

First Things First! WHEN FACED WITH DANGER

1. REACT
2. THINK and CONTROL PANIC
3. BE PROACTIVE
4. BE AGGRESSIVE

TECHNIQUES

FRONTAL ATTACKS

1. Kick to Knee
2. Thrust Heel Through Leg
3. Eye Poke
4. Palm Strike
5. Ear Slap
6. Throat
7. Elbow to Spine

GRABBED FROM BEHIND

1. Toe Stomp
2. Shift Hips – Arm Bar to Groin
3. Pinky Grab
4. Back of Head to Nose
5. The PIVOT—Turn, Plant Feet, and ATTACK!

BE Aware ★ BE Confident ★ BE Intuitive!

**Disclaimer: There are too many variables to cover all real life scenarios. None of these techniques are guaranteed.*

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