Introduction, Principles, and Concepts, Explosive Physical Responses
A to Face Targets, and Strikes
Modern Hapkido

100% Self Defense

Self Defense Manual

60 Second Lessons in Survival

WRITER: Victor M Cushing and Patrick J. Sergott

DATE: January 3, 2008

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Introduction and Purpose

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This manual is the result of years of thought and practice about how to teach others to protect themselves. It represents a condensation of principles and techniques that can be applied under stress to avoid and survive potentially violent situations ranging from being beaten, raped or killed.

To be truly safe, you must accept responsibility for your own protection. This manual is designed to help you learn how to do that.

If you are aware and alert you can recognize most potential threats or problems before they get to the flash point. In the act of recognizing those risks, you usually can either avoid them or defuse them verbally before they turn into a violent confrontation.

You will find tactics to deal with both confrontations and ambushes. The types of attacks shown here are realistic and range from merely hostile behavior to potentially deadly encounters.

In the rare set of circumstances when you are:

(1) Attacked by surprise,
(2) Cannot reason with your attacker because he is determined to hurt you,
(3) Do not have a safe way to leave the area, and
(4) Must use force to escape or come to the rescue of a loved one,

We will show you how to generate an explosive physical reaction, EPR, so you can survive and flee.

This manual is sometimes like a cook book. You can mix techniques and principles and create your own solution to a problem as long as you understand the principle and have practiced both the mental and physical skills required to implement it.

Any time you see a place where you say to yourself “I could just do this, instead of that.” You will be right. We just cannot show every type of attack and every possible response. We can give you an outline and guide you.

We assume that any attack or attempt at an attack once it has to be dealt with physically is serious. There is no way you can be gentle and stop a determined large frame person who wants to hurt you at least not in the time frame and scope most normal people can devote to training themselves.
We want you to survive, to limit any injuries you might get, and other than that, our concern is with your safety, not the health and well being of your attacker.

This manual will cover strategies and tactics for recognizing a developing attack, for defusing it when possible, and for reacting to ambushes where there was no advance warning. You will be told what gender issues to watch out for in the different ways that men and women tend to approach those brewing confrontations.

It will teach an A,B,C approach for dealing with violence using basic strikes, kicks, throws, a very few locks, and both dirty tricks as well as improvised weapons. You will be shown examples using related principles for applying that A, B, C approach to a variety of common attacks.

When you look at a manual on self defense it may be important to also know what is not in this work and why.

There are no fancy foreign terms. We have great respect for the martial arts that have lent their ideas to this endeavor, but there is no need for you to practice spelling and pronunciation to defend yourself. Those of you, who do know specific names for techniques, remember that they exist to protect people, not tie them up in vocabulary.

There are no overcommitted off balance slow motion attacks. There is no posing for the camera. There is no picture perfect posed single solution to an attack.

There are only two joint locks and one finger lock shown in this manual. Some of us love joint locking, but it is used to control people and often is a more complicated way of addressing a threat than just side stepping and kicking your attacker in the shins. You are not the police, it isn’t your job to restrain, control, and arrest the attacker. Your mission is to escape and survive. Even if you were law enforcement, you would have to deal with the violent attack first before you can arrest or control him.

Again for those of you who know more, there is no reason why you cannot apply your techniques, if you believe they will work under high stress for you. Just do not expect that a manual on basic self defense is going to devote a lot of space to anything that isn’t a gross movement that can be executed in a combat condition. We are not trying to make you experts in every discipline, just keep you safe.
So this book doesn’t contain any complex moves that take years to learn properly. Other than maintaining good balance and being aware that your attacker may be planning to hit or grab you in a specific fashion, this is not a book about martial art stances. You do not have to be positioned perfectly to defend yourself. It might help, but the learning curve is too steep.

We do not believe in any “one strike equals one knockout or one kill” nonsense. You have to assume you will hit and kick repeatedly to escape. If you land a perfect first strike, it is like bowling 300, really cool, but not a frequent event. We stress counter attacks to both the head and the feet or legs.

You will not learn the offensive use of weapons from this manual. In the improvised weapons section, you will learn what you can use to hurt someone enough so that you can escape.

