**SELF DEFENSE NOTES**

1. **THE LAW**

\*I will not use anything I learn in class outside of class unless absolutely necessary.

1. **THE RULES**

Run

Hit and run

Fight for your life

1. **STRIKE ZONES**
   1. On the head
      1. Hair
      2. Eyes
      3. Ears
      4. Nose
      5. Temple
      6. Jaw
      7. Throat
   2. On the middle of the body
      1. Chest
      2. Ribs
      3. Abdomen
      4. Groin
   3. On the legs
      1. Thigh
      2. Knee
      3. Shin
      4. Foot/toes
2. **BODY WEAPONS**
   1. Head
   2. Voice
   3. Teeth
   4. Elbows
   5. Hands
   6. Fingers/nails
   7. Knee
   8. Foot
3. **STANCES**
   1. Horse stance
      1. Feet shoulder width apart
      2. Bend knees
      3. Hands open and held at head level
      4. Elbows tucked into body
   2. Fighting Stance
      1. Dominate foot back pointing out
      2. Non dominate foot front facing forward
      3. Dominate hand at jaw, non dominate hand slightly in front of face
      4. Elbows tucked into body
4. **PUNCHING AND KICKING**
   1. Punching
      1. Curl fingers into palm
      2. Wrap thumb around outside
      3. Quickly extend arm and bring back to ready position
   2. Kicking
      1. Raise knee with leg bent
      2. Curl toes upward
      3. Snap leg out (strike with ball of foot) and bring back quickly
      4. Return to ready position
5. **TECHNIQUES**
   1. Eye gouge - thumbs into eye sockets and scratch down face with nails
   2. Ear slap - cup both hands and slap ears
   3. Temple strike - curl fingers and hit both temples with heels of hands
   4. Nose strike - punch or strike nose with heel of hand and push upward
   5. Jaw strike - punch or strike side of jaw with heel of hand and push across
   6. Throat strike - Press extended fingers together and strike throat with fingertips
   7. Chest strike - punch or strike chest with heel of hand and push forward
   8. Rib strike - punch or strike with elbows (attack from behind)
   9. Wrist grab - grab hand and push back or rotate quickly
   10. Finger grab - grab fingers and push back or rotate quickly
   11. Groin strike - kick with foot or strike with knee
   12. Knee strike - kick front of knee and push forward or strike side and push across
   13. Shin strike - scrape shin with heel (attack from behind)
   14. Foot/Toe strike - Stomp foot/toe with heel