



Basic Physical Self-Defense Techniques

Open Hand Techniques

1. Bear Claws: All fingers and thumb bent, spread apart, and tensed; poke toward, or rake across the face and neck

Target:

Eyes (Example <https://www.youtube.com/watch?v=7r7RmP2NAXg>)

2. Palm Heel: Wrist flexed back (fingers pulled back), thumb tucked

Target:

Nose; Jaw; Temple;
Throat; Side of Neck;
Back of Neck; Spine;
Groin

(Example) <https://www.youtube.com/watch?v=PgQxtVEa9fw>

Closed Hand Techniques

1. Hammer-Fist:

Bottom (meaty) edge of the fist (opposite the thumb);
Strike downward or across your body to the front, or swing
upward to strike to the back

(Example) <https://www.youtube.com/watch?v=1a03jfOoQlo>

Targets:

Nose; Jaw; Temple;
Throat; Side of Neck;
Back of Neck; Spine

Elbow Techniques Roundhouse

Keeping your hand close to your body, swing elbow around
and across your body; use in both directions.

(Example) <https://www.youtube.com/watch?v=H6wOVJ3hCdU>

Targets

Jaw; Temple; Ears;
Throat; Back of Neck,
Spine

Side Elbow Prepare by extending arm to opposite side of body (from target) then drive elbow straight across your body

Targets

Ribs; Groin; Spine

Back Elbow Extend arm forward and then drive elbow backwards Chest; Ribs; Gut; Groin

Rising Elbow Keeping your hand close your body and head, swing elbow

upward using shoulder and hips

Targets

Jaw; Nose; Throat

Rising Back
Elbow

Extend arm forward and, while stepping back with leg on same side as elbow, drive elbow backward and upward

Face; Throat; Temple

Kicking Techniques

Front Kick Strike with the heel of the foot Knee; Shin

Groin Kick Swing top of foot or shin upward between their legs
Groin

Knee Kick Engage the strong muscles of the hip to propel knee

upward; May grab and pull target into rising knee

Face; Groin; Spine

Target

SideKick Flex the ankle (pull toes up) and strike with the heel or outer edge of the foot

Knee

Back Kick Flex the ankle (pull toes up) and strike back with the heel Knee; Shin

Stomp Kick Flex the ankle (pull toes up) and strike downward with the

heel

Top of Foot

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Defensive Techniques

Shield Block Strong vertical forearms (elbows down) in front of your face and body.

Goal: Claim space; provide a shield between you and a punch or grab

Wedge Block From a hands low position, bring forearms up together, then open outward.

Goal: Create a wedge of safety between you and a choke or bear-hug attack.

Getting off the Line of Attack

Jump to the left or right to reposition yourself to the side of an assailant.

Goal: Prepare to fight or run

Preferred Targets:

Temple, eyes, nose, jaw, throat, groin, knees, foot. These targets will disable an attacker when struck with a minimum of force, regardless of their strength or size. Tactics that can cause great pain but don't do much physical damage include pulling hair, hitting or kicking the shin, and pinching vulnerable targets such as the inner thigh. Boxing the ears can cause disorientation, dizziness, and loss of balance. The torso is less preferred since it is well-protected by bone and muscle. However, in an emergency situation, hit what you can reach!

Key Points for using Physical Techniques:

1. Yell – to scare attacker, generate power, and help you breathe
100% Commitment – don't hold back
2. Hit and Run – remember your goal is to disable attacker and get away safely

3. Creativity isn't important – pick one or two techniques and use them over and over
4. Lead = Speed; Rear = Power
5. Bend knees: Pivot back foot and drive from the hips for power
For kicks, bend standing leg to help balance and power
Believe you are worth defending!

<https://www.youtube.com/watch?v=oru10KuUK90>