

## GROIN/EAR SLAP

The echoing pain caused by a well placed slap using a cupped hand is as intense as being punched five times. The targets for this tactic are the ear, creating pain throughout the head, or the groin, creating pain throughout the abdomen. Key to this tactic is the cupped hand. It is natural to flatten out the hand at the last second, and this will reduce the tactic's effectiveness. **NOTE: This tactic is not recommended for younger children (K-5th), they typically not tall enough or strong enough to execute).** Practice at home using the instructions below.



To practice keeping the slapping hand cupped, tape a stress ball or other small ball to a pillow. The ball is your target, keep the hand cupped during the entire slapping motion, do not flatten it out at the last second as you hit the target.



Have a partner hold the pillow while you practice. To practice the groin slap, the pillow should be positioned behind you, as if you are being attacked from behind (partner can hold the pillow at groin height for more realistic practice). Look at your target as you slap, keep your arm loose and whip-like and slap with full force, keeping the hand cupped.

To practice the ear slap, the pillow should be held at eye level or above and turned sideways. This tactic is used if you are facing your attacker and can easily reach the ear. Keep the arm loose and whip-like and hit the pillow full force, maintaining the cupped hand through the entire slap.

When practicing at home, always yell out in your safe voice as you use your self-defense. Remember that breathing and yelling are the key to a strong defensive response. As soon as you've hurt the attacker enough that they loosen their grip, run to safety...**RUNNING IS YOUR BEST SELF-DEFENSE!**

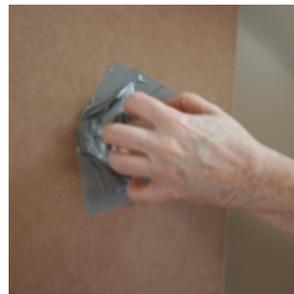
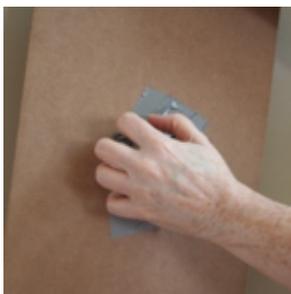
## EAR PULL

When facing an attacker, simple defensive techniques that cause immense pain are most effective. The ear pull is a very painful and easy-to-execute defensive tactic. This tactic can be used when the victim is facing the attacker and able to easily reach the ear. **NOTE: This tactic is not recommended for younger children (K-5th), they typically not tall enough or strong enough to execute).** Practice at home using the instructions below.

To assemble your target, roll a piece of tissue lengthwise and fold it in half. Using a hard surface like a small piece of wood or cardboard (we used a clip board), shape the tissue into a “C” shape to resemble an ear and cover it with duct tape. Be sure that the duct tape is stuck firmly to your hard surface.



Have someone hold the target at eye level or above and turned sideways. Grab the “ear” by wedging your fingertips around the outer edge. Yank forcefully downward toward your chest. This tactic can tear the outer ear and cause immense pain.



Yank downward toward your chest.

When practicing at home, always yell out in your safe voice as you use your self-defense. Remember that breathing and yelling are the key to a strong defensive response. As soon as you’ve hurt the attacker enough that they loosen their grip, run to safety...**RUNNING IS YOUR BEST SELF-DEFENSE!**