

SIMPLE SELF DEFENSE MOVES YOU SHOULD

If someone grabs you from behind...



1 Step forward with one foot to get your balance.



2 Use elbow to strike attacker's face—aim for jaw, temple, or cheek bones.



3 Keep striking attacker until they let you go.

If someone tries to choke you...



1 Step back to get your balance—trap attacker's fingers with your biceps close to your ear.



2 Pivot body away from attacker to bring your elbow down to break choke attachment.



3 Raise elbow up into hammer fist and strike attacker in the face.

If someone pushes you against a wall...



1 Keep head away from wall by keeping arms straight in front of body—finger tips toward ceiling.



2 Release one hand from wall and make hammer fist.



3 Turn and strike attacker with hammer fist.



Basic Self Defense Manual

Padhraic Smyth



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