There is no discussion of pressure points in this manual. Though they can be very useful, we are going to be working on mechanical defenses. It is difficult unless you are an expert to hit small areas when under attack. If his toes are broken, then he will not run after you or at least not very fast.

We do not advise purposely going to the ground, so this manual does not teach submission holds or extensive ground fighting. In both multiple attacker and sexual assault incidents your objective is to know how to fight off your attacker and get up as quickly as possible.

We do not teach trapping other than very elemental covering of the attacker’s hand, because the skills in trapping in our judgment require too complex a skill level to carry off in a combat situation.

It is possible that subjects not treated in this manual will be the subject of additional manuals or videos; however this manual is solely about the core of self defense,

This manual is the outgrowth of self defense classes taught at two universities, the practices from our experience as active duty military, law enforcement, security personnel, and the experience passed down to us by our teachers in the armed services, police departments, and the martial arts.

The IMHF Team:
Vic Cushing, Pat Sergott, Jim Mahan, Roger Lewis, Mike Crivello, Jim Paschelke
Modern Hapkido offers a self defense system based on a selection of Hapkido methods integrated with modern tactics from other disciplines to improve your chances in street combat attacks.

Modern Hapkido is 100% Self Defense for today’s society. There is a strong emphasis on awareness and avoidance to keep you out of trouble. Once trouble starts, we give you simple direct options like strikes, kicks, throws, locks, and dirty tricks.

<table>
<thead>
<tr>
<th>Uses C.O.R.E. Techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>Takes into account the most common types of attacks.</td>
</tr>
<tr>
<td>Recognizes the attacker may use a weapon.</td>
</tr>
<tr>
<td>Knows that multiple attackers may be involved.</td>
</tr>
<tr>
<td>Deals with Confrontations (where you have some idea trouble is brewing)</td>
</tr>
<tr>
<td>Deals with Ambushes (where you are taken by surprise or startled)</td>
</tr>
<tr>
<td>Keeps it simple and stresses escape and survival as your primary goals.</td>
</tr>
<tr>
<td>Includes the use of improvised weapons to escape.</td>
</tr>
<tr>
<td>Crime and Assaults are not Random.</td>
</tr>
<tr>
<td>-----------------------------------</td>
</tr>
<tr>
<td>Most Crimes/Attacks are premeditated.</td>
</tr>
<tr>
<td>The Attacker has thought out what he is going to do:</td>
</tr>
<tr>
<td>o Sexual Predators Stalk their victims</td>
</tr>
<tr>
<td>o Armed Robbers case the liquor store</td>
</tr>
<tr>
<td>o Bar Brawlers are ready</td>
</tr>
<tr>
<td>o Muggers follow their intended victim</td>
</tr>
</tbody>
</table>

| • They have plans to attack you. |
| • They will watch and test you to see if you look like a good victim |
| • The Best way to defend yourself is to have a plan. |
| • The best way to execute that plan is to train in realistic self defense. |

<table>
<thead>
<tr>
<th>Confrontations and even Ambushes follow a pattern and go through distinct stages.</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a <strong>Confrontation</strong> you will see the steps.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>In an Ambush your attacker has made his decisions unknown to you. The choice is already made.</th>
</tr>
</thead>
</table>

| • You will need to learn what behaviors your attacker will engage in and be ready for them |
| • You must know how to react when attacked by surprise! |
| • Act so as to survive, Fight hard, and make him stop! |

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Confrontations may give you some time to choose a response.

Ambushes are an attack in progress and you must respond.

Whenever you have a choice to use reason and conversation to resolve a conflict, you should take that route.

Sometimes circumstances and the other people involved may take that intelligent choice out of our hands.

"Violence when there is an alternative is immoral; Violence when there is no alternative is survival".

This is not a game, a contest or a display of skill. None of this material here should be used in arguments over parking spaces, name calling, etc.
He has a plan, do you?

- Role Play Attacks
- Plan to Defend yourself

The bad guys and thugs premeditate their crimes and fights. We need to premeditate our security plans. The most prepared and best trained individuals are going to be successful in a crisis.

