

# 2 SECOND

# K.O



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**How confident are you in your ability to defend yourself?**



Hopefully you never find yourself in a situation where you have to fight for your life. It's scary, sends your heart racing, and you never know what the final outcome will be. You don't know if your opponent is armed or on drugs, and you need to rely on your body, mind and reflexes to protect yourself. What I find sad is how prevalent violence has become in our modern society. Home invasions, muggings, and even being dragged from your car are all real situations American's face every day. For the safety of myself, and my family, I recommend everyone has at least a basic understanding of how to defend themselves in a fight.

So I ask you this now. Would you be able to defend yourself if you suddenly came under attack? Think about it. Right now, a lunatic kicks down your door and is standing in the center of your living room screaming for blood.

- Would you know how to fight back?
- What about where to actually punch to do the most damage?
- What if your attacker was larger, stronger, or just more crazy than you?

In this guide I cover a the different ways you can regain control of a fight, using targeted moves on specific areas of your attackers body to generate massive amounts of pain. Knowing these areas to strike can give you the edge you need to escape your attackers grasp and get out of the situation you're in.

Now let's get started.



## The best defense is prevention

Regardless of the situation you find yourself in, your attacker is after one thing, and one thing only. A **vulnerable target**. They want someone they can surprise and quickly overwhelm, so they can get what they want with a minimum of fuss, before attracting any undue attention. It's up to you to do your best to prevent this.

To reduce your chances of becoming a victim, it's imperative you start practicing general security measures in your everyday life. Don't stroll through bad neighborhoods at night, or even secluded areas if you can help it. If you're getting into your car after a late shift, have someone walk out with you, and keep the keys in your hand so you can quickly unlock your car, or sound the alarm. If you are walking along alone at night, don't bury your head in your phone as you scroll through a never-ending newsfeed on Facebook. Similarly, don't have music blasting through your headphones so you are unaware of someone approaching you from the side or behind. Your head should be on a swivel,



as you scan for places where people could be hiding, paying attention to the people around you and keep watch for anything that looks out of place.

If it's not possible to prevent a confrontation, the next step is to diffuse your opponent. Beg, plead, cry, scream, do whatever you can to talk them out of what they're planning. All you need is a second's head-start to escape their grasp and start running, or if this isn't an option just hand over what they want. If

it's a choice between your wallet and getting stabbed, give them the money instead of starting a fight. Nothing you own is worth your own life, and even if you're confident in your skills you never know what the outcome of a fight will be, especially if you're facing an attacker armed with a knife or a gun.

But what happens when violence is inevitable. Nothing you say or do is getting your attacker to back down, and you don't want to give them what they want because they're after more than just your purse. In this instance the only real option is to defend yourself, and this guide will teach you a number of attacks you can use to keep yourself safe. First though, is to recognize when you're no longer alone.

## How to know if you're being followed

It's not only celebrities who have to deal with stalkers, perhaps an ex is out looking for revenge, you accidentally sparked a road-rage induced lunatic, or you just happened to be in the wrong place at the wrong time. No matter what, it's scary when someone's coming after you, especially if your sixth sense triggers and you hear hurried footsteps, a stick breaking, or any other strange sounds that are out of place. Take a deep breath, and follow these steps to keep yourself safe.





## Confirm your suspicions

If your gut is telling you someone is following you, there are a few things you can do to test your instincts before running off shrieking into the night. Stop to tie your shoelace to get a look at your attacker, or use the reflections in a store window while you pretend to browse their stock to grab a look. Take note, is anyone there? Is anyone paying particular attention to you?

If you can't get a good look, don't worry. Keep your potential follower in your peripheral vision, cross the street to see if they do the same. You can also start to increase your pace, gradually, so you're not noticeably breaking into a run, but they will need to accelerate to keep up. By now you should know if there is someone following you, but if you're unsure and your instincts are signaling "doom" perhaps it's time to act anyway. Just in case.

## Remain calm

Once you're *pretty sure* that someone is following you, do not panic. You need to remain calm so you can deal with the situation, especially if there's anything nearby you can use to your advantage, or just staying aware enough so you aren't running blindly into an alley with a dead end.

## Get public

The best way to avoid an attack is to go somewhere where the general public will protect you from harm. As you're looking around, notice if there's a cafe, store, restaurant or even just a group of people you can join so your potential attacker is unable to do anything without alerting a ton of witnesses.



The key to doing this effectively is not to pull a sudden knee-jerk reaction. Breaking into a sprint to escape does one of two things. You may startle your attacker who is so surprised they let you go free, but more likely you're going to trigger their chase instinct, especially if you're in an area where there's not a lot of people. Running isn't always the safest bet, especially if you don't have a safe



destination in mind. During the night, head towards a well-lit area like a hotel or a restaurant, and call for help, asking the police or a family friend to come meet you and escort you home. Never head down what could become a dead end, or into a field or the woods.

### Stare down

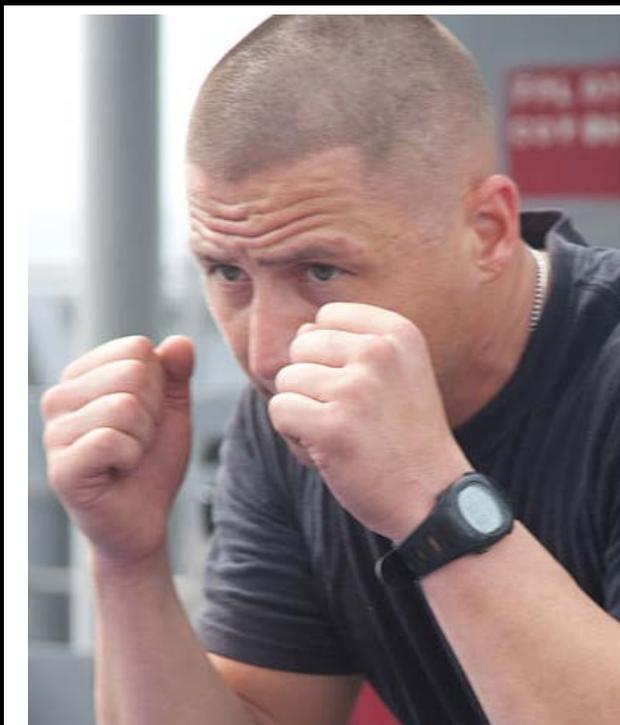
If it's not possible to get somewhere public, don't be embarrassed about turning around and staring down your attacker. You'll see if they're getting closer, and by alerting them head on that you know they're following, it can cause many who would follow you to stop. Just don't hang around too long, if they're intent on doing you harm you won't be able to stare them down, and they're closing the gap to you with every step.



### Take action

If you've got no other choice, stop and take action. Don't drop anything that you may want later (like your keys which can be used as a weapon in your fist, or a phone to call for help), as reaching down for it puts you at a disadvantage. Throw your hands in the air and start yelling. Scream "STOP FOLLOWING ME," or use a whistle to attract attention of anyone who may be nearby.

Of course, if there is no one nearby it may be a better option to run, but you'll need to decide this based on the specifics of the situation you're in. As you're running, call the police and let them know you're being followed. Don't forget to watch where you're going, and keep screaming to draw even more attention to you and your potential attacker. The last thing your potential attacker wants is to be recognized or have witnesses, and you can often end a confrontation with just a single person stopping to help you.



Source:

<http://www.defenseimagery.mil/imageRetrieve.action?guid=33b3bc092769332b4109cefe2f1f44f0f45eb7f0&t=2>

The one caveat here is don't go home. You may be able to outrun your attacker, but you never want to reveal to them where you live. This is especially important if you live alone, but there's a chance they will just hang back and wait for another opportunity to take what they want, and you don't want these kind of people knowing anything about you. Stop in at a friend's place or a neighbors where you know



there will be people, and get them to escort you home after a few hours, or in the morning.

### Prepare to defend yourself

If no one is around, you cannot run and there's really no option left but to fight. Stop, take a break, and prepare yourself. Grab your keys and



Source: <http://img.wonderhowto.com/img/01/51/63465009141288/0/fend-off-attackers-using-scary-hot-diy-pepper-spray.1280x600.jpg>

clench them in your fist, so the ends of the keys are spiking out of the gaps in your fingers. This is a great weapon, especially targeting the face or throat, or you can simply use the alarm on an electronic key to sound a warning that you need help. If you have a more aggressive weapon, like a firearm or even a canister of pepper spray, now would be the time to arm it, and be ready to use it. Tuck your phone into your pocket (unless it's clear this is what they want), and drop whatever else is left in your wallet or purse. It might only have been a handful of valuables that they were after, and losing these is far more acceptable than getting in a fight where your life may be on the line.

### Fighting your attacker

If you've followed these steps and you're still being followed, the person after you probably intends you serious harm. Generally this won't be the case, as once you start alerting witnesses or they've got their hands on whatever meager valuables you had with you, they'll slink back into the shadows.

The simplest way for anyone to protect themselves is to get loud and push back. You don't need special training, or to have been studying martial arts since you were five. All you need to do is push back. As soon as you realize that it's no longer possible to escape, raise your voice as loud as you can to shout "LEAVE ME ALONE" while pushing your attacker as hard as you are able. The point of this is twofold. First, it signals to anyone who can hear that you're in trouble, plus it lets your attacker



know that you're not going to go down without a fight. Of course, this won't always work to scare off a serious attacker, but it can help to ward off anyone who thought you were an easy target and may give you a chance to escape. Use this opportunity to get somewhere safe while you call for help.

If you are attacked, fight with every ounce of strength you can muster. Use your keys, fists, nails, teeth, knees and elbows, to fight back. Don't play fair, target sensitive areas like the groin or their eyes, as you continue to scream and try to escape their grasp. You don't know how far they are planning to take the attack, so do your best to keep them off you. In this guide we offer a number of vulnerable areas



you can strike in this situation, in a technique known as pressure point fighting that gives you an advantage over a large attacker.

## Pressure point fighting

When you come face to face with a larger or more aggressive opponent, you need to use your brain in the fight. One of the best ways to do this is to take advantage of natural vulnerabilities in their body, which are known as pressure points, in each of your attacks. This is known as pressure point fighting, and strikes or moves against these vulnerable areas can result in a significant amount of damage, and often death (should sufficient force and accuracy be used).

Nerve centers are areas in the body which are typically highly sensitive to pain, because there is a high concentration of nerves quite close to the surface. Under this simple definition, your chin is a nerve center, but then again, so is your buttocks. What you need to understand is that not all nerves are good carriers of the pain impulse, and because of this the chin would be a much more effective area to target, the buttocks is normally one of the least susceptible areas to pain.

### Overview of some of the most common vulnerable points:

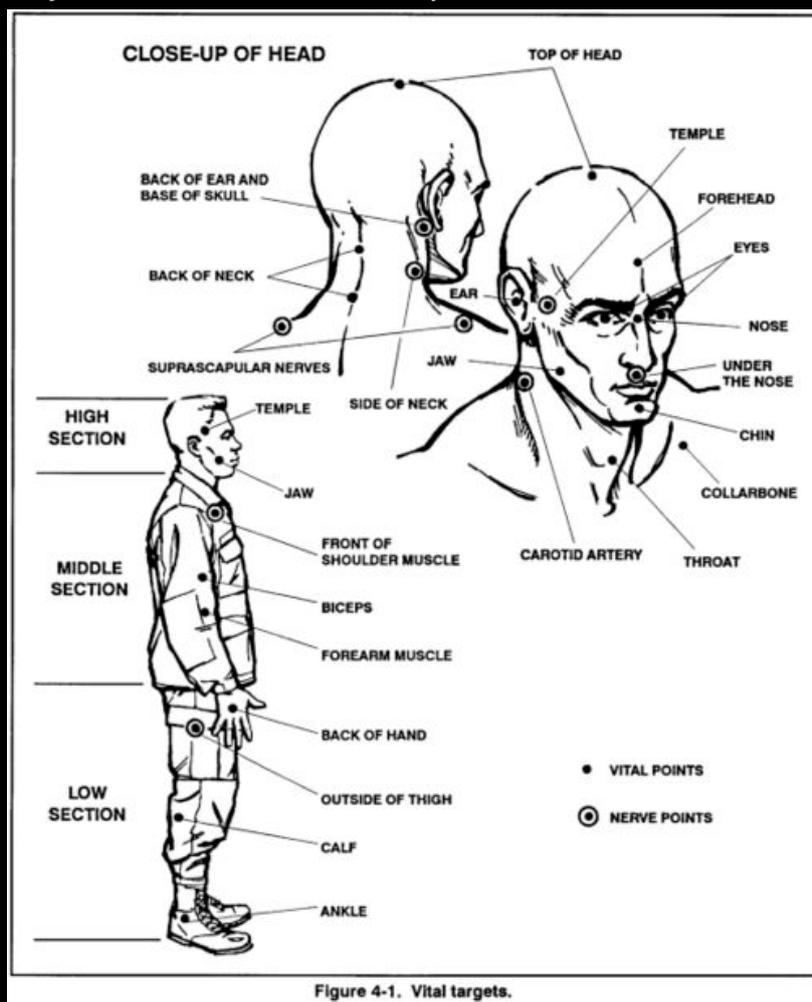


Figure 4-1. Vital targets.

