
  - Forearms should be in line with your forehead

- **Elbow Block**
  - Protects head from side. Shift your body to reduce impact of blow
  - Keep eyes forward as you block
  - Elbows face forward

**Primary Targets:** Goal is to slow down/immobilize the attacker. These spots are intended to cause severe damage and hinder the below:
- Eyes - sight
- Nose - airway
- Throat - breathing
- Knees - mobility

**Secondary Targets:** Goal is to startle and cause pain. These spots include the chin, shin, ear, groin, ribs, feet, and fingers

**On the ground**
- Use leg kicks to maintain distance

**Basic Strikes**
- **Palm Heel Strike**
  - Use palm to strike, keeping fingers back and thumbs tucked in
  - Target: Nose and chin

- **Foot Stomp**
  - Bend knees to stomp down quickly using heel of foot
  - Target: Foot

- **Front Kick**
  - Strike down quickly with ball of foot and pull back with quick snapping motion
  - Target: Knees or shin