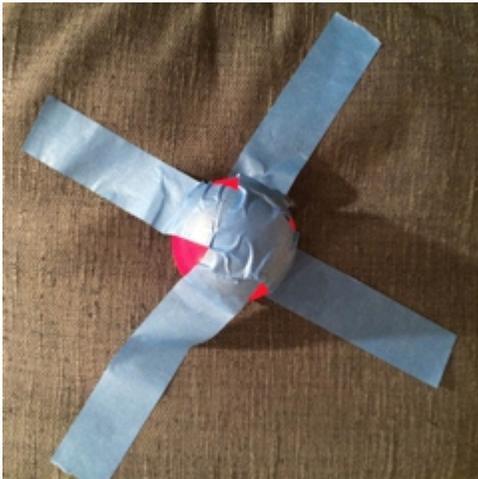


GROIN/EAR SLAP

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!**



THROAT/GROIN PUNCH

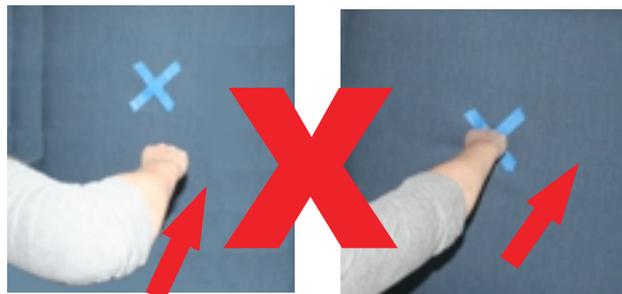
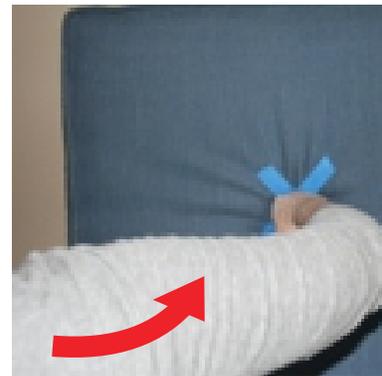
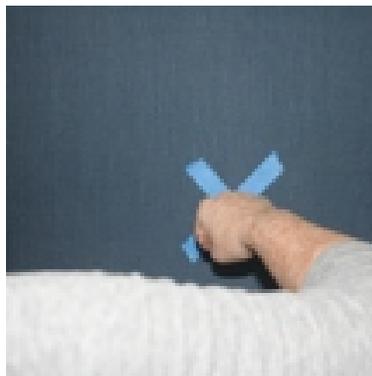
A strong punch to the throat can be debilitating to an attacker. If you cannot poke your attacker's eye, the throat punch is a good alternative for self-defense. This punch is also extremely effective when the groin is the target. Practice at home using the instructions below.

The throat punch is accomplished with a straight fist punch to the throat in the Adam's apple area (when teaching young children, allow them to touch your throat in this area so they understand where the target is). For the groin, aim the punch straight into the crotch area of the attacker's pants. Power the punch from the shoulder, not the arm. Make sure the thumb is on the outside of the fist to prevent injury to the hand.



Use a stiff, thick sofa cushion (a throw pillow is not thick enough to protect the person who will hold it for the child). Mark an "X" on the cushion with tape for the target.

Practice for accuracy first, then increase to full force. The punch should be executed by pushing through it with the shoulder vs. pumping the elbow. This will create more power.



Do not pump the elbow when punching.

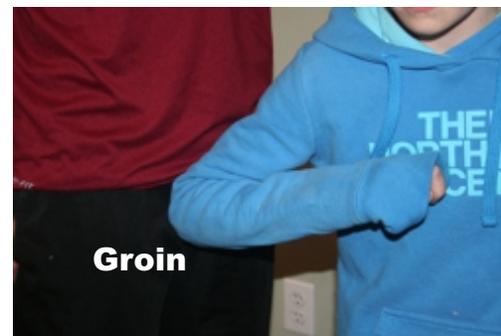
When practicing at home, always yell out in your safe voice as you use your self-defense. Remember that breathing and yelling are the key to a strong defensive response. As soon as you've hurt the attacker enough that they loosen their grip, run to safety...**RUNNING IS YOUR BEST SELF-DEFENSE!**



GROIN / SOLAR PLEXUS

When an attacker grabs your wrist or arm from behind, the elbow can be used to hit the solar plexus or the groin. We recommend the solar plexus as a target only for teens, and we strongly recommend the groin as a better target for this defensive tactic. The solar plexus is the place between the rib cage and the belly button where you can “knock the air out” of someone. Practice at home using the following instructions.

First, practice the motion without any force. Have someone grab your arm or elbow from behind. Pull away as if you’re trying to escape, then form your non-grabbed elbow into a tight point and pivot your body around, aiming your elbow into the groin or solar plexus, preferably the groin. Power should come from the pivot of your body, not from pumping your elbow.



After you are comfortable with the motion, practice full force with someone holding a stiff cushion (a sofa cushion is ideal) held in front of their body. Use tape to make an “X” on the cushion and hold it at the correct height (we suggest males who hold the cushion wear a cup for added protection during this exercise).