Source: <http://www.instructables.com/id/How-to-win-a-fight-at-school/>



Pressure points is the term we use this term to describe any areas on the body which are particularly vulnerable to injury, or will cause incapacitating pain when struck. The carotid artery in your neck is a good example of a pressure point, and so is your temple. When we discuss pressure points we refer to particular parts of the body that when directly attacked, they can be used to take down an opponent in seconds. The laundry list of all pressure points is long, and changes depending on which teachings or culture you're looking into, but in this guide, we will discuss particularly vulnerable points in the human body you can use to gain an advantage over your attacker in a street fight.



Source:

<http://www.defenseimagery.mil/imageRetrieve.action?guid=9faf681bb9ae4f370cd81b919248eca5a8d77712&t=2>

Technically, pressure points are the particular areas in the body where your nerves come to an end, cross paths, or split in different directions. Usually they are protected by a mass of muscle, as your nerves lie in between the tendons, bone and muscle in your body. When you attack one of these points you can interfere with the central nervous system, sending pain signals into your attacker's brain. You can trigger these signals by pressing, striking or rubbing particular areas on the body. A significant amount of force is required to trigger a pressure point effectively, as the design of our bodies naturally protect both our critical organs and the central nervous system. To do so, you need



Source:

<http://www.defenseimagery.mil/imageRetrieve.action?guid=d19cd9eb0080003166b2fde7ecd2f4e3ef932060&t=2>

to penetrate through your attacker's mass, and hit particular points on their body with accuracy. Because of this, the tool you use to attack a pressure point becomes important, and a smaller striking surface enables a more effective attack to be made.

If you land a solid strike to a pressure point, you can expect your attacker to feel one (or more) of the following responses. It can cause extreme pain, momentarily stun, trigger motor dysfunction, put them off balance or give a reflex response like opening their hand and dropping their weapon. But you don't just need to strike a pressure point

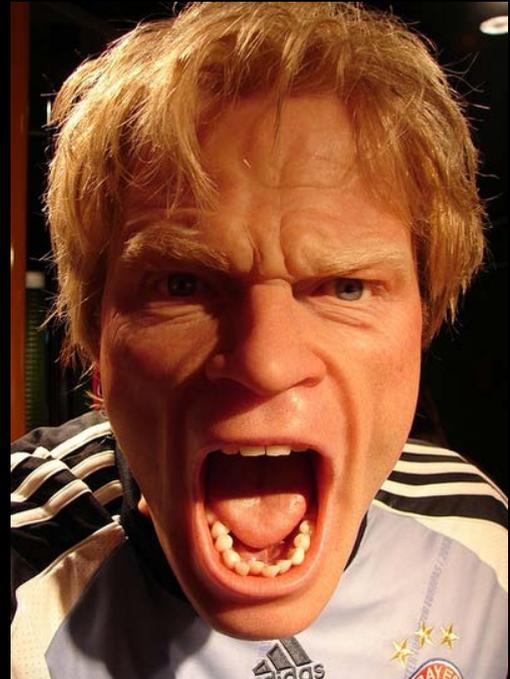


for it to be an effective defensive maneuver. You can use compression, similar to a choking hold, to cut off the blood supply to a pressure point which may result in a loss of consciousness, drooling, loss of motor function, involuntary muscle spasms, disorientation, and a loss of balance.

***Essentially, there are three methods of pressure point fighting.***

- 1) Using pain compliance on a pressure point
- 2) Using a restriction of blood flow to a pressure point
- 3) Using impact to induce trauma on a pressure point

Unfortunately pain compliance is not often the best defensive maneuver, especially if you're facing a drunk, psychotic or drugged attacker who is so high or crazy they do not respond to the pain. In a street fight, the goal is to incapacitate your attacker so you can escape to safety. The most effective way to do this using fighting techniques that rely on pressure points is to focus on the knock out, which is done through either restricting the blood flow, and putting high impact on a particular pressure point. In a real-life scenario, the longer a fight continues the more danger you place yourself in, and in our guide we focus on teaching you strategies that produce an immediate and complete loss of consciousness in your opponent.



## **The origins of pressure point fighting**

Targeting vulnerabilities in the body has always been part of martial arts, with ties back to the Chinese and their traditional medicinal theories about acupuncture and acupressure. They believe a force known as chi resides in all of us. Essentially "chi" represents your life force, and the Chinese actually first described pressure points as the "meridian points" in the body, because these were the centers through which a person's life force would flow. Manipulating these is what acupuncture and



acupressure work to do, but you can also target them in attacks to devastating effect. Legends say the man who created the original form of Tai Chi was responsible for developing this style of fighting, while in Japan, credit is given to a particular samurai, Minamoto no Yoshimitsu, who lived from 1045 to 1127. He dissected the bodies of the men he killed in battle, in order to master the specific points in his opponents body that could be used to achieve significant pain and death. Regardless of the source, the

effectiveness of these techniques has seen them incorporated into many forms of martial arts. In



Japan pressure point attacks are known as Kyusho Jitsu, and Hyul du Bup in Korea. Despite the borders between the countries, the basis of these arts remains the same.

### The 'Death Touch'

This question is one that at least one of my students will raise, every time we begin discussing the power of pressure points in a fight. They've seen it a hundred times in different movies, and there's even a rumor going around that says the brain aneurism that was a factor in the famous Bruce Lee's death (at only 32) was caused by a prior "dim mak" strike. The idea behind the death touch is that by striking a particular area on a person's meridian line, in a particular way, could alter the flow of their chi, resulting in a delayed onset of death (after a number of days) as particular organs begin to fail.



Scientifically, there is little evidence that supports a person being able to perform a delayed response strike like this, but of course you are able to inflict a lethal blow with a powerful hit to the temple, or the base of the skull. A hard enough blow to the chest can cause commotio cordis, otherwise known as cardiac concussion, which alters the heart's electrical current and can cause sudden heart failure. Of course, the ancient masters may have been onto something, but for our purposes today there is a single truth. If you want to do a significant amount of damage to a larger or stronger opponent, target the pressure points and you've got a greater chance to win the fight.

### Can using pressure points really help you win a fight?

When you think about it, pop culture makes this reference all the time. In Star Trek Spock used the "Vulcan nerve pinch" on the base of an opponent's neck to render them unconscious, while Kill Bill



Source: <https://www.dvidshub.net/image/35072>

demonstrated the "Five point exploding heart technique" and even Kung Fu Panda's star Po uses the "Wuxi finger hold" to defeat Tai Lung. Scientifically, none of these techniques have been proven to demonstrate these effects (they're movies people), but the concept of attacking a pressure point is based on certain truths. This guide will clear much of this up for you, and teach you fighting strategies that actually work. In a street



fight you can never forget that time is critical. The faster you can get your attacker down, on the ground and out of commission, the faster you can be escaping.

There's no reason for a fight to go on for any length of time.

What you need to be careful of when using pressure points is that it can be very easy to deliver a lethal amount of force to your opponent. Be very careful practicing these techniques with your sparring partner (if at all), and if you are up against an opponent in a fight be sure that you only ever use them to defend yourself.



Source: <https://www.flickr.com/photos/21693164@N06/3539886481/>

## Types of pressure points

When you're in a street fight, time is your biggest enemy, and every strike you land you want to have an immediate effect on your opponent. Generally, there are three levels of pressure points.

**Level 1.** These type of pressure points are common, and you can use defensive maneuvers like an arm bar or a wrist lock in order to inflict pain. Using these in a fight will get your attacker focused on the pain, rather than you.

**Level 2.** These pressure points are in the muscles, and you can use them to get your opponent off of you. They work on reactions, and can give you a split second opening to escape your attackers grasp.

**Level 3.** These pressure points are almost guaranteed to work against your attacker if you can strike effectively. They can cause unconsciousness, daze, inhibit breathing, and lower blood pressure.

In a street fight, start with the most extreme pressure points because you will be short on time, and it's the most reliable method to regain control of the situation. If you knock them out, you're going to be able to escape, and you've got two main ways to do this. Striking a pressure point that results in a knockout, or inhibiting the blood flow to cause a knockout. In this guide we cover the level three



pressure points first, and in a later section a quick overview of my favorite level one and two targets.

## Importance of accuracy

A street fight can be over in seconds, which means you may only have the chance for a single strike before the



outcome of the fight is decided. The trick is to strike hard and fast, before your attacker has gained control, which is especially important if you're facing a bigger or more aggressive opponent. Preserve your energy, and focus all of your power into producing an injury that does so much damage, you've now got a chance to escape. Don't worry about sportsmanship, or what's fair in a fight. In a street fight like this, it's hurt or be hurt, and you have no idea what the person attacking you actually intends to do.



Your strikes should be aimed at the tender areas of the body where you will deliver the most damage, and the key here is accuracy. An inch or two either side of a vulnerable pressure point is enough for your strike to lose its effectiveness, so remember this as we run through the vulnerable areas you need to target.

It can also be difficult to find some of these pressure points owing any particular clothing your opponent is wearing because of the weather. In a fight you need to think on your feet, and use the knowledge you gain through practicing the techniques this guide teaches you to determine the best pressure points to attack, *based on the situation you're in*. If you're fighting someone wearing shorts and a t-shirt you can pretty much target anywhere we teach, but a choke hold will prove difficult if your opponent has their neck wrapped tightly in a scarf. Here, a strike to the temple may prove a better option, and you can almost always guarantee a result with a strike to the nose. Use common sense when you're evaluating your attacker, and pick the areas to strike based on what is going to have the most profound effect.



Source:  
[https://commons.wikimedia.org/wiki/File:Fight\\_2\\_Fight\\_Kampfszene.jpg](https://commons.wikimedia.org/wiki/File:Fight_2_Fight_Kampfszene.jpg)

## Generating a knock out

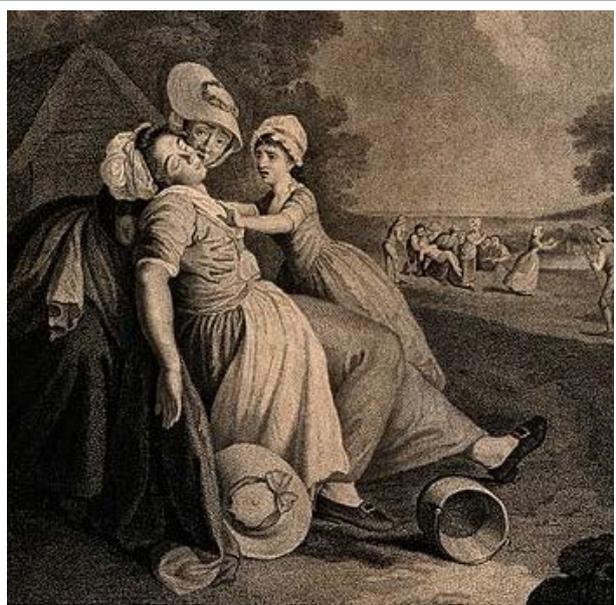
In my opinion the best way to take out your opponent is to knock them out. This renders them unable to chase, follow, or do you any additional harm, so you can effectively flee the scene of the danger. There's a few ways you can do this, but you need to understand this is a very dangerous tactic. Each time you knock a person unconscious they lose brain cells, and there's always the risk that the person you attack does not wake up again. Nevertheless, when you're fighting for your life you need to use every advantage possible, and a knock out is generally one of the cleanest and easiest ways to end a fight, without causing any long-term damage.



To knock someone out you can deprive their brain of oxygen, cause their blood pressure to drop, or simply provide enough blunt force trauma to their brain that it becomes overloaded with signals. Again, the infamous "death touch" is just that, a myth, but there are a few things you can do in a fight that are just as deadly. A powerful strike to the temple will kill, as well as a crushing blow to the windpipe will stop their ability to breathe. Be very careful with these techniques as we teach them, and remember that they are only ever to be used for self defense.

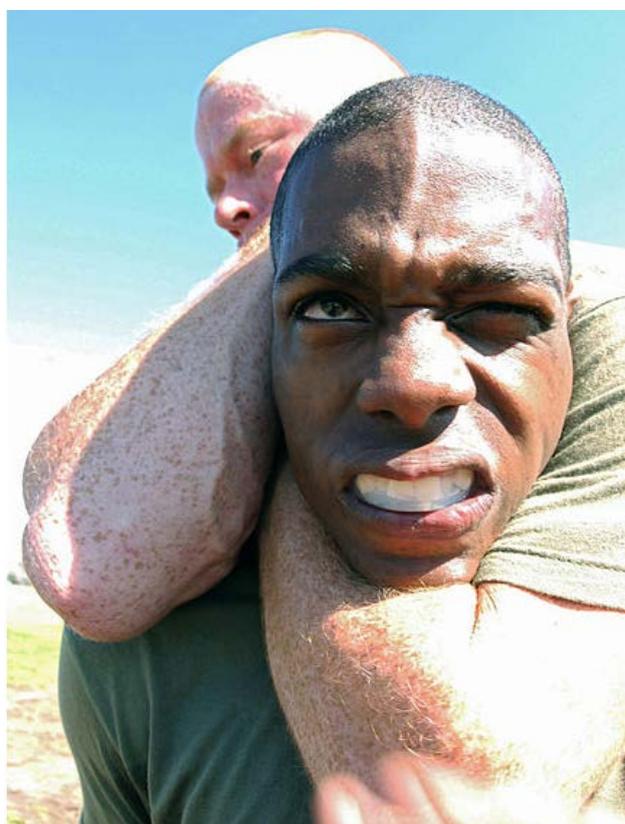
### Dropping blood pressure

When people faint in day-to-day life it's typically (around 90%) due to a sudden drop in blood pressure. When you stand up too quickly you get lightheaded and can pass out, the same occurs if you experience an emotional shock and drop to the floor. Physical trauma that affects the heart or the arteries can also cause blood pressure to



Source:

[http://wellcomeimages.org/indexplus/obf\\_images/e2/4e/9ec40867133c616bd5470569f3ab.jpg](http://wellcomeimages.org/indexplus/obf_images/e2/4e/9ec40867133c616bd5470569f3ab.jpg)



Source: <https://www.flickr.com/photos/58297778@N04/5354765822>

drop, like a heart attack, an irregular heartbeat or a shock to the nervous system. The sleeper hold is one of the best ways to use blood flow and knock an opponent out, we'll cover how you can do this in a later section.

