

BHS SELF DEFENSE

GRADING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20)		/4	/4	/4	/4	/4
SKILL (12/24):		APPLICATION 2 (4):				
APPLICATION 1 (4):		APPLICATION 3 (4):				
KNOWLEDGE (6)						
TOTAL (50):						

SKILL 1: The Basics

- Ready Stance: feet shoulder width apart, hands out in front, square to attacker
- Step Evasion: Sidestepping out of direct line of attack
- Block: Ready stance, block forearm, step evade to outside of attacker

SKILL 2: Strikes

- Palm Heel: Extends arm in straight line towards nose or chin
- Hammerfist: Extend arm to side making contact with pinky side of fist

SKILL 3: Kicks

- Kick: Open hip, chambers kicking leg, locks ankle, contact on laces of shoe
- Knee: Reciprocal motion, pull attacker in to knee, drive through target
- Circle Reflex: Moves in direction of attacker, keeps legs active at all times

SKILL 4: Releases and Defenses

- Wrist Release: One and two hand releases, utilizing radial bone position
- Choke Escape: Tucks chin, shrugs shoulders, raises hands, pivot 180 degrees
- Bear Hug Defense: Head butts, foot stomps, shin kicks, groin strike, eye gouges
- Ground Defense: Attacker has you on the ground, use demonstrated moves to get away.

TOTAL SKILL: /12-24

APPLICATION 1:

- 4** The Student effectively applies skills (listed above) with few, if any, observable errors in technique.
- 3** Applies skills with some errors in technique.
- 2** Performs skills showing some elements of correct technique but application is ineffective and unconvincing
- 1** Attempts skills but technique is not yet sufficient resulting in ineffective and unconvincing performance.

APPLICATION 2:

- 4** Constantly applies effective defensive strategies (yell HEY & using combinations on the bag) without hesitation.
- 3** Can perform combination on bag but does so with thought and hesitation, moderate yelling
- 2** Can demonstrate some skills correctly but struggles to combine strikes and yells HEY only with reminders and guidance.
- 1** Focuses only on performing an individual skill and cannot combine with force or yelling.

APPLICATION 3:

- 4** Applies the rules of learning such personally defensive moves. Understands and demonstrates the consequences of using these skills in a non-life threatening situation.
- 3** Applies major rules but on occasion demonstrates a lack of awareness of consequences of misuse of skills.
- 2** Demonstrates a basic understanding of the rules but needs constant redirection to practice safe and appropriate demonstration of skills.
- 1** Constantly demonstrates their ability to perform skills and practice demonstrations inappropriately.

TOTAL APPLICATION: /12

Self Defense: Is an awareness of who you are, where you are and of potential situations which may need firm and or defensive actions. The very last resort is the actual self defense physical reaction. Defend in order to get away



FIVE PRINCIPLES OF DEFENDING YOURSELF

- Resist immediately, decisively and explosively
- Yell Loudly
- Attack a Vulnerable Target
- Fight to Win – 100% Conviction, 100% of the time.
- Never go to another location!



Strikes:

Palm Heel
Hammerfist
Elbow
Head Butt
Eye Gouges

Kicks:

Roundhouse
Knee
Foot

Body Weapons:

Palm Heel
Hammerfist
Elbow
Head
Thumbs
Fingers
Knee
Foot

BODY TARGETS

- Eyes
- Throat
- Knee
- Ears
- Solar Plexus
- Shin
- Groin
- Nose
- Instep

“ACCESS” VIOLENCE PREPARATION ACRONYM

- **ASSESS** the situation
- **COUNT** the number of potential assailants
- **COMMIT** to a strategy and put all of your efforts behind that strategy
- **ESCAPE** from your assailant(s) as soon as the opportunity presents itself.
- **SILENCE** the self-doubt and rationalizations in your head
- **SUBDUE** the attacker as quickly as possible

THE ANATOMY OF AN ASSAULT

- **WHO:** Women, children Senior citizens, disabled, etc.
- **WHERE:** Isolated areas, including your house and car
- **PSYCHOLOGICAL STATE OF POTENTIAL VICTIM:** Under the influence of drugs or alcohol, depressed, not paying attention etc.
- **TEST:** An interaction with the attacker where the potential victim may be tested through means such as casual conversation, threats, invasion of personal space, touching, grabbing etc.
- **ATTACK:** The attack takes place if you fail the test and appear to be an easy victim.

TIPS

- Always know your surroundings
- Keep a phone and phone numbers close.
- Always avoid potentially dangerous situations
- Yell – Be Loud – Fight with 100% conviction, 100% of the time.
- Vary your routes
- Use the buddy system
- Make sure that someone always knows where you are

FACTS

- 1 out of every 3 women will be raped at sometime in their lives.
- 1.3 rapes take place each minute.
- Only 36% of rapes are reported to the police
- Two-thirds of sexual assaults are committed by someone known to the victim.
- 87% of sexual assaults are on women
- 54% of women raped are younger than 18 years of age, 22% are under the age of 12.
- Assailants are motivated by the wish to humiliate their victims, not for sexual gratification
- 70% of all sexual assaults are planned.