

ANKLE STOMP

The ankle stomp can be very painful if executed in the right manner. A simple stomp on the top or front of the foot may not result in enough pain to cause an attacker to loosen his grip, but a stomp into the ankle can tear the tendons, causing immense pain. This tactic can be accomplished if the attacker is facing you, or if you've been grabbed from behind. Practice at home using the instructions below. NOTE: Some smaller children are not strong enough to execute the stomp with force, we recommend they use the shin scrape or knee kick as alternative low-body defensive tactics.



Create a target using a piece of wood or a broomstick, and a shoe or boot. Place the wood into the shoe, and use a piece of tape to mark the target at the point where the foot meets the ankle. (Note: the target in the photo is a short boot with the tape attached at the bend in the front of the boot. If a shoe is used, place the tape on the shoe's top edge.)

To identify the target on your own body, rest your fingers lightly on the front of your ankle right where it meets your foot then wiggle your toes. You'll feel the tendons moving under your fingers, those are the targets.

Have someone hold the target while you practice. Stomp as hard as you can, drive down hard and fast with full force. Try not to reduce your speed prior to making contact with the ankle, use full power through the entire motion.



Land the stomp at an angle into the ankle, not flat onto the top of the foot. Repeat the stomp until you are able to consistently land in the right spot with full force. Practice first while facing the target, then turn your back and practice. Look down at the target as you are stomping to ensure accuracy.

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!**