### Deprive oxygen

If your body is deprived of oxygen the first thing that will happen is you lose consciousness. Your brain essentially just shuts down to conserve "power" and after about 30 seconds to a minute you'll be knocked out. So how can you attack someone to cause this result? The most obvious way is to strike at the windpipe, as this is the path which oxygen enters the body, but you can also attack the nose or target the lungs directly. Now we've got you interested, there's a few different ways you can achieve a knock out in a street fight.

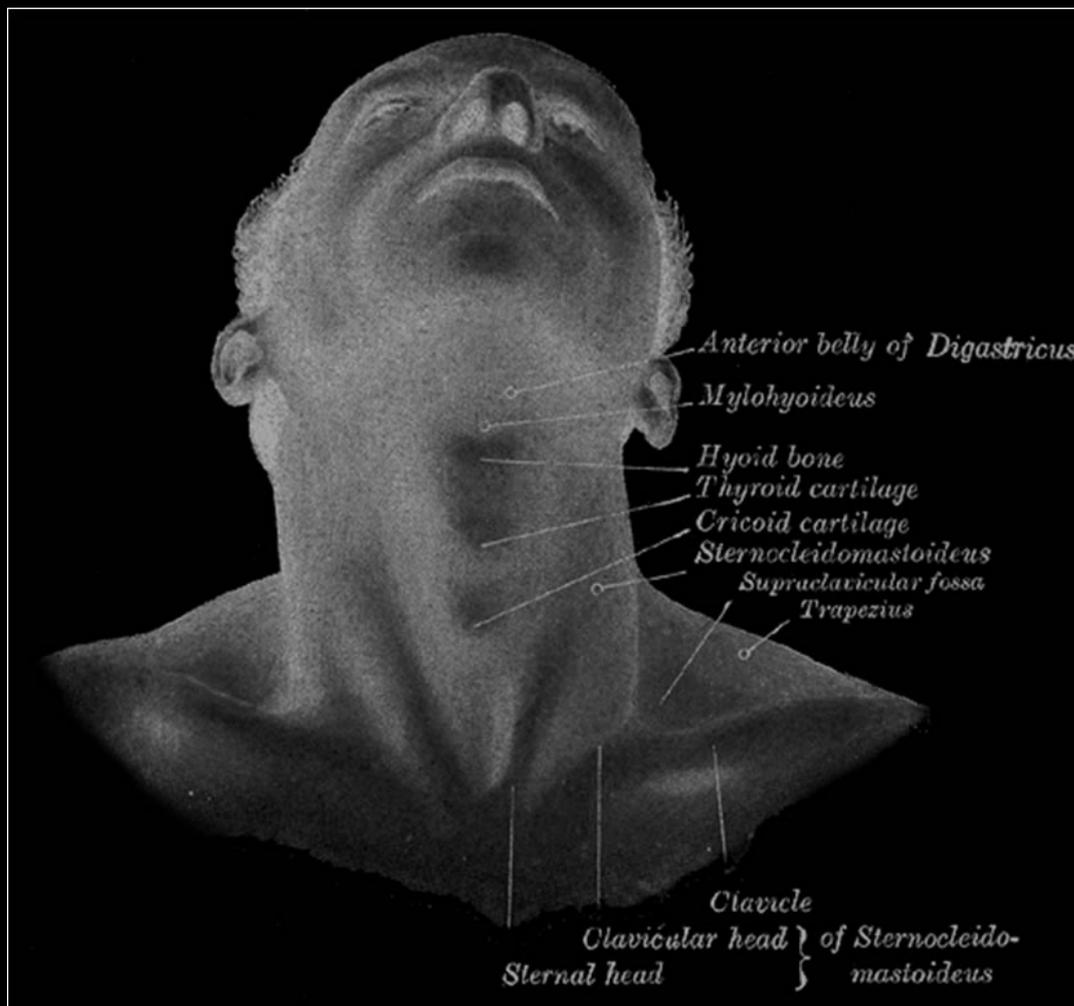


Here's our favorites:

## Targeting the windpipe

The fastest and most effective way to cut off your attackers supply of oxygen is to strike at their throat. First, you're going to need to do a little experimentation to find the right spot to target. Using your fingers, feel around the center of your throat until you feel the solid lump of your Adam's apple. Girls, try this out on your brother or your boyfriend if you have trouble locating the spot on your own neck. When you have it, slide your fingers up about a half inch, and you'll notice the hard lump drops off into a narrow trench.

Referring to the diagram we're actually looking for the small depression that sits **between the Hyoid bone and your Thyroid cartilage**.



Source: <https://commons.wikimedia.org/wiki/File:Gray1195.png>

Got it? Good. Now slowly start applying pressure into this depression. When you're in the right spot it's going to hurt (immediately) and pushing a little bit harder actually closes your windpipe. Now, you shouldn't be able to breathe. As you're trying this, push with the same pressure on different



areas of your throat. None are quite as good at stopping your breathing right? It's because the hollow is the area where your windpipe is most exposed, and a forceful blow to this precise location can have a devastating effect, no matter how small you are.

Remember this sweet spot. For this to work effectively you will need to be *relatively* accurate, but a solid hit with any of the techniques we're about to teach you will cause your attacker significant distress. Be careful though. These attacks can be lethal if you execute them with enough force, and should only ever be used as a last resort when you have no other option. The throat is a highly vulnerable area, and you should never hit it directly if you can help it, especially if you're practicing with your sparring partner. But in a life or death situation, it's one of the prime pressure points you can attack.

### The knife chop

The simplest way to attack the throat is with a knife hand technique. Picture a karate chop, and then simply rotate your wrist to turn your palm facing down. The part of your hand where your thumb connects to your palm is what you will use to strike the throat (i.e. your thumb is the one leading the strike), and you can do this with either hand. It works especially well if you're to the side of your attacker.



Source: [http://mediaassets.timesrecordnews.com/photo/2014/06/05/20090428-223255-pic-252611655\\_5980040\\_ver1.0\\_640\\_480.jpg](http://mediaassets.timesrecordnews.com/photo/2014/06/05/20090428-223255-pic-252611655_5980040_ver1.0_640_480.jpg)



## The chisel fist

Make a normal fist, but then straighten your knuckles so that the second joint of each finger is the one pointing forward. Press your fingertips in tight to your palm, and tuck your thumb in hard against your index finger. Using this modified "fist" the goal is to launch a quick jab at your opponents throat, hitting the painful target spot in the throat we identified earlier. You're basically just punching your attacker in the throat, but the chisel fist allows the force of your blow to be concentrated in your knuckles that are sticking out, to inflict a massive amount of damage.



Source: <https://pingshentao.files.wordpress.com/2012/12/leopardspawcomposite1.jpg>

Personally, I would use the following steps to execute this strike:

1. Plant my feet shoulder-width apart in a fighting stance, shifting my weight to the back leg
2. If close enough, grab my attackers shirt (around the neckline) to stabilize my punch
3. As I am doing this bring my chisel fist up to a ready position, with my elbow sticking out behind me and my fist positioned near my chest
4. Quickly straighten my arm (just like a jab in boxing) striking at my attackers throat with my extended knuckles hitting precisely in the indentation in the throat

This technique also works really well if you also have a fistful of keys, or have been able to grab a pen or any other sharp and pointy object from your bag.

## Choke holds

With a similar objective, a choke hold is used to crush the windpipe so your attacker is unable to breathe. Even slight pressure can cause a significant amount of pain (as you probably realized from the exercise you performed earlier), and enough pressure can



Source: <http://www.marines.mil/Photos.aspx?igphoto=26781>



actually rupture the windpipe or cause strangulation and death. This factor is compounded as the person you are implementing a choke hold on will typically struggle forward, and subsequently increase the force of the pressure on their own windpipe. You're going to find it's almost impossible for you to regulate the amount of pressure placed on the neck, which is what makes this move so dangerous.

There's a couple of different ways to choke out an attacker this, but when you're practicing please be careful. Never use your full speed or force against your training partner, and do not hold a choke for more than 5 seconds, otherwise you could inflict serious damage onto your training partner.

Now, let's get onto our favorite choke holds:

### *One handed choke hold*

You can choke out an attacker with one hand, and this works especially well if you've already knocked them down and you can use your bodyweight to pin them to the ground before executing the choke, or you can push them against a car or a wall for more leverage. Generally this technique is best done if you're facing an opponent of equal or smaller stature, it can be hard to execute against a much larger opponent. We include it here because it can be a great finishing move, once your opponent is on their back on the ground.

Facing your attacker, place your palm over their windpipe so that your thumb and forefinger rest on either side. The webbing between these two should now be stretched over their Adam's apple. Wrap your four fingers around the back of their neck, digging your fingertips in as you force your thumb into their windpipe. This move crushes their windpipe against the palm of your hand, and will leave them unable to breathe. Hold and apply pressure until they have lost consciousness.



Source: [http://valriazanov.com/wp-content/uploads/2015/01/real\\_self\\_defense.jpg](http://valriazanov.com/wp-content/uploads/2015/01/real_self_defense.jpg)



### *Forearm choke hold*

This is a grappling hold that is usually done from behind, and instead of using your fingers and thumb to crush the windpipe, you leverage the hard bone that runs down your forearm to stifle your attacker's airflow. Police officers used to use their batons to pull this one off, but because of the significant amount of damage this caused they are no longer taught to use this technique as part of their standard training. You could also use this move to help a friend who is grappling with an attacker, using a belt or any kind of strap around the throat of the aggressor to cut off their airflow.

There are several ways to execute this one, but all revolve around a similar concept. Place the hard bone that runs along your forearm against their windpipe, and use either your weight (if you're on top) or leverage from your other arm (if you're on the bottom or coming from behind) to crush their air supply. It will take up to 30 seconds to knock out your opponent using this technique, but be sure to keep a feel for when their body goes limp. Maintaining this choke hold once your attacker is unconscious can result in brain damage due to lack of oxygen to this vital organ.



Source: <http://fightfast.com/blog/wp-content/uploads/2011/08/kneestrike1.jpg>

The danger with this hold is that it's very difficult to regulate the amount of pressure you are putting into this hold, and in a fight the adrenaline pumping through your body usually means a much higher amount of force is used, which can cause permanent damage to the windpipe.



### *The sleeper hold*

This is a highly effective choke hold but again, it is no longer used by police officers because of its ability to inflict lethal damage. This hold works by compressing the carotid arteries in your opponents neck and the jugular vein, restricting blood supply to the brain to cause a sudden drop in blood pressure and as a consequence - unconsciousness. These arteries are very large, and are the brains main source of blood. To locate the carotid arteries, place your fingertips on either side of your windpipe at the base of your jaw and you should feel them pulsing. The risk quite significant in this hold because once it is released, the arteries you have held shut do not always spring open again, and you should use extreme caution with this technique in your practice sessions, and only ever use it in a street fight if you have no other option.

To perform a sleeper hold, place your choking arm around your attackers neck, as you approach them from behind. Your bicep and your inner forearm should rest on either side of their neck, and their chin above your elbow.

Hook the hand of your choking arm into your opposite elbow, so your other arm can help lock the sleeper hold in place, and give you better leverage to execute the attack.

As an alternative to this move, place your opposite hand on the back of your opponents head, and as you're crushing their throat place your opposite hand on the back of their head. Push their head forward, directing it into the arm that is squeezing their neck.



