



Revved Up Kids Skills Practice

SHIN SCRAPE

The shin scrape is easy to execute, and very painful. Shin bones don't have any protection, even a small child is able to cause significant pain with a well-placed shin scrape. The tactic can be executed facing the attacker, or if the victim is grabbed from behind. Practice at home using the instructions below.



Assemble a target using a shoe and a broomstick or piece of wood. Place the wood in the shoe, and use a piece of tape to mark the location of the knee.

Have someone hold the wood at the top so it's firmly positioned in the shoe. Stand facing the wood and scrape from below the tape (knee) down to the shoe using the inside of your foot (the toe should not be used as it can easily slip off the shin during the motion of the scrape). Maintain contact with the target from the top to the bottom of the scrape. Start slowly to get comfortable with the motion, then increase the speed and force until you are executing full force.

Next, turn your back to the target as if your attacker is behind you. Use the outside of your foot to scrape the shin from just below the tape (knee) down to the shoe. As in the prior exercise, start slowly to get comfortable with the motion, then increase speed and force until you are executing full force.

SCRAPE WITH INSIDE OF SHOE



SCRAPE WITH OUTSIDE OF SHOE



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!