Predator is the right term for those individuals who prey on other people without regard for them as human beings. The attacker plans who will be their victim, what they want from that person, how they are going to get what they want, and how they are going to get away with the crime or attack without getting caught. They are not concerned with the victim. It doesn’t matter if their prey is old or young, healthy or ill, that the victim may have a family, a husband or a wife with children. There is only one goal, the completion of the crime or their ego need to fight.
<table>
<thead>
<tr>
<th>You are responsible for your own safety.</th>
<th>We can’t tell you how many times we have seen and heard victims in a crime tell us the offender said he wouldn’t hurt them if they just cooperated with his demands. Then when the crime was complete they were beaten, stabbed or shot to avoid identification at a later date.</th>
</tr>
</thead>
<tbody>
<tr>
<td>o Role Play Attacks</td>
<td>You cannot count on the mercy of an attacker whether it is a criminal attack or an assault situation. The assailant has only his interest at heart and only his objectives matter to him.</td>
</tr>
<tr>
<td>o Plan to Defend yourself</td>
<td>What we are telling you is that you are responsible for your own safety. If you are waiting for the hero to ride up on the white horse to save you, let me tell you, it only happens in the movies.</td>
</tr>
</tbody>
</table>
Attacks are not Random

<table>
<thead>
<tr>
<th>Intent</th>
<th>Confrontations and even Ambushes follow a pattern and go through distinct stages.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Absent intent there will never be an ambush and most confrontations can be defused. If he intends you harm, as a predator, you have to be ready!</td>
<td>Your best bet for survival is to interrupt that process:</td>
</tr>
<tr>
<td><strong>Interview</strong></td>
<td><strong>By Hardening the Target</strong> – Be someone who is aware and competent</td>
</tr>
<tr>
<td>He will feel you out verbally to decide if he is going to attack… or he will just watch silently interviewing you by observing your behavior</td>
<td>By letting him realize during the interview with your body language and verbal parries that you are not an easy target</td>
</tr>
<tr>
<td><strong>Positioning</strong></td>
<td>By denying him a good position from which to launch his attack</td>
</tr>
<tr>
<td>He will move often while talking, asking questions or even yelling to a place from which he can hit or grab you.</td>
<td>By counter attacking = The last resort.</td>
</tr>
<tr>
<td><strong>Attack</strong></td>
<td></td>
</tr>
<tr>
<td>If he is satisfied you = a victim, and has position, he will attack. The attack is step #4 in this process.</td>
<td></td>
</tr>
<tr>
<td><strong>Reaction (after the Attack)</strong></td>
<td>He goes on to do more…</td>
</tr>
</tbody>
</table>
An axiom for survival and escape is that the Response must be equal to the Threat or if you like a shorter version,

**Response must = Threat**

This logic underlies common law and statutes as to how much force you may use to defend yourself, is the standard applied to develop Use of Force models for law enforcement, and the thinking that guides military Rules of Engagement.

None of us can predict or know our attacker’s intentions which may include murder and rape.

We can only react to the physical and non-physical cues or behaviors he exhibits. Generally a person pulling out a knife has different intentions than someone shaking their fist at you, but there is no way to really know. The most innocent appearing behaviors may mask deadly intent as in the rape and murder spree of Ted Bundy.

You might treat the person with the drawn knife more gently if you knew them (such as a relative) or they were clearly emotionally disturbed, but if you let your relationship or kindness override the rule that keeps you safe i.e. **Threat must = Response**, you are taking a terrible risk with your own safety. Even if you are dealing with Drunken Uncle Lou at the family reunion, the level of response has to match his intensity. He is just the family disgrace until he pulls a knife and lunges at you, now he has become a threat to your life to be dealt with. If you are distant from the threat, there are some choices. If he is right there, you have to stop him, relative or not.

Conversely, without becoming paranoid, you need to keep a polite skepticism about overly friendly or seemingly needy people who want to invade or share your personal space.

If you feel threatened, listen to your own concerns. Make an exit and leave before any trouble arises. We advise once an attack has started using enough force to be sure you can make a safe escape. You will hear more about all of this. Now let’s look at threats and responses.
Below we have devised a classification of threat and response situations we call Piles. The bulk of this manual assumes that we are dealing mostly with matters in Pile 1, and sometimes with assaults from Pile 3.

We do not address Control Tactics, Pile 2 or Assassination methods, Pile 4. Obviously if you are aware enough, have enough space between you and the threat, and avoid or defuse a situation, then the pile is not important.