Source: <https://www.dvidshub.net/image/1817333>

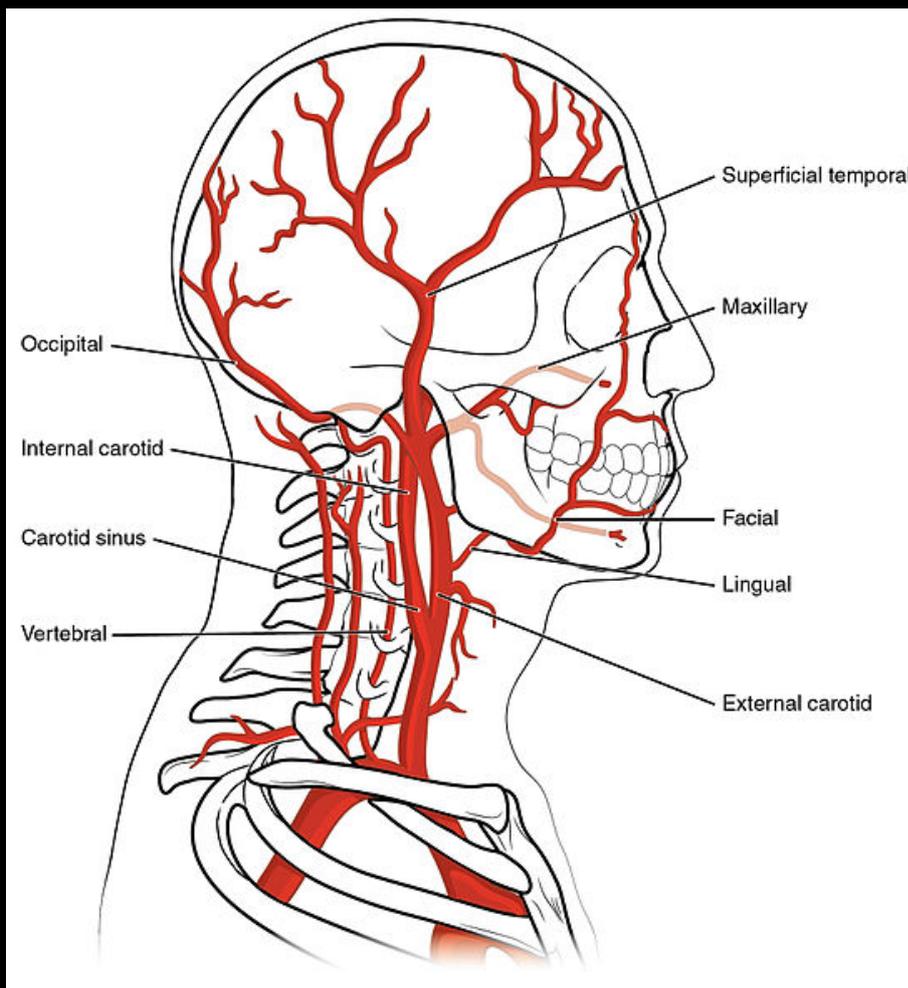
The restricted blood flow can knock your opponent out in seconds, and once you're sure they're unconscious release the hold. Continuing this choke hold for even just a few minutes can cause permanent brain damage, as the lack of blood any oxygen cause irreparable harm to this vital organ. To execute this one effectively you need to practice with your sparring partner, as it requires a little technique to get your arms positioned just right, but once you know how, it's a very effective move to incapacitate your opponent.



## Targeting the head

The head is a particularly good area to target when you're fighting for your life, because strikes to the brain create trauma which then overloads it with signals. Think of your brain like a computer, if there's too much happening at once it freezes up and cannot perform. When this happens, it will knock your opponent unconscious. In addition to a knockout blow, the eyes and nose are both sensitive areas where you can inflict a massive amount of pain. We'll run you through the best strategies for attacking each of these areas in a later section, for now let's work on knocking your opponent out.

Because the head is a rather solid object, the primary way you can generate a knock out is through blunt force trauma. Hit anyone in the head hard enough, and they will go down, as their conscious brain shuts down from the trauma, the person passes out. "Bonking" your attacker on the top of the head with a hard, heavy object is a great way to achieve a knockout, but if you don't have a weapon there are a couple of vulnerable areas you can target too. This is generally the result of their head snapping in a particular direction really fast, causing their brain to hit the side of their skull.



Source: <http://cnx.org/content/col11496/1.6/>



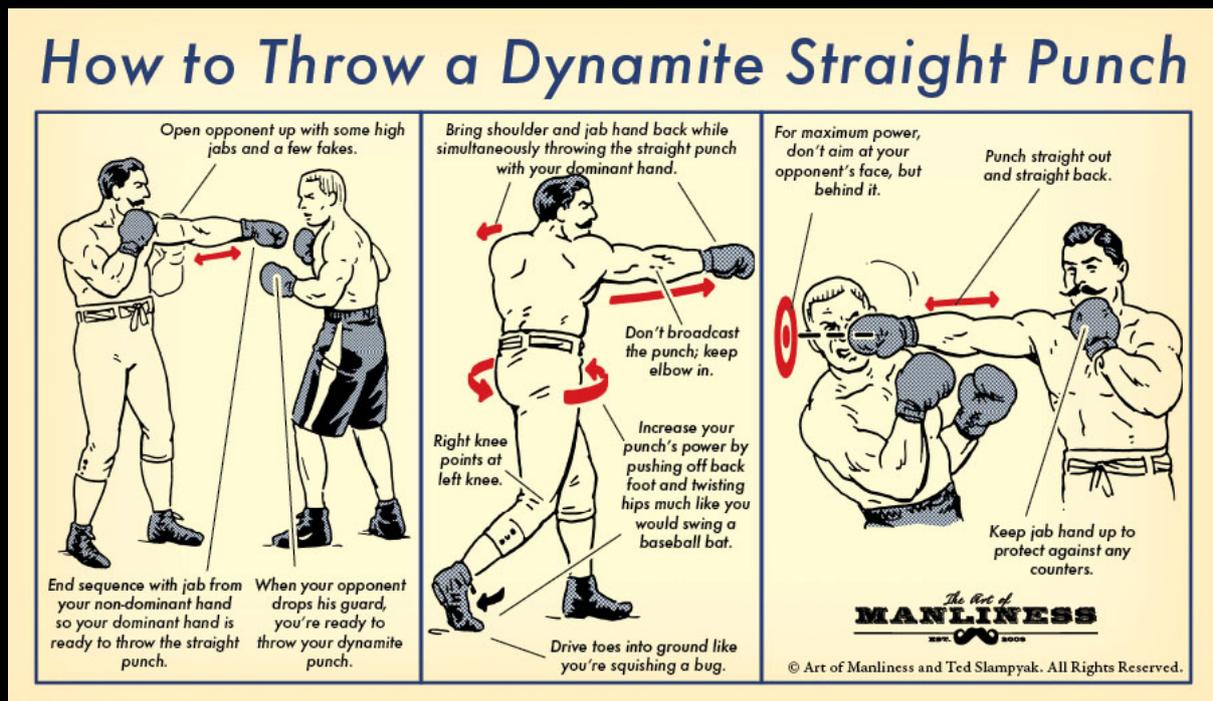
Here's what to do:

## The jaw punch

There are two main sets of pressure points in the jaw. These are concentrated in the chin, and in the area where the jaw connects to your skull (by your ears). Striking these shocks the nerves, and can result in a knock out with just a single blow, and the good news is that it only needs to be done firmly (not hard) to produce a knock out. Exactly what we're after, right?

Here's how to throw the punch.

1. Stand with your feet shoulder-width apart in a fighting stance, with one leg forward
2. Keep your stance loose, with your knees slightly bent
3. Bring your fists up, twisting as you do so to execute the punch
4. Keep your body loose until the final moment, to give you additional force in the strike
5. Just before you land the punch, tighten your body, which gives you more power
6. Remember to breathe and stay calm



Source: <http://digitaldeconstruction.com/wp-content/uploads/2014/01/Throw-a-Punch-2.jpg>

You're aiming for the section of their jaw that's in the middle of your attacker's face, right where their chin is. Hitting the chin hard enough will knock your attacker out. Personally I prefer an uppercut for this strike, as you can put a significant amount of force behind the punch, and you can often strike and catch your attacker unawares. When you connect with an uppercut your attacker's head will snap straight up, get this to happen fast enough and they will blackout, and even if they don't they will be unbalanced and disoriented for your follow up strike. The other way you can do



this is from the side, using a hook punch that sends your opponents jaw and head snapping to the side, again causing a blackout in a classic boxer's knockout blow.

If you're worried for your knuckles or are not confident throwing a punch, there is another trick you can use to execute this move, known as the hammer fist. This technique takes advantage of the underside of your closed fist, and is a very effective self-defense strike because you're effectively turning your fist and arm into a natural hammer. The striking surface is the side of your palm, just above where your wrist meets your hand, because it's strong, durable, and leaves little chance you will damage your knuckles when you're attacking a hard surface (like your opponents head). The trick is to be close enough to your attacker so you can swing the hammer fist hard enough, keeping your elbow close to you and putting the weight of your body behind each swing.



Source: [http://www.policemag.com/\\_Images/articles/WinningEdge-54.jpg](http://www.policemag.com/_Images/articles/WinningEdge-54.jpg)

Remember with every punch you throw to use your entire body to generate force, from your heels planted firmly in the ground, to the twisting motion your hips rotate through as you swing. You'll get a much more powerful strike this way. Follow through with your arm after each strike for a greater impact. You should also know that when you're targeting the jaw, you'll have a higher likelihood of creating a knockout if you catch them by surprise with your strike. During a fight people tense up (especially when they believe they're about to get hit), which means the best time for you to strike their jaw is when they are threatening you, or telling you to hand over your wallet.

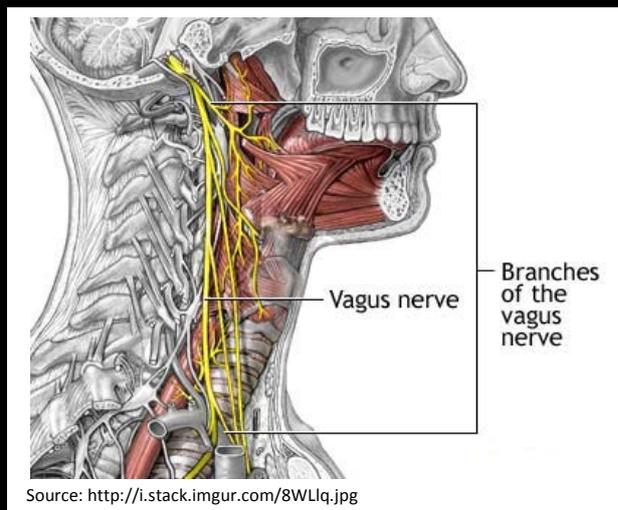


Source: <http://i1.mirror.co.uk/incoming/article3481695.ece/ALTERNATES/s615/Coronation-Street-WK20.jpg>

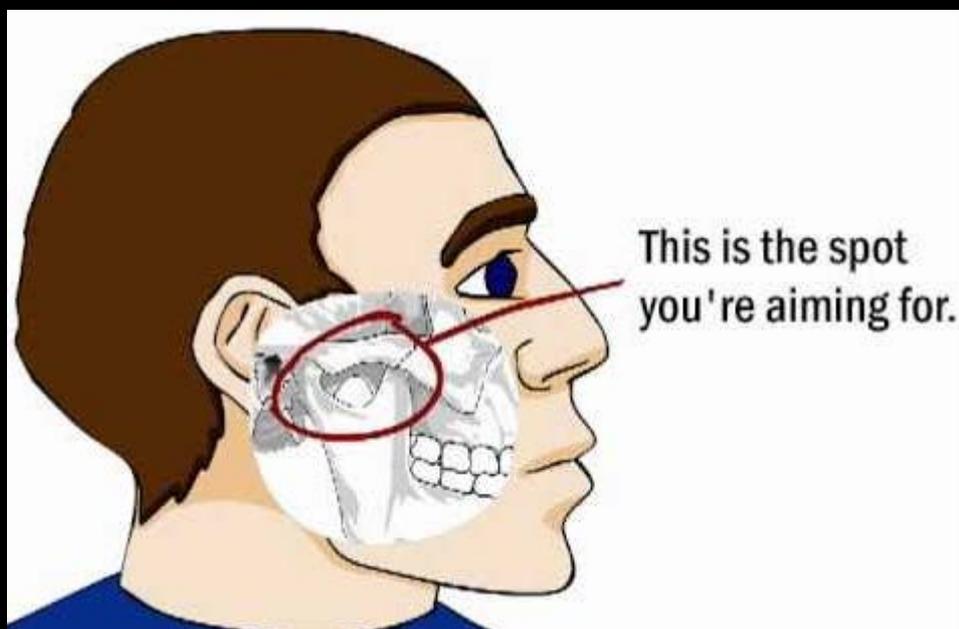


## The jaws connection to the skull

The second area you can target with a head strike is the connecting point for the jaw to the skull. This pressure point is right above a spot known as the Vagus nerve, and is one of the most vulnerable areas on the entire body, because so many different nerves intersect here, and it is the main connection between the heart and the brain. It's not a little spot you need to look for, it runs right down the neck and a direct hit here will knock your opponent unconscious. You can either apply pressure to this point, pushing inwards and upwards towards the ear, or use a single-knuckle "phoenix eye" punch to really penetrate the pressure point.



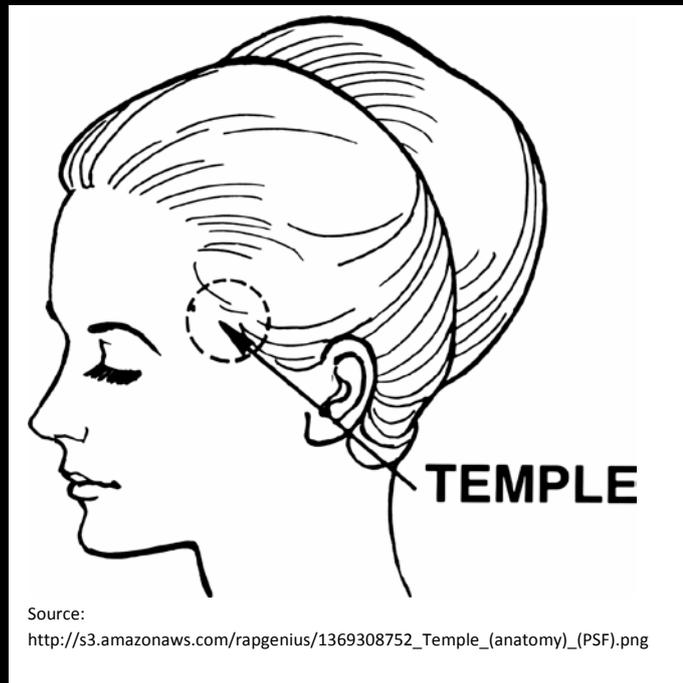
To find the pressure point, place your fingers about an inch below your ear on your neck and press down. You'll feel immediate pain and some lightheadedness when you get the right spot. A powerful strike to this spot will drop your opponent, and when they come to they will still be lightheaded and nauseous, disoriented, and will probably be more concerned about vomiting than fighting you. The majority of the effects will last for about 10 to 20 minutes, and will take about a day to be back feeling 100%.





## The temple punch

Using the same punching motion we covered earlier, this attack is focusing on a very vulnerable pressure point on your attackers skull, the temple. You'll find the temple on the side of your attackers face, between their hairline and their eyebrows, it's the flat spot that is at eye level. To find the exact position of this pressure point on your own body, place your fingertips on different spots on your temple until you can feel your pulse. This is the temporal artery, and it's carrying blood to your brain, just below the skull. Applying light pressure on the temples on both sides can provide a relief from headaches, a strike will knock you out.



The particular vulnerability of the temple is twofold. It's one of the thinner areas of your skull, but it protects one of the most vital arteries to your brain. In addition, the flat shape helps to amplify any shocks to this area, resulting in more severe trauma after blunt force trauma. With sufficient force, almost any strike to the head is fatal, as the blow will cause the blood cells in the brain to hemorrhage, but far less force is needed for a knockout punch to the temple. Accurately hitting your opponent in the temple will cause their brain to swing wildly into the side of their skull, and result in an instant knock out as the blood flow to their brain is cut off. Be careful though, striking here too hard can result in death.

Aim at the side of your attackers face, and swing your fist with a right hook that's directed straight into their temple. Some people prefer to use the palm of their hand for this strike, but in practice I've found it hard to generate the force necessary for a knockout if I'm only using my palm. If you're in serious (read, life or death) danger, you can increase the intensity of your temple strike by modifying your fist into what is known as a "phoenix eye" position for the punch. Here, you extend the knuckle of your index finger to lead the punch, concentrating the force of the blow into a single



Source: [http://www.scifighting.com/wp-content/uploads/2013/08/9484845\\_orig.jpg](http://www.scifighting.com/wp-content/uploads/2013/08/9484845_orig.jpg)

point of contact. This is considered a lethal strike, and will most likely kill the recipient should you manage to hit them in the temple. You should only ever use this modified fist if you're in genuine peril and fear for your life. Typically, a punch to the temple will startle, stun and momentarily distract your attacker, in an effect known to boxers as "punch drunk."

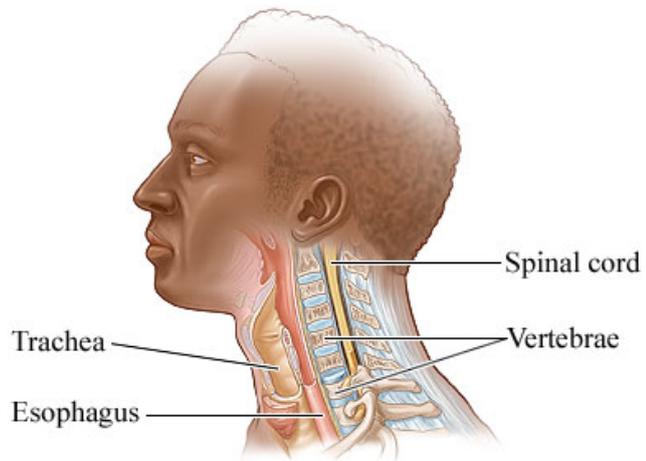


From here you can take them down with a choke hold, and then flee to safety.

## Targeting the neck

Another area with a large concentration of nerves is the back of the neck, and again, you can use this area to do some serious damage to your attacker.

Remember all those old kung fu movies where the hero "karate chops" the villain's neck from behind and they immediately drop to floor? Well this next move is based on that concept, and while it's effective it's not completely like the movies.



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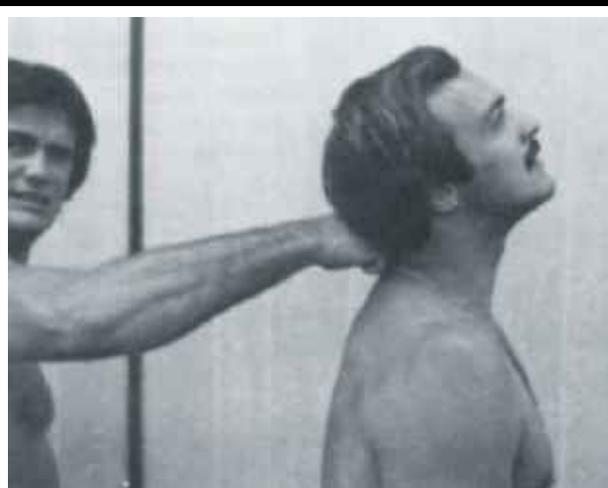
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[http://img.webmd.com/dtmcms/live/webmd/consumer\\_assets/site\\_images/media/medical/hw/h9991532\\_001.jpg](http://img.webmd.com/dtmcms/live/webmd/consumer_assets/site_images/media/medical/hw/h9991532_001.jpg)

The kicker with this technique is it becomes less effective the larger your attacker is when compared to you. A small person using this technique against a large attacker is unlikely to do a great deal of harm, but against a smaller attacker or someone of equal stature you can do some serious damage.

Generally, a firm blow to the back of the neck will cause lightheadedness and disorientation, while a harder blow will knock your attacker unconscious. If you're larger than your attacker and strike this area there's a chance you will also critically damage their aortic arch, one of the major pathways that delivers blood through the body. An injury here almost always results in internal bleeding and death soon to follow.

To locate the target area on yourself, drop your head forward and feel around the back of your neck until you can find the most prominent bone. The upper section, where your neck connects to your skull is highly sensitive, and a strike here will knock your opponent out. A harder blow to this area has the potential to damage the nerve that tells your diaphragm to contract, which can lead to death by asphyxiation. You may also damage the spinal cord, which will result in a rapid drop in blood pressure and instant death. The lower section, where the back of your neck connects to your torso will also result in unconsciousness when struck, and a



Source: [http://www.selfdefenseguides.info/side-kick/images/4120\\_17\\_66-punch-side-neck.jpg](http://www.selfdefenseguides.info/side-kick/images/4120_17_66-punch-side-neck.jpg)



hard enough blow may even result in permanent paralysis. Again, only target this area when your life is in peril, it can have lethal or permanent results.

## Targeting the groin

One of the staple classics when we teach self defense is the groin, as it's a highly sensitive area on men that you can target for a massive pain reaction, and a powerful enough blow can even cause your opponent to black out. What many people don't know is that there are a large number of nerve endings in the same region for women, and whilst an effective strike may not prove as effective against a woman as it does a man, there is a reason that almost all martial arts forbid strikes to this area - it's so damn effective.



Source: <http://www.dm.af.mil/shared/media/photodb/web/090417-F-6128P-025.JPG>

What you need to be careful of is that most guys are keenly aware how delicate this region is, and will take steps to protect it in a fight so you may not get a chance to land a solid blow. In addition, you need to come in close to use a knee to strike this area, and it's not always your best choice to close the gap between you and your attacker. Depending on the situation, punching, grabbing,

twisting and pulling a man's groin will cause considerable pain, but personally, I prefer a straight and powerful upwards kick.



Source: [http://www.selfdefenseguides.info/angle-attack/images/4259\\_1\\_4-kick-groin.png](http://www.selfdefenseguides.info/angle-attack/images/4259_1_4-kick-groin.png)

Standing in your fighting stance, imagine you're kicking a soccer ball. This is the motion you want your kicking leg to go through before it reaches your attackers groin, and I prefer it because it allows you to strike harder, while keeping you at more of a distance than if you used your knee or your fist.

It also leaves you in a position where you can quickly turn and run (as soon as your attacker drops), and the impact from the kick is usually more severe, which makes it more effective.



## Other areas of weakness

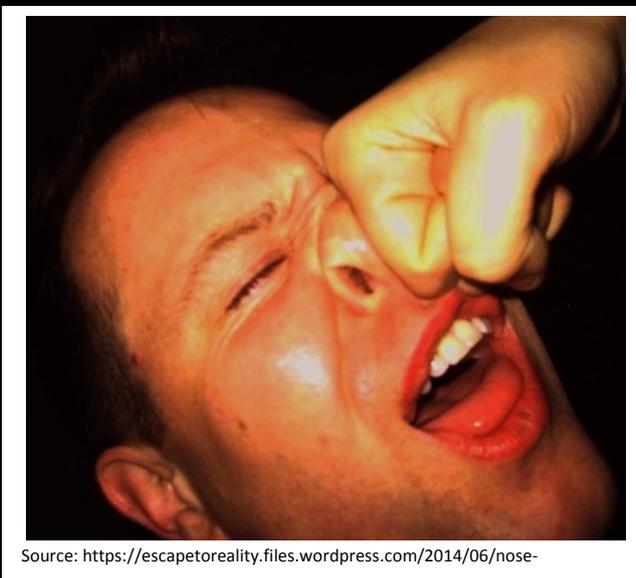
In a street fight you often don't get to pick and choose where you land each strike, and it's not worthwhile to wait for the perfect opportunity should you have an opening to target another area that is also vulnerable. The following are all areas I teach my students to focus on, and while they may not have the knockout ability of a choke hold or an uppercut to the chin, attacking these areas can do a devastating amount of damage to your opponent.

### The nose

One of the most easily broken parts of the body, the nose is an ideal target because it sticks out, and a strike here will result in your attackers eyes to water, blood to flow, and will stop them in their tracks as they consider if continuing this fight is even worth it. A blow to the nose is extremely painful, and will make it hard to breath, and can even result in permanent disfigurement if broken.

To achieve the best effect against your opponent, try the following:

- As you face your attacker use the heel of your palm to strike up and under their nose, putting all the weight of your body behind the strike.
- If you're to the side of your attacker, use the "karate chop" motion in combination with a knife hand technique to strike the bridge of their nose.



Source: <https://escapetoreality.files.wordpress.com/2014/06/nose->

What I do not recommend is stepping in close to attack the nose if you're not already in range, as this puts you in danger to being grabbed, or your attacker swinging back in retaliation. Oh and, many of you have probably heard the old wives tale about how a palm strike upwards to the nose can send a sliver of bone into the skull and kill your attacker instantly, right? Would just like to clarify that this doesn't have any base in truth, and even professional fighters have not been able to replicate this trick. If you were strong enough to achieve the force needed to drive a sliver of



cartilage through the (much thicker skull) and into the brain, the actual impact from the blow would kill your attacker immediately anyway. Don't worry about this. The worst you will do is break their nose.

## The eyes

Temporarily blinding your attacker is a winning strategy, so poke, gouge, scratch or even throw dirt into this delicate organ. In addition to the pain you cause, the loss of vision can give you a chance to escape, or deliver a second (more powerful) attack to knock your opponent out properly, so you can run without concern of being chased. It should be noted that there is a very high chance you will cause a permanent injury when you attack the eyes, especially if you've been practicing and are able to throw a decent punch, so be sure you only ever use this method when your life is at stake or extreme bodily harm is intended and you have no other option. The seriousness of the permanent damage you can cause should not be taken lightly, many professional boxers retire before their prime because of eye-related injuries, and fights are stopped because a cut or damage to the eye area puts a fighter at a serious risk of long-term harm. Punching someone in the eye is a vicious form of attack, and should only ever be used in a life or death situation.



Source: <http://www.bestselfdefenseweapons.com/wp-content/uploads/2013/12/Vital-Parts-of-the-Body-to-Attack-the-eyes.jpg>



## The knees

The knee is vulnerable from almost every angle, and you can use a swinging kick to dislocate, break and tear the delicate ligaments inside, without much risk that your attacker will grab your foot. If you want to inflict a serious injury, sweep your kick from left to right, putting a massive amount of power into the strike. Done right, your attacker will go down and will not be able to get back up again. This is a savage attack as it often results in permanent injury, so please only ever use in a situation where your life is in danger.



## The shin

If you've ever walked into a coffee table in the night you are aware of your shin's particular sensitivities to pain, and you can recreate this in your attacker by simply pressing your thumbs into your attackers shin. Practically, I prefer to target the shin's with a kick so I can use my hands to defend, and also stay out of my attackers range for as long as I am able.



Source: <http://t294.photobucket.com/albums/mm101/victoriavives/Mt%20Zion/Stop-Kick-Shin-knee-side-kick.jpg>

## The foot

When you're grappling with an attacker they are often not focused on what your feet are doing and you can use this momentary distraction to do some real damage. Raise your knee as high as you can, and using the heel of your foot stomp on the arch of their foot with every bit of force you can muster. Because of the structure of the foot, you can easily break and fracture the delicate bones in their foot using this technique, but make sure you hit the arch. Stomping on your attackers toes will just make them angrier, and do little lasting damage.

## The ankle

Just like the knee the ankle is a delicate joint that can be seriously damaged from a sideways attack. Similar to stomping on the arch of your attackers foot, use your weight to stomp on their ankle instead causing their foot to roll and sprain the joint. There's no easier way to get away than to make sure your attacker is unable to chase you than to take out their ankle.



## The side of the body

Know how most people are ticklish on their sides, just under the ribs? This spot is another vulnerable area, and a strike to the soft area below the bottom rib will cause a significant amount of pain. You can amplify this by extending your knuckle like in the "phoenix eye" position for the punch, which also gives you the chance to damage internal organs.

## The ribs

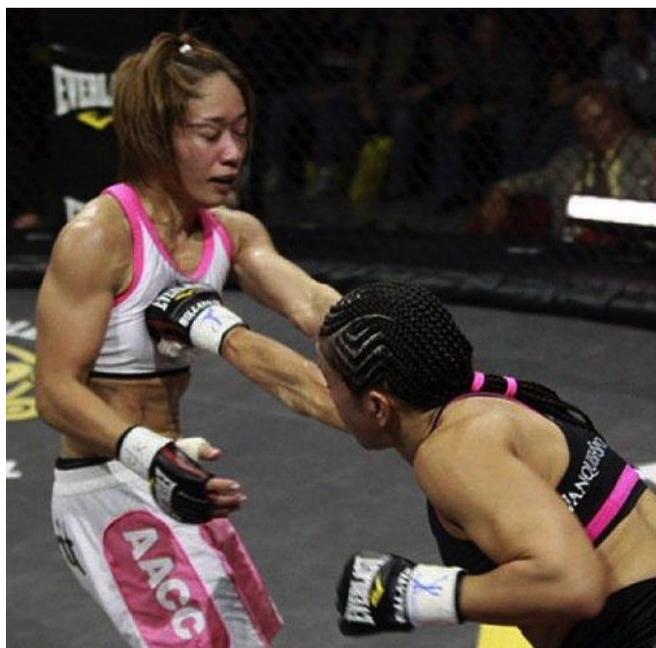
There is usually very little fat or muscle covering the ribs, regardless of the body type of your attacker, and only thin muscles between each rib which means a powerful blow can break them. Focus your attack on the lowest rib areas, (those not protected at all by the muscles in the chest or back), using a knife-hand strike or an uppercut. If you're in a position to lever your attackers arm upwards before you strike, you'll increase the gap between each rib and make these more vulnerable to a break.



Source: <http://fightingarts.com/content05/graphics/phoenix-01.jpg>

## The sternum

Sitting at the bottom of where your pectoral muscles meet is the sternum. It's a bone placed in the middle of your chest, and it doesn't have any muscle and only ever a slight layer of fat, no matter the



Source: <http://www.scifighting.com/wp-content/uploads/2014/01/Chest-punch-vs-Fujii.jpg>

size of your opponent. Because of this, it's very vulnerable to a punch, and with enough force you can cause it to split down the middle. Normally though, most people won't be able to punch this hard, and a strike here will just cause a massive amount of pain, and at the same time knocking the wind out of your attacker.

A punch to the sternum is usually not expected in a fight, as your opponent will have their hands raised to protect their face, which gives you a better chance of landing a fight-ending blow.



## The solar plexus

Just underneath the sternum is another nerve center known as the solar plexus. Aim your strike where the ribs join on the abdomen, and you'll be able to induce massive trauma to the diaphragm. This is the primary muscle used to breathe, and a strike to the solar plexus causes the diaphragm to spasm and contract, resulting in what is known as "knocking the wind out of someone." If your attacker can't breathe they aren't going to be able to continue the fight, and you can then escape to safety. Be warned though, if your attacker sees this strike coming and flexes their abs, they can reduce much of the effectiveness of your strike, as their tensed muscles absorb the impact before it can hurt the diaphragm.



Source: <http://i.ytimg.com/vi/d018kMMp-y0/maxresdefault.jpg>

## The kidneys

Sitting at waist level, just a few inches to either side of your spine are the kidneys. Half protected from your lower ribs, the bottom half of this vital organ remains unprotected, and is therefore a vulnerable area to strike. Use a fist to deliver a punch to the kidneys to deliver a massive amount of pain, hit hard enough and there's a chance you will inflict a serious internal injury, as well as internal bleeding. To give you a little comparison, a sharp strike to the kidneys results in a level of pain akin to a blow to the testicles, and whilst it works best when your attacker's back is turned (or they're side on), once you have control in a fight it becomes very easy to target this area.

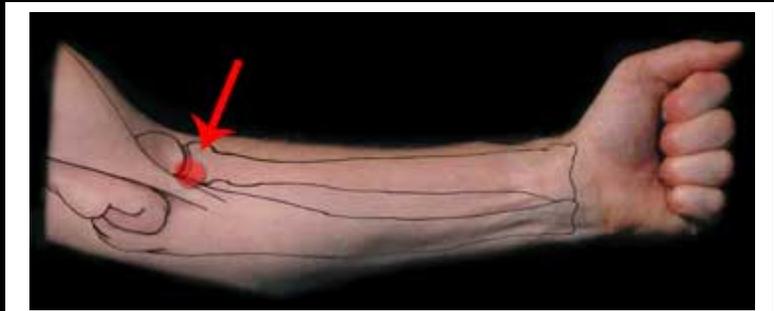


Source: <http://i.ytimg.com/vi/K-ULHRrdSfA/hqdefault.jpg>



## The inner elbow

Take a look inside your elbow, where the skin creases up as you bend it. There's a pressure point under here, and you can cause a large amount of pain a little pressure to this area. Press around on your own arm until you locate the spot, it's right in the hollow of your inner elbow where there's



Source: <http://acupressurepointsguide.com/wp-content/uploads/2014/10/acupressure-Inside-Elbow-Point.jpg>

predominantly only tendons and small muscles. You can either strike or press on this pressure point to cause pain. Personally, I like pressing in on this one, and I recommend wrapping your fingers around to elbow to maintain your grip, putting your thumb on the pressure point and squeezing as hard as you can. It takes a little practice to find the right spot, but it works like a charm when you don't have room to make a proper strike.

## The forearm

Just past the elbow is your forearm, and on most people the mound is extremely sensitive to strikes. Extend your arms straight out in front of you and you should notice a slight rise, underneath this muscle is another vulnerable spot. You can punch, chop or even just press on this area to inflict pain, and a great deal of accuracy is not always needed as a strike here will send shockwaves into the pressure point, numbing their arm and making it very difficult to continue using it in the fight.

## The wrist

This is less of a vulnerable point, but more to deflect an attack when you're facing a larger opponent. You're probably not going to be able to overpower a large attacker who is intent on grabbing you, but a sharp, knife hand blow to their wrist can deflect an attempt to grab you.

It can also cause a reflex reaction in your attacker so they drop whatever weapon they were holding, which gives you the chance to recover it and arm yourself, or to escape their grip and run like hell.



Source: <http://kenpokarambit.info/attack10.jpg>



## Generating maximum damage

When you're fighting for your life it's one thing to know where to strike, but you also need to understand the fundamentals of fighting so you can make the best use of your natural assets. Winning a fight is often the result of striking faster, harder, and using technique to inflict a massive amount of damage before you get hit yourself. Here's how you can up your fighting game.

### Stance

Your feet should be in the fighters stance, with one leg in front of the other and spread about shoulder-width apart. Point your non-dominant side towards your attacker (i.e. a right handed person should have their left foot forward), and turn your body slightly so you're not facing your attacker front on. This gives you a better ability to duck any punches they throw, and allows you to use the momentum from your body to add power to your punches. Put the majority of your weight on your back leg, and bend your knees to lower your center of gravity. Your hands should be raised to protect your head, with your non-dominant hand up by your eye, and your dominant hand tucked in by your chin, so it's ready to strike. Keep your hands closed in loose fists, so you're ready to either attack or defend.

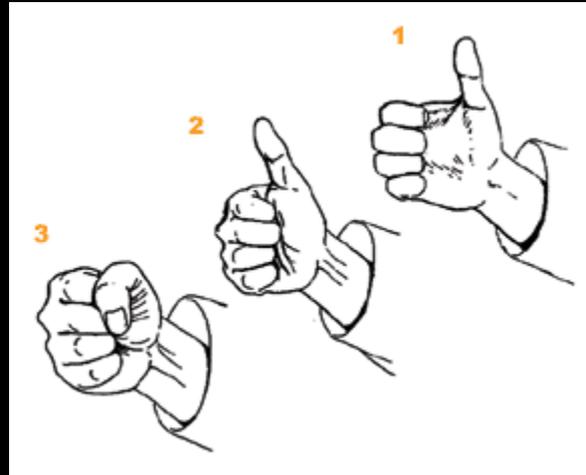


Source: <http://pad2.whstatic.com/images/thumb/e/e3/Understand-the-Basics-of-Standup-Fighting-Step-1.jpg/670px-Understand-the-Basics-of-Standup-Fighting-Step-1.jpg>



## Create a fist

Tuck your fingers into your palm, and use your thumb to lock them in tight. Your thumb should be pressing down on the middle section of your fingers, but don't clench your fist so hard your knuckles go white and you lose circulation, it needs to be a loose fist that you clench tight each time you strike. Never put your thumb inside your fist (under the fingers) or rest alongside your fingers, there's too much chance you will injure it when you punch. When people injure themselves when they punch it's usually because they're hitting the target with the wrong part of their hand. You want the middle knuckles of your hand, the index and middle fingers, to be the ones that strike first.



## Tuck your elbows

If you want to throw a straight and powerful punch, keep your elbows tucked in close to your body. Most beginners I've trained have thrown these wildly uncontrollable haymakers that are loose, lack power, and can be seen coming a mile away. You want your arm to become a piston, that fires in a strong, direct line before connecting with the target. Of course there's more advanced punches you can learn, but I always recommend getting the fundamentals down first before moving on to other punches like uppercuts and hooks. Don't forget that a good punch comes from your body as much as the strength in your arm, and "stepping into" each punch will give it a ton more power. Practice pushing forward with your punches into a heavy bag, pivoting your body with each strike and pushing off the ground from your back foot as you do.

## Maintain your accuracy



Source: [http://boxing-betting.eu/cute/uploads/boxing\\_predictions\\_trout\\_vs\\_lara\\_3\\_after.jpg](http://boxing-betting.eu/cute/uploads/boxing_predictions_trout_vs_lara_3_after.jpg)

When you're in a fight and your adrenaline is flowing it can be difficult to maintain your composure but this is a mistake. Take deep breaths and focus on performing fast and powerful strikes to the most vulnerable areas of your attackers body. We've already run you through many of these, and remember that in a street fight anything goes. Fighting dirty doesn't have a place in sports or martial arts, but when an attacker is trying to cause you grievous bodily harm, you have to do all you can to



protect yourself. Keep your punches fast, accurate, and powerful. The winner of the fight isn't the one who throws the most punches, it's the one who lands the most accurate and powerful punches as these do the most damage.

## Use your natural weapons

Your body has a number of different weapons that can be used with a devastating effect. The fist is the most obvious one, but you can also use the bony areas of your knees and elbows to inflict a much more powerful blow. When I was visiting Thailand I saw the overwhelming effect of the elbows in the sport of Muay Thai, where 110 pound fighters were splitting heads and knocking each other out from these fast and deadly blows. Your forehead is another great natural weapon, and can be used to target the bridge of the nose of your attacker when you're in close. In a street fight you need to stay calm, but also use your ingenuity to ensure you make it through a fight (and win).



[https://commons.wikimedia.org/wiki/File:AUP\\_self\\_defense\\_training\\_120708-A-BZ540-026.jpg](https://commons.wikimedia.org/wiki/File:AUP_self_defense_training_120708-A-BZ540-026.jpg)

## How to protect yourself

In a fight you're going to get hit. It's inevitable, but knowing how to take a hit can also be an advantage in a fight because you are able to hold your ground, as you seek any weaknesses to exploit in your attacker.



Getting punched in the face isn't enjoyable, but if you tense your neck, clench your jaw, and move forward (into the punch) you can cut off most of the power in their strike. The problem with stepping back is that you'll probably lose balance and fall, placing yourself in an even more vulnerable position. Of course, this is very difficult to get the hang of because every instinct you have is going to be telling you to get away from the punch, but being aggressive can



Source:  
[http://www.yardbarker.com/media/3/7/371fd683fb6c5d171c50518d2dafb32724c6be24/xl/ufc100\\_09\\_gsp\\_vs\\_alves\\_010.jpg](http://www.yardbarker.com/media/3/7/371fd683fb6c5d171c50518d2dafb32724c6be24/xl/ufc100_09_gsp_vs_alves_010.jpg)

reduce the impact of their strikes, especially if you tuck your head and your opponent hits your forehead instead of your nose. You should also clench your stomach muscles and take any punches to your abdominals straight on, there's too many tender organs on your sides and you don't want to be punched in these.

As you continue to push forward to keep your attacker off balance don't forget to stay moving and agile. Keep your hands up to protect your face, and use them to deflect as many blows as you can. The more you bob and weave around your attacker the harder it will be for them to hit you with a powerful strike, and don't forget to keep your feet moving.



Source: <http://3.bp.blogspot.com/-9dlpCRm1VBo/TeZhl7lafsl/AAAAAAAAARE/soR8wpUfvil/s1600/Tactical+Book+%2528379%2529.JPG>

Do whatever you can to keep the fight off the ground, especially if you're outweighed by a larger or stronger opponent. Ending up on the bottom of a grapple will normally see you lose the fight, so

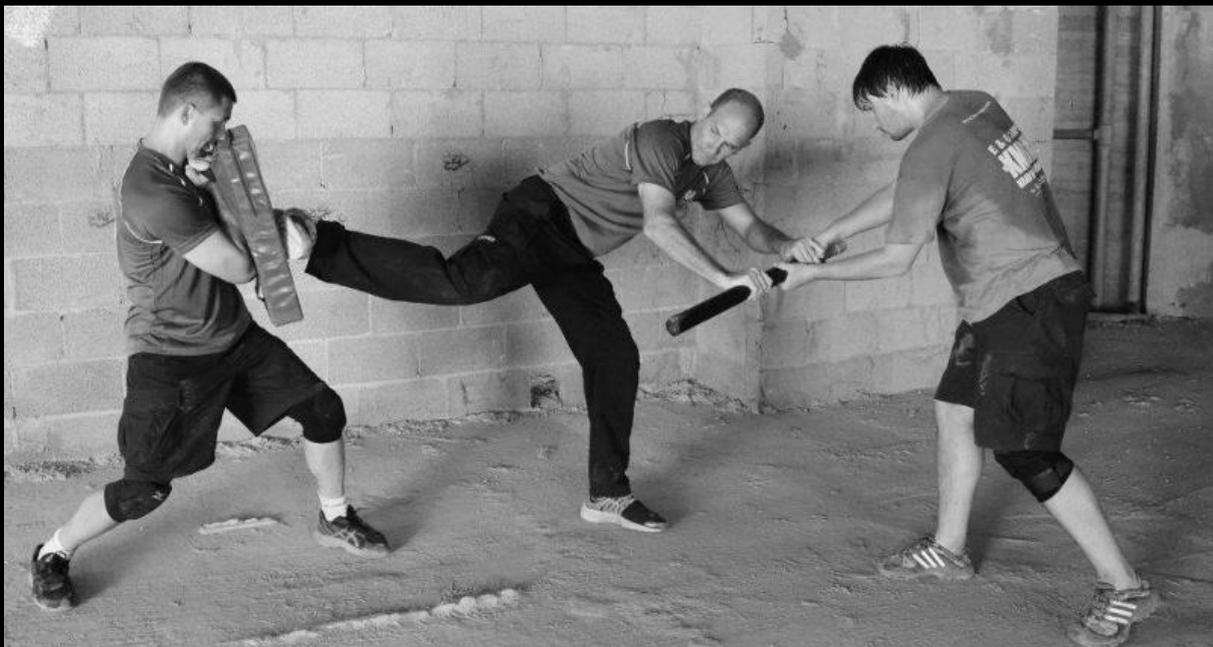


always try to keep your stance balanced, shifting to either side (instead of backwards) if your opponent becomes frustrated and tries to tackle you. If you do end up on the ground, go for the eyes, groin, throat or any other vulnerable areas in order to break the grapple and get back on your feet.

Finally, try to anticipate the moves your opponent will make. Normally, you can expect your attacker to be angry, and generally also right-handed. Use this knowledge to your advantage, so you notice when a wild right handed haymaker is coming. This opens their defenses up, and you can step in with a powerful strike to their throat to end the fight.

## Defending against multiple attackers

If you're caught unawares by multiple opponents who intend you harm, and you've not been able to talk your way out of it there's a few tricks you can use to stay safe in the coming fight. The key is to stay moving, unpredictably ducking to the side and shifting your position so they are scrambling over the top of one another to get to you.



Source: <http://ih.constantcontact.com/fs001/1104107397180/img/114.jpg?a=1112372278992>

Once the fight starts, your goal is to use a shielding technique to ensure you're facing only a single attacker at one time. If you get surrounded you're done for, so pick a single person in the group, and with your constant movements position yourself so that your chosen attacker is now standing between you and the rest of the group. If you manage to knock them out, or there's another person closing that proves a greater threat, reposition so the new attacker is now shielding you from the rest of the group. This technique is best learnt in your practice sessions, so be sure to include two-on-one, three-on-one and even four-on-one sparring drills in your training.

As you start engaging with each attacker, you can use their momentum and numbers against them, as it's highly unlikely they are practiced in effective group fighting techniques. Deflecting simply means sidestepping the forward momentum of a particular attacker, and shoving them into other



Source: <http://www.endofmartialarts.com/wp-content/uploads/2014/08/jpg4.jpg>

members of the group or any large objects in the area. The goal here is to create as much chaos as you can, keeping your attackers off balance and stumbling in all directions, instead of organized and ganging up on you.

If you do find yourself surrounded you're in big trouble. When you start getting hit your vision will shift, giving you tunnel vision and an ability to only see what's coming directly at your face.

If there's attackers to either side of you, or behind, you're not going to see their strikes coming, and in a few seconds you may be fighting for your life. To counter this, use a technique known as busting out. Pick a single member in the group (or a gap between two of the attackers), and launch yourself with as much speed and power as you can muster. Of course, pick the weakest attacker as you may need to overpower them to break out effectively, so you can then resume your shielding efforts without any unexpected hits from behind.

Remember that your environment can always be used to your advantage in a fight, so keep an eye out for any possible escape routes or areas that give you the upper hand. Retreating to a flight of stairs is a great example, it gives you a high ground to fight from and also limits how many attackers can come at you at once. Look for well-lit areas you can move to, or any barriers that can form a shield against your attackers like a parked car. If you notice something that can be used as a weapon grab it, a brick, bottle or piece of pipe may quickly turn the fight in your favor.



Source: <http://www.teachersolidarity.com/sites/teachersolidarity/files/field/image/cambodia2.jpg>



If you get the chance to escape, take it, but only when you're sure you can get away. If you expend all of your energy running and are still caught by your attackers, you will have nothing left in your tank to fight back. Always react to your specific situation, and personally I never turn my back on a dangerous opponent. Use the vulnerable points we discussed earlier to incapacitate your attackers, and only once you're sure you can guarantee your safe escape should you make a run for it.

## Training to prepare yourself

If you're attacked and you're not expecting it, of course you're not going to have time to stretch and warm up like you would in the gym. When you're learning to defend yourself, it's important to test your limitations when you're training "cold," but this needs to be done very slowly and gradually to avoid any chance of injuring yourself. The key is to identify what you're capable of in a realistic situation. Regular training and exercise will keep you in good shape, especially if you focus on these.



## Staying aware of your surroundings

When you're maintaining a state of awareness, you can avoid getting yourself into a sticky situation in the first place. Your goal is to always know what is going on around you, where people are, and what they are doing, so work at making it a habit until this becomes almost instinctive.

Do you have a friend who seems to be a little cold or distant when you're in a potentially dangerous situation? It's because they've spotted something that is wrong, and they are preparing themselves to react. Perhaps they have been watching the aggressive drunk staggering towards you two with the broken bottle, and as the slash comes their way they are already expecting it and react accordingly. To those not paying attention, it looks like a lightning-fast Bruce Lee style defensive move, to those paying attention you know your friend has been poised waiting for the right moment to act. This is the kind of person you need to train yourself to become, so you no longer rely on your reflexes to keep yourself safe.



### Knowledge and skill

Properly defending yourself requires knowing the right techniques to use, and the situations to use these in. Ultimately the best way to acquire these skills is regular practice, as you follow the instructions in guides like this one and hone your abilities in a self-defensive fighting gym. Prepare yourself to defend against the attacks which are most likely to come at you, and have a strategy to counter each and every one.

The key to being effective when you're in a fight is to focus on the sensitive areas where a little bit of force does a great deal of damage. We cover many of these pressure points in this guide, but knowing the areas to strike is different to the capability of hitting the area you aim for. It gets even more difficult when you're aiming at a moving target.

### Practice, practice, practice

The best way to prepare for a real fight is to train with a sparring partner, or use free swinging punching bags to build your "quickness" and accuracy. In a fight, speed is key, and the winner is usually the one who can deliver the most damage in the fastest amount of time. Of course the accuracy we teach you in this guide comes at a cost, and initially you will find your accurate strikes lack the power of the big haymakers you've been swinging at your brother since you were kids, but stick with it. The more you train the stronger your accurate strikes will become, and as your technique develops the power in each strike will surpass every level you ever thought yourself capable of.



If you are only able to practice on a bag, try to visualize a real-life self-defense situation, so you're working in collaboration with your mind to picture how an actual attack will occur. Imagine the different areas and the vulnerable pressure points you intend to strike, and practice hitting them



again and again. This visualization is a good strategy when you're not able to train with a sparring partner. Always start each practice session slow, getting your technique correct and landing your punches, before increasing your intensity and speed. Ultimately, the way you fight in a real-life situation will reflect how you've been training. If you practice slow and sloppy, it doesn't take much to imagine how you're going to fare in a real fight, and you won't last long.



To build accuracy and learn to focus on your target suspend a speed ball from the ceiling or make a home-made version from a tennis ball and let it swing freely. Spend your time watching the motion of the ball and focus on the target, hitting it each time it comes past. It will take time to start landing these strikes consecutively, but once you do it demonstrates your rising ability to hit a moving target. Just like in a real fight keep your eye on the ball, and try not to use too much force. The key is to use a light and accurate touch to develop your precision in striking, and once you're confident with your dominant hand, switch. You need to learn how to throw accurate punches from both hands.



Source: <http://www.expertboxing.com/wp-content/uploads/2013/02/double-end-bag-drills.jpg>

As you are practicing, don't forget about recoil. After each strike, especially when you're working on a heavy bag, practice pulling your arm or leg back as quick as you can. It's almost like you're imagining that you're "bouncing" off the target you've just hit, and you want it to happen fast enough so that you transfer all of your momentum into your attacker (making each of your strikes more powerful, especially if you're targeting a bone like the sternum or the temple). It also reduces the chance that your attacker is able to defend by grabbing your arm or leg and pulling you closer to start grappling.

### **Accepting the fear**

When you're fighting for your life, fear is going to be the main emotion you feel. The most effective fighters have learnt to embrace this fear, so they can still manage to function in even the most extreme situations, and you need this too. Practice is fundamental to conquering your fear of the unknown, and your training sessions should involve a variety of situations so you're able to fight back no matter what. In the dark? On the ground? Surprised from behind? All of these shouldn't be a problem. Finally, make sure you're not limiting yourself by holding your breath in a fight. Air brings oxygen which your muscles need to perform effectively, and in all your training remember to breathe at a regular pace.



### Developing speed and surprise

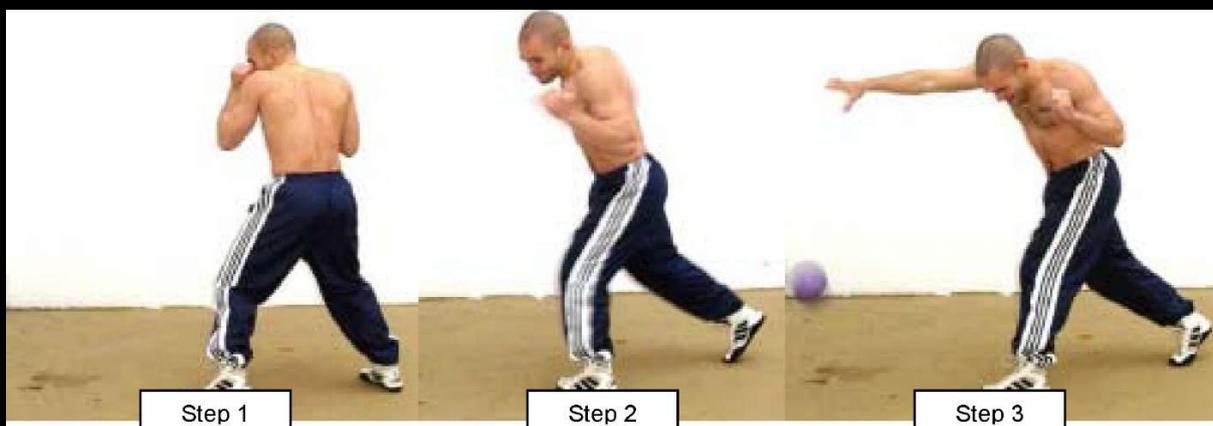
If your attacker sees every swing coming, you're never going to be able to strike a powerful blow to one of their vulnerable pressure points. Speed becomes critical in defending yourself, and in your training you need to focus on developing the ability to strike both fast and hard. But in addition to your strikes, you need to work on your "tells." Much like a game of poker, if you give away the fact you're about to strike, you lose the advantage of surprise. Try filming one of your practice sessions, and then watch it to determine if you're giving away the fact you're about to strike, before you do. You'll probably be surprised at how obvious it is. The best fighters focus on a simple technique in their training, known as S.A.S., Speed, Aggression, Surprise. If you can strike while they are unaware of your intention, it becomes a much more effective attack. Ever wonder why a mugger will ask you for the time before drawing their weapon? They're out to surprise you with a strike as soon as you look away.



Source: <http://g01.a.alicdn.com/kf/HTB1dycdFFXXXXbLbXXXq6xXFX3/2015-new-High-quality-rubber-liner-Boxing-Sanda-training-font-b-speed-b-font-ball-Suspension.jpg>

### Developing power and strength

The vulnerabilities of each pressure point differs, but if your blows are like a wet sock you cannot expect to deliver a great deal of damage. The first step is to work on your speed and accuracy, and as your confidence grows slowly begin to increase the power. The real trick is to maintain your accuracy as you do this, because all the power in the world doesn't matter if you're not landing any strikes. Also, don't expect to produce any real power if you're just swinging with your arms. Real power is generated by producing a force that travels from your feet that at planted on the floor, up through the rotation of your hips and shoulders, and into the point of impact. Start your training slowly to perfect your accuracy and technique, and only increase your power as you master these.

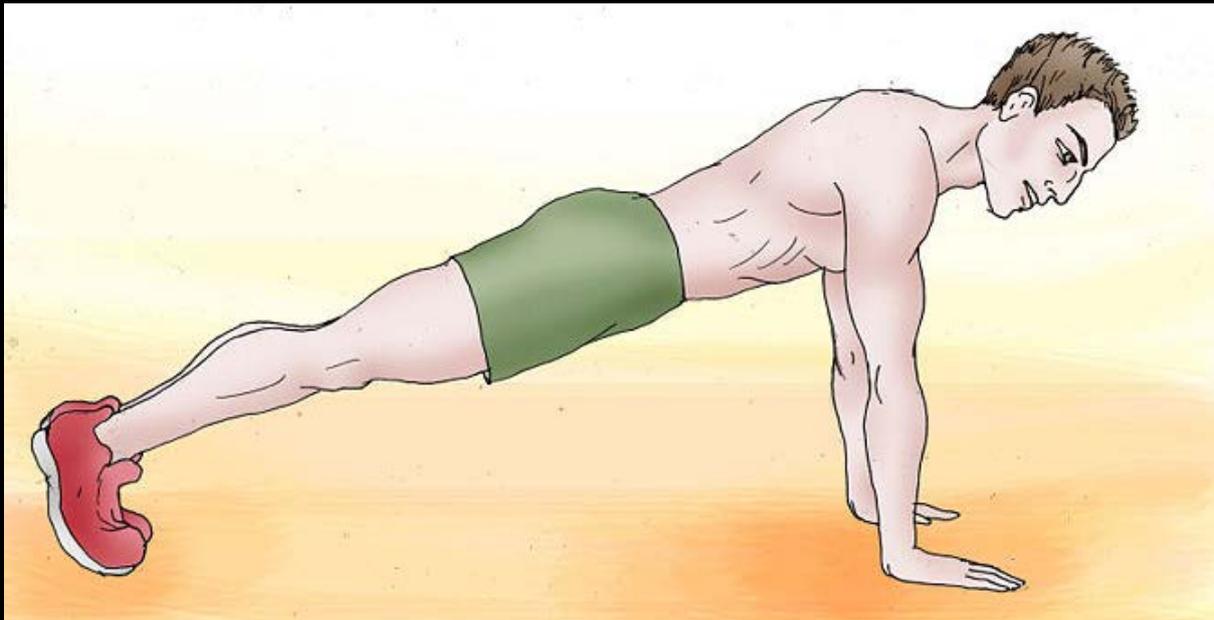


Source: [http://bmsi.ru/\\_uf/image/Punching\\_With\\_Power1-58.jpg](http://bmsi.ru/_uf/image/Punching_With_Power1-58.jpg)



## Weight to force

The heavier you are, the harder you can strike, but aim to develop muscle rather than fat. Muscle is actually heavier than fat so it will aid you better in a defensive situation, so long as you practice and train for speed. Being the biggest and most muscular in your group of friends does little to aid a defensive situation if you're not able to use your weight effectively to fight back. You want every movement you make in a fight to be explosive, so conduct your training in a style that mimics this as much as possible. Fast and heavy sets that require power will serve you best, especially if the methods you follow in training align to the same movements you need to strike.



Source: [http://pad1.whstatic.com/images/thumb/8/82/Get-Bigger-Chest-Muscles-\(Pecs\)-Step-1.jpeg/670px-Get-Bigger-Chest-Muscles-\(Pecs\)-Step-1.jpeg](http://pad1.whstatic.com/images/thumb/8/82/Get-Bigger-Chest-Muscles-(Pecs)-Step-1.jpeg/670px-Get-Bigger-Chest-Muscles-(Pecs)-Step-1.jpeg)

## Lasting the fight

You've got no hope if you are unable to keep up in a fight for at least a couple of minutes. In real life, most attacks happen in seconds, and you're rarely likely to get a chance to deliver more than a couple of strikes. But what if your original opponent has a friend or two? What if your opponent proves tougher to take down, because you're tired or injured and cannot fight effectively? Here, stamina is going to be your saving grace.

The only real way to test your limits safely is in contact sparring, training until you are totally exhausted and can no longer lift your arms. This is when you know you've hit your limit, and for many it may be a sobering experience how



Source: [http://www.nexercise.com/wp-content/uploads/2013/04/14580625\\_xxl2.jpg](http://www.nexercise.com/wp-content/uploads/2013/04/14580625_xxl2.jpg)



quickly this occurs. To increase your stamina, always train until you are completely done, never keeping anything left in the tank. Slowly, you'll find you're able to push yourself further and harder every training session, a key skill in building your defenses. The longer you can stay active and responsive in a fight before becoming winded, the better chance you have at surviving it.

## Improvising a weapon

If you're jumped when you're walking home from class, or heading to your car after work, you're probably not going to have a weapon with you. Let's say two attackers approach you, and demand your wallet. Having a baseball bat would be a great way to fight back, but you're not going to be this lucky. In addition, the police would have a field day with you if they caught you walking around with a steel baseball bat at 2am on a Friday night, or fighting knives or even a simple knuckle duster "just in case," so what do you do?



Source: <http://cdn1-www.craveonline.com/assets/uploads/2014/01/The-Raid-2-Fight.jpg>

It's assumed that most citizens aren't out seeking trouble, and as such there is no reason to be armed. Unfortunately, there are always the few that ruin it for the rest of us, and they have no qualms about being caught with dangerous weapons, or using excessive force and aggression to take what they want. If you can't carry a defensive weapon with you, like a stun gun or pepper spray, there are a few things you can bring to the fight, that are everyday items, and will not get you in trouble with the police. Of course, these aren't going to be as effective as a baseball bat, but it will give you an advantage you simply cannot get with your bare hands.

**Umbrella.** Find a solid model with a hard metal spike on the end. If you're in an area that's expecting rain you have a perfectly legitimate reason to carry it, and it can be an effective defensive weapon. Just don't swing it like a bat, because the edges are too soft and the entire umbrella is too light so it won't have enough force behind the blow. Use its length as your advantage. An umbrella gives you a



Source: [http://real-self-defense.com/wp-content/uploads/unbreakable-umbrella-vs-knife\\_1000x665-400x266.jpg](http://real-self-defense.com/wp-content/uploads/unbreakable-umbrella-vs-knife_1000x665-400x266.jpg)

reach far longer than most knives, and you can use it to stab and impale the most vulnerable points on a person's body. Remember to strike hard, fast, and repeatedly, and use this long weapon to hold your attacker at bay.

**Screwdriver.** During a night out of course you're not going to be able to carry this in your pocket, but it can be used as a defensive weapon during the day, especially if you keep it in

your car with a couple of other tools. Find a particularly long and pointy screwdriver, and store it with a couple of adjustable wrenches in the carry space in the driver's side car door. This will ensure its within easy reach should you ever need it, and if the situation hasn't yet turned deadly you can always reverse the screwdriver and strike at your opponent using the hard butt-end of the tool.

**Steering wheel lock.** Another item that is perfectly at home in your car, there are even versions that are more akin to a baseball bat than a traditional wheel lock which are legal in most states. Pick the heaviest and most solid lock you can find, and keep it in your car, just in case.

**Pen.** A solid pen is probably the next best thing to a screwdriver, but it will really only work on the softest and most vulnerable targets. Keep one in your pocket at all times, and when using it as a weapon aim for the eyes or throat.

**Chain.** If you don't own a dog, get one, and then you have a legitimate reason to carry a metal dog chain in your bag. A chain can be used to whip an attacker and hold them at bay, or you can bunch them up around your fist and use them to strike your attacker. As a last resort, a chain can even be used to choke out your attacker.

**Newspaper.** Roll and fold a large sheet of newspaper enough times, and tight enough, and you can form an improvised club that is as hard as wood, and is ideal for attacking vulnerabilities at close range. This one is known as a Millwall Brick, and can deal out a significant amount of damage to your opponent, considering it's just a folded piece of paper.

What you do need to know about using a weapon in a fight, even one of these improvised





ones, is that in many cases the person who first wields the weapon will be disarmed by a stronger opponent, who then proceeds to use their own weapon against them. You never want to be one of these statistics.

If you choose to bring a weapon into a fight, you must:

- 1) Be willing to do a gruesome amount of damage without any hesitation
- 2) Ensure you know where to strike at the vulnerable areas on your attackers body
- 3) You have practiced and are familiar with your weapons



Source: [http://myselfdefenseweapons.com/wp-content/uploads/2014/07/practice\\_self\\_defense\\_weapons-700x410.jpg](http://myselfdefenseweapons.com/wp-content/uploads/2014/07/practice_self_defense_weapons-700x410.jpg)

Practicing doesn't need to be difficult, the goal is to get comfortable with the different feel of these weapons in your hands, and just keep at it until it feels almost like second nature to use the improvised weapons to defend yourself. Perhaps you've got a punching bag you can setup and train to strike, while visualizing how you see an attack playing out. Think about the terror you would feel in an actual attack, and how you are probably going to hesitate before hurting another person. Fight through this, as to survive you're going to have to strike fast and hard, before pulling back to a defensive stance. You don't want your attacker to grab hold of you or your weapon, and if they try fight tooth and nail while targeting their eyes. The last thing you want is to lose control of your only weapon and have your attacker use it against you.



## Fighting off a sexual assault

This one bears mentioning as it's a unique situation, where yelling for help or trying to persuade your attacker to leave you alone may not always work. First you need to understand that most sexual attacks follow four stages, and you can use this knowledge to your advantage.

1. An unsuspecting target is identified
2. The target is subdued
3. The target is exhausted
4. The sexual assault is executed

When you're fighting for your life of course you will throw everything you have into defending yourself, especially if you're facing an attacker with less than righteous intentions. Before you get to stage #2, you should be already be fighting with every bit of strength you have, using the techniques you've learned in this guide to accurately hit the weak and vulnerable points of your attacker. But as you enter the third stage, the attacker is starting to gain control. They've got you pinned or trapped and their goal now is to exhaust you so they can move on to the sexual attack.



Source: <https://kravlady.files.wordpress.com/2011/06/crazy-attack-to-sshole.jpg?w=640&h=392&crop=1>

Unnecessary struggling when you're pinned or trapped saps your energy ridiculously fast, and our advice (courtesy of the good folks at Gracie's Women Empowered training program), is to recognize when you're trapped and feign submission. Pretend you've given in (a little like hunters will play dead when being attacked by a bear), and act compliant. Your attacker is going to think they've won and start moving on to stage #4, and give you a split second opening. Perhaps they loosen their grip on you, or momentarily glance away, and it's in this second you need to explode out with all the



force you have left, striking and biting, and punching and kicking until you're able to get yourself free of their grip, and run to safety.

## Final warnings

Be careful. I'm trusting all of you to use these techniques responsibly, because using pressure points in a fight will often result in a lethal outcome. Mistakes, like hitting your training partner a little too hard can do serious damage, and these fighting moves should only ever be used if everything else you've done has failed, or your life is in immediate peril. Choking out your little brother to see if these techniques actually work is a huge mistake, and don't ever go seeking violence. Even the most experienced fighters cannot be sure of the outcome of a fight, and it never makes sense to start one.



Source: <http://cdn.sheknows.com/articles/2013/08/Mike/SK/Woman-practising-self-defense.jpg>

Stay safe, and stay strong.



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