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!**

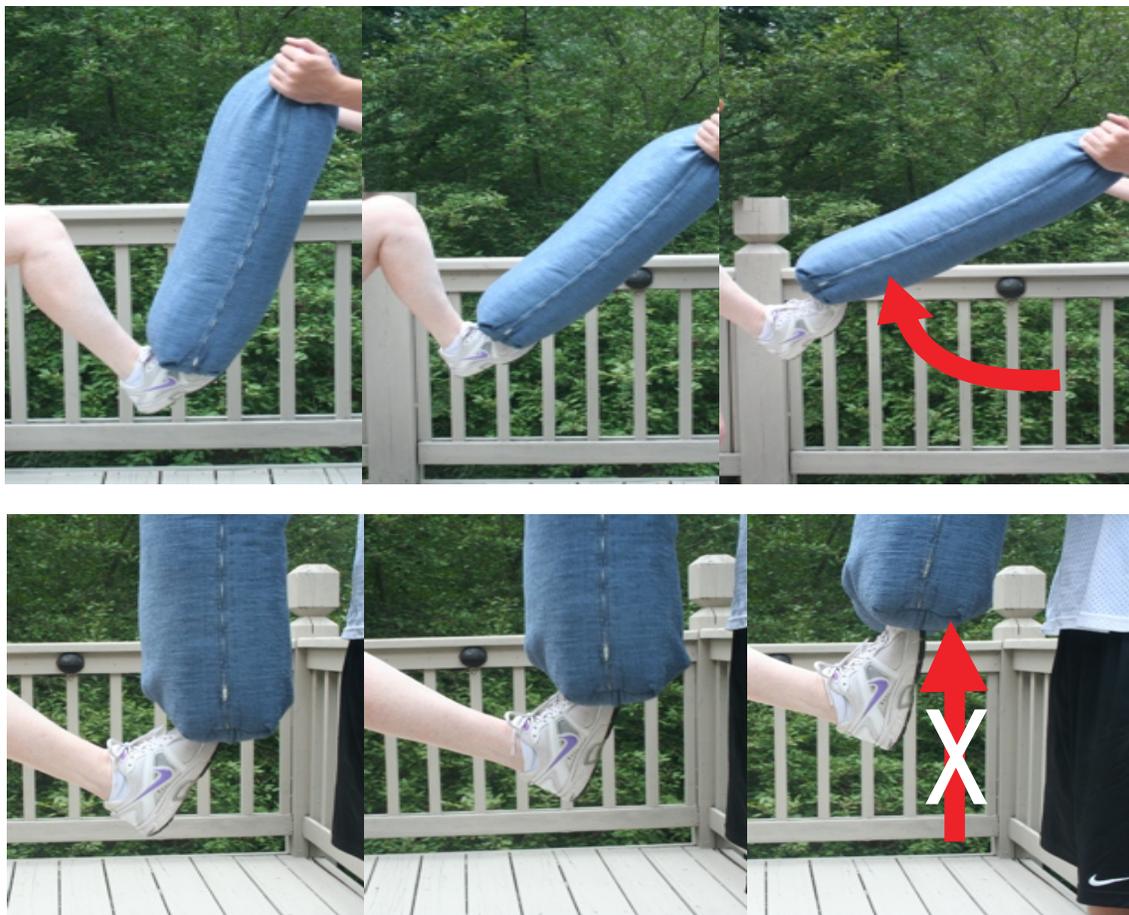


GROIN - SCOOP KICK

The groin is the second easiest target on the body (eyes are first). There are many defensive tactics that are effective on the groin. The scoop kick similar to a traditional groin kick, but with the added pain of pulling on the attacker's testicles with the foot as you finish the kick. **NOTE: This kick is not recommended unless the victim weighs at least 100 lbs. (if a victim is lighter, it's easy for an attacker to pull them off their feet by grabbing the kicking leg).** Smaller victims should use a punch or an elbow to hurt the groin. Practice at home using the instructions below.

Use a sofa cushion or other large cushion/pillow as the target. Have someone hold the cushion away from their body with the bottom is at groin height. For the kicking motion, the foot goes under the bottom of the cushion (the testicles) and pulls backward toward your body. The motion of the leg and foot is like the motion used to pump a bicycle backwards.

A correct motion will cause the cushion to pull toward you and lift into the air. An incorrect motion will cause the cushion to move straight upward. Practice slowly at first to get comfortable with the pulling part of the kick, then increase your speed to full force.



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GROIN - KNEE HIT

When defending against an attack, the groin is an ideal target to cause immense pain, and the knee is the most powerful tool available to a victim who has been grabbed from the front, typically by the shoulders, wrists or throat (keep in mind when being choked, freeing the airway is the critical action prior to executing any defensive technique). **NOTE: This tactic is only effective if the victim is tall enough to reach the attacker's groin with their knee, children and shorter teens should use a fist punch.** Practice at home using the instructions below.

NOTE: While it is unlikely that a violent attacker would be female, this tactic can also cause significant pain to a female's groin area.

Use a stiff cushion (like a sofa cushion) and place an "X" on it with tape to mark the target area. For practice, have someone hold the cushion in front of their body with the "X" at groin height (males may want to wear a protective cup during this exercise). You can use the top of the cushion for balance if needed (in an attack where you're grabbed, you would be stabilized by the attacker).

Create power by using the knee like a battering ram, pull it up first, then use your hip to ram the knee straight forward into the target, as if you were trying to push the attacker backwards.



Be sure to keep the foot tucked back so it doesn't hit the attacker's leg and reduce the power of the knee.

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