Once you have to use force, however, it does matter which pile you are dealing with. You shouldn’t use highly violent means to deal with merely annoying behavior nor should you use gentle reasoning to deal with a murderous ambush.

## Threat and Response Table

<table>
<thead>
<tr>
<th>Pile 1 Threats</th>
<th>Pile 2 Threats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serious Bodily Harm, Rape, Death</td>
<td>Professional Control &amp; Restraint</td>
</tr>
<tr>
<td>Responses:</td>
<td>Police, Corrections Officers</td>
</tr>
<tr>
<td>Footwork, Movement, Strikes, Kicks,</td>
<td>Responses:</td>
</tr>
<tr>
<td>Head Control, Takedowns, Throws,</td>
<td>Minimum Custody Situations,</td>
</tr>
<tr>
<td>Dirty Tricks</td>
<td>Takedowns, Pins, Throws, Joint</td>
</tr>
<tr>
<td>Covered</td>
<td>Locks, Escort techniques, Arrest</td>
</tr>
<tr>
<td>Covered</td>
<td>Tactics, Handcuffing</td>
</tr>
</tbody>
</table>

**Pile 4 Threats**

<table>
<thead>
<tr>
<th>Pile 4 Threats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sentry removal, Covert ops</td>
</tr>
<tr>
<td>Responses:</td>
</tr>
<tr>
<td>Chokes, Neck breaks, Use of</td>
</tr>
<tr>
<td>Knives and Firearms, other</td>
</tr>
<tr>
<td>Not Mentioned at All</td>
</tr>
</tbody>
</table>

Remember this is just for guidance. When it is real, choose the response that is needed to survive and escape.
Here is a chart that shows what this manual will cover.

**SELF DEFENSE BEHAVIOR MODEL**

- Awareness (you will have:
  - Acceptance of Conflict
  - Awareness of Ambush
  - A Way to Make Decisions

**CONCEPTS**

- Avoid
- Intercept
- Move
- Technique

**COMMON ATTACKS**

- Strike (Hook or Straight)
- Hair Grabs
- Chokes
- Grab Wrist/Arms
- Grab Clothing
- Head Locks
- Bear Hugs
- Push/Shove/Tackle
- Mounted Choke/Punch
- Swing a Blunt Object
- Picks Up Person
- Kicks at You
  - ... And whatever else they come up with including hidden weapons, and their nasty buddies!

**BREAKAWAYS/Shoves**

- Be Aware
- Leave Area
- Use Fences
- Pivot
- Move
- Block
- Deflect
- Shed

**STRIKES**

- Eye Jab/Strike
- Palm/Heel
- Inside/Outside
- Back Hand
- Front
- Rear
- Bottom Fist
- Side

**LOCKS**

- Arm Bars
- Outside Wrist
- Finger Lock

**THROWS/Traps**

- Flip/Shove
- Head Twist
- Shoulder Twist
- Hip Twist
- Body Drop

**CHOKE/Planes**

- Neck Naks
- Arm Down
- Arm Down
- Arm Down from Front
- Knife Throat
- Clothing

**NASTY TRICKS**

- Verbal Field
- Weapons
- Blunt
- Eaged
- Edged
- Flexible
- Proyectile
- Improved
- Fincle
- Oranges
- Eggs
- Scratches
- Spraying

---

You must have a **Target** to be effective, and you have to cause enough damage so you can escape safely. Use EPR and IED to escape and survive. Once you must defend yourself, go to 100%, and don’t stop until you are safe!
Modern Hapkido Self Defense Manual
S.A.F.E.

The Three Musts

S = Sense it, Be Aware
A = Avoid it, Evade
F = Fight to Freedom*
E = Escape to Safety

* As unpleasant as it may be, at this stage you may have to stun or hurt your attacker enough so that you can leave.

Escape = Survive and Leave.

We are not trying to be:
- Police = Control and Arrest
- Military = Kill or Hurt Badly
- Contestant = Win Fight

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The Three Musts are a way of looking at threat levels, risks and appropriate responses.

The Three **Musts**

- Mind Control = Using your Brain
- Strategy = Using your Heart
- Technique = Using your Body

None the three musts work alone, they all depend on each other.

The more you work on each, the higher your odds of survival in a nasty situation.

### Mind Control

**You Must Use Your Brain**

This must needs to keep working in high stress situations

- Mental Awareness
  - External and Internal
- Threat Recognition
  - Accepting Situation for what it may become
- Threat Realization
  - Actual Threat Exists
- Defining and Controlling your Personal Space
- Focus = Getting ready to Act
## Strategy

**You Must Use Your Heart**

This must makes plans for survival. You need to have courage to act and survive.

## Technique

**You Must Use Your Body**

This must has to be practiced so you can do what is needed.

## Acting with Spirit

How to Deal with Confrontations and Turn the Tables:
- Verbal Commands
- Escape
- Alarms
- Attack Plans
- Available Assets
- Focus

## Train Realistically

You can have the heart of a lion and the mind of a genius, but theories and formulas and lots of passion will not save your butt unless you can put them in motion physically.

**You need the will and the skill to survive!**

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### In a violent situation my goals are very basic:

**Escape and Survive!**

I will be a *Wolf*!

- If attacked, I will say and do whatever it takes to survive.
- Even if my attacker is bigger and stronger, I will survive.
- I will get home to my family and those who love me.
- I must think and act to protect myself.

### Survival

**When I am forced to defend myself or people I care about, failure is not an option!**

I am not a *sheep*!

**Survival may mean**

- Saying, ‘I am sorry” when it wasn’t my fault
- Looking like a coward and running away
- Getting hit a few times before I can escape
- Being beaten badly, but counterattacking to hurt the attacker enough to force him to stop

### In a violent situation my choices are:

**Wolf or Sheep**

I choose the *Wolf*…though I might pretend to be a Sheep to throw my attacker off guard.

**I will:**

- Improve
- Visualize responses
- Carry a cell phone
- Consider legal carry of a weapon

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Threat Levels

- Yellow = Talk with Caution
- Orange = Threat or Warning
- Red = Danger = Act Now

What to look out for:
- Intent
- Interview Stage
- Range and Position
- Skills (Perceived)
- Size-Body Type = Danger!
- Number, 2 or More = Danger!
- Weapons = Danger!
**Verbal parries**

Use Verbal Parries at each stage whenever possible:

- “Leave me alone”
- “You need to leave now!”
- “Back off”
- “This is over”
- “Back away”
- “I don’t want to hurt you!”

These are reasonable warnings, not an invitation to combat.

These are just samples, there are lots of others.

Even though you may be afraid, do not freeze. What you are feeling is adrenaline, you will use it later if you have to use physical force to escape or survive.

**Think I am in trouble.**

**But**

...  

There are some things I can control or do right now... Then you will start to think of solutions.

Externally stay calm and act neutral (as best you can).

Internally GET READY!

Start the countdown

10…9…8…

Not quite this big a smile
In a confrontation the situation may escalate and get to condition red where the threat is clear, an attack is about to happen.

In an ambush because the attacker has already made his move you are already under attack.

Both of these call for you to respond to the threat. Remember the response must be equal to the threat. You have to deal with what is happening. **You're now the Wolf!**

The C.O.R.E. manual offers options for avoiding conflict and defusing it. Those options have been exhausted or skipped because you were ambushed. Now you are at the place where you must defend yourself.

There are two concepts you should become familiar with

**Explosive Physical Response or EPR**

EPR means that you go into action like a rocket launching. Once you must defend yourself or someone else, you put 100% of your effort, mind, body and soul into only that. You attack the attacker exploding into him with, hands, forearms, elbows, shoulders, feet, legs, knees, nails, teeth and whatever other weapons you can bring to bear on him so as to stop his assault and keep him from renewing it or pursuing you when you make your escape. You want to do EPR so as to avoid anyone doing CPR on you.

**Improvised Effective Defense or IED**

As you attack you find the closest targets and hit or kick them, you will switch to other targets if your attacker moves or reacts or if you are in a different position as you move forward. There is no one single best way to deal with an attack, you will adjust and improvise always keeping the goal of making sure he is unable to hurt you again. You should stay in motion and on the attack until there is no doubt it is over. You want to do IED so as to avoid ICU for yourself.
General Self Defense Principles

Stay out of Trouble, if you have any choice.

Walk away, leave fast, run away, and make an exit!

If you have no choice and cannot leave, then:

- Keep it simple
- Surprise your attacker
- Charge into him
- Generate speed
- Make a hard first impact
- Follow up on your own attack
- Hit or kick multiple times

Physics of Combat

- When attacked or on defense spread incoming force out over time and distance
- Move out of the way or intercept the attack
- Movement is the best block: Step, Hop, Zone, Slide
- Move head, upper body first, then step.
- When attacking or on offense deliver force to smallest area with Concentrated area of striking point in least amount of time

Strength is not the key to survival.

Surprise, balance, speed, hitting the target, and using your whole body are all keys to causing enough damage so you may escape.
• Even though particular examples may be shown with a male defender, the techniques work for females.

• Even though particular examples may be shown with a female defender, the techniques work for males.

Remember, **Your goal is to escape**, not to win a fight and get bragging rights.

So if you have the chance, **just leave**, do not try out your skills!
Caution especially for women:
With anyone you do not know well, use physical force only as a last resort and never as a method of communicating frustration or displeasure. Use words for that.
Do not poke or slap to tell him to behave. Only hit or kick if you must do damage to escape.
If you hit or kick do so to escape or survive. You do not want to provoke a violent attack by starting a physical confrontation with a weak technique.
A stranger may interpret any weak strike as an invasion of personal space and counter with a much higher level of force.

Gender Issues in Confrontations

**Women’s biggest issues:**

Overcoming the social directive to “be nice, be polite, take care of others” to speak with an assertive voice at the start of the interview and using force to do some harm to another person, if logic fails and they attack you.

Failing to understand the meaning of certain behaviors. If a man turns his back on you as and after you are assertive and begins to leave, you have won.

Do not be insulted. It is a victory. **Be quiet!**

Do not try to have the last word and by doing so get him angry and turning back to you to re-engage.

**Do not turn your back as an insult to him; it sets you up to be attacked from behind.**
For Women- "Close Encounters of the Wrong Kind"

- Do not protect your attacker - Protect your family, those who love you, those whom you love.

- How will it effect your father, brother, mother, sister, husband, boyfriend girlfriend or children? If you are...
  - Maimed
  - Raped
  - Killed

- Open your mind to the necessity of applying pain and/or injury so that you can return safely to your loved ones. You are not responsible, if someone else intends to rape or murder you, for their injuries.

- Co-operating with a Rapist, means you will be Raped. Co-operating with a Rapist-Murderer, means you will be Raped, then Killed. If you want to feel guilty afterwards about hurting them, even though you have no reason to do so, that's OK, just be there to indulge yourself.

- Stun, Bite, Gouge, Blind, Disembowel, Maim, Cripple, Castrate, Kill Him/Them, so you stay alive and whole. Hit him with a shovel; drive your car over him You get the idea. Do what it takes to survive and escape!

- Set a Trigger = Any unwanted touch or any invasion of your personal space must be interpreted as an Attack.

- Visualize Sexual Assault Scenarios involving Rape and Oral Rape. All can be dealt with if you plan and think ahead about how to defend yourself:
  
  Grabbed from Front, Grabbed from behind  
  Pinned Upright, Pinned to Ground  
  Shoved to ground  
  On back, on stomach  
  Forced to Kneel  
  On Hands and Knees  
  In bed, at beach  
  Dragged by feet, dragged by hair  
  Ligature around neck
<table>
<thead>
<tr>
<th>Men’s biggest issues:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning to choose an assertive mode of behavior instead of either passive mode (flee) which makes you into a target or aggressive mode (fight) which raises the stakes too soon.</td>
</tr>
<tr>
<td>We call this too aggressive mode “Peacock Mode” or “TPS” for “testosterone poison syndrome”. It is one thing to speak with authority and calmly loudly give directions. It is another to invite attack with aggressive’ “let’s fight” dialog.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If you get this close, whoever hits first will win!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Posturing and acting tough, when conversation or an apology (even though you didn’t do anything wrong) would end the conflict.</td>
</tr>
<tr>
<td>Failure to see that trouble is starting with an “I can’t believe this is happening attitude” by letting the potential attacker get too close as you get in each other’s face.</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Clowns, Idiots, and Victims</th>
<th>It is OK to have fun. Enjoy yourself, just don’t become a Clown, Idiot, A**hole, Jerk (you can supply any phrase you prefer).</th>
</tr>
</thead>
<tbody>
<tr>
<td>“All things in moderation”</td>
<td>Have a buddy system, so someone is watching out for your interests.</td>
</tr>
<tr>
<td></td>
<td>Drink moderately as a part of socializing, not as your main objective.</td>
</tr>
<tr>
<td></td>
<td>Have some specific dos and don’ts for your own behavior and stick to them.</td>
</tr>
<tr>
<td>Some may be Alright</td>
<td>Alcohol and Drugs whether legal or not can set you up to be a Victim.</td>
</tr>
<tr>
<td>A Lot will create Bad Risks</td>
<td>They limit your ability to recognize a threat or danger if you overindulge.</td>
</tr>
<tr>
<td></td>
<td>They eliminate your ability to escape by running and your mental agility, balance, resolve and capabilities to use force to survive if attacked.</td>
</tr>
</tbody>
</table>
Awareness is a Key to Self Defense

Lack of Awareness sets you up for trouble

- We are not blaming the victim
- Awareness increases your chances of avoiding attacks
- Do not tune out, it makes you too vulnerable!
- Do not be paranoid, but do stay alert.

Sheep asleep at the switch

- Looking Down
- Focused on Reading
- Both Hands Full

Lack of Awareness sets you up for trouble

- We are not blaming the victim
- Awareness increases your chances of avoiding attacks
- Do not tune out, it makes you too vulnerable
- Do not be paranoid, but do stay alert.
Awareness

- You have to be willing to accept that violent dangerous confrontations might happen to anyone.
- Violence is unpredictable, but you can learn to be prepared and deal with it.

If your senses or intuition say there is a problem, listen!

Awareness includes external events and internal reactions.

If you are afraid, hair standing up on the back of your neck, listen to yourself!

---

Be a Wolf!

You should be a well behaved alert critter until the options are exhausted... then **Attack**!
**Distance is your friend!**

<table>
<thead>
<tr>
<th>Keep a <strong>S.A.F.E. Distance</strong> When the individual’s intentions are not clear!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>S.A.F.E. Distance for Women</strong> = Far Enough so he has to lean or take a step to touch you</td>
</tr>
<tr>
<td><strong>S.A.F.E. Distance for Men</strong> = Handshake Distance or slightly further</td>
</tr>
<tr>
<td>- Weapons involved = More Distance</td>
</tr>
<tr>
<td>- Multiple Aggressors = More Distance</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>At least a step away</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay out of his reach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Be Aware, Relaxed, Ready</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fences = Hands Up, Ready</td>
</tr>
<tr>
<td>Relaxed Picture (Externally)</td>
</tr>
<tr>
<td>Ready to Go (Internally)</td>
</tr>
<tr>
<td>Unassuming = Open Palms</td>
</tr>
<tr>
<td>Knees partially bent</td>
</tr>
</tbody>
</table>

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Stay in a Neutral Position when possible

<table>
<thead>
<tr>
<th>Neutral Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Do not show that you are ready to fight</td>
</tr>
<tr>
<td>- Instead take a non-threatening position that covers your head and throat</td>
</tr>
</tbody>
</table>

Neutral, Non-verbal = calm

Here is another example of such a position.

This type of position could include rubbing chin and allows for a quick strike to the attacker’s head or face

Hand ready to block or strike

Here is another example of such a position.

Do not fold both hands under or you won’t be able to move when you need to.

Left hand ready, not tucked in
### Condition Yellow

You can tell him what he might want to hear, keep your distance safe, and stay alert. Keep a SAFE distance. Use calm tone.

There is no reason for physical action until he goes to put his hands on you, then it is your call as to what happens next. Stay relaxed and Stay Ready.

### Negotiating Position

- Palms Up
- Hands Apart
- Neutral expression
- Eyebrows slightly raised

### Use Verbal Responses:

All in a conversational tone:

- “I don’t want any trouble”
- “Why don’t I just leave?”
- “I am sorry, you are right; let me buy you a beer.”

Defuse with calm attitude and words, if at all possible.

Just remember you cannot predict his intentions, so stay alert!

Distance equal time to react.
Condition Orange

Hands up, Quiet Demeanor, Ready

Use non-personal parries, be specific

He is too close, move away or hit first. His pointing finger represents a serious threat to you.

“I don’t want trouble” Position

Stay Neutral – not yet an attack …we do not want to trigger one

- Palms Out
- Hands Apart out at 135° Angle
- Use Verbal Parries
  “Leave me alone”
  “Back off”
  “I need you to leave now”
  “Leave Now!”

Alternative Position with a Warning: **He is too close!**

- Neutral
- Aware
- Ready to Strike First
- Feigning submission

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## Condition Red

**Condition Red** – Attack is happening now!

**Go to Fighting Stance** (also called **Ready Stance**)

**Confrontation Situation** = Trouble is about to Happen

Any invasion of your personal space after you have warned him = Attack

**Ambush Situation** = he has attacked, punched, grabbed you by surprise

**Your Actions:**
- Turn Towards him ASAP!
- Eyes to Center of mass
- Counter Attack!

**Give Verbal Instructions in “Bad Dog” tone with loud voice from the diaphragm**

- “Back away!”
- “Leave now!”
- “Let go of me!”

Unless raising your voice will trigger a nervous reaction – like getting you shot!
Condition Red

Confrontation

Punch is coming!

Defender moves forward and strikes!

Another View of Fighting Stance (Ready Stance)

- Don’t be distracted by their words
- Pay attention to their physical position

You should

- Lean forward
- Drop Chin
- Gaze Center of Mass
- Stay Ready

The Wolf in you might say in a loud voice, “Back off, I don’t want to hurt you”

Be ready and counting down

because

He will probably Attack!
### Condition Red

**When you are going to Fighting Stance**

Scan back and forth to hands to detect movement/threat

![Condition Red Illustration]

**Do not get into a stare down!**

If you are going to look one place. Look at center of Chest...It keeps you from being drawn into his rage, and keeps you from being blind sided by your own tunnel vision

Watch for **Pre-attack Cues**

<table>
<thead>
<tr>
<th>Condition Red</th>
<th>Be aware of your environment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>When you are going to Fighting Stance</strong></td>
<td><strong>Try to stay relaxed enough to scan the area, remember he may have buddies...be aware of this risk.</strong></td>
</tr>
<tr>
<td>Scan back and forth to hands to detect movement/threat</td>
<td><strong>While you are confronting him you do not want to be ambushed by his friends.</strong></td>
</tr>
<tr>
<td><img src="image1" alt="Condition Red Illustration" /></td>
<td><strong>When possible keep barrier between you such as a desk, table, chair, guard rail, etc.</strong></td>
</tr>
<tr>
<td><img src="image2" alt="Condition Red Illustration" /></td>
<td><strong>Keep eyes on center of mass - see hands and feet</strong></td>
</tr>
<tr>
<td><img src="image3" alt="Condition Red Illustration" /></td>
<td><strong>Do not get sucked into a stare down – It leads to tunnel vision</strong></td>
</tr>
<tr>
<td><img src="image4" alt="Condition Red Illustration" /></td>
<td><strong>Ignore his words, watch his movement and body language</strong></td>
</tr>
</tbody>
</table>
Pre-attack Cues

Head/Face

- Quick glances at specific area of your body (Targeting).
- Stares or Looks Hard at you, as if you weren’t a person.
- Head movements in and out like a chicken pecking.
- Color leaving face getting paler.
- Quick looks away as distraction or checking post-attack escape route
- Talking to you and turning head around quickly (checking for your backup and getting ready to “hit and run”)
- Hiding or Touching Face, Smoothing back hair, removing a hat (nervous moves to hide his plans to attack you)
- Lowering head getting ready to charge (getting body ready to move)
- Loss of verbal ability, grunting or resorting to “yeah!” “So!” “and?!”
- Goes completely quiet from making a lot of noise

Hands

- Opening and closing hands, splaying fingers, clenching fists.
- Jabbing and/or pointing forcefully with one finger
- Hand hidden out of sight, palm not visible or holding arm in funny position (hiding a weapon)
- Hand touches pocket or small of back or anywhere several times (checking he still has his weapon)

Feet/Body

- Movement from one foot to the other, shifting weight.
- Moving shoulders back, and “squaring up”.
- Bobbing up and down or rocking from side to side.
- Stepping into a “Boxer’s Stance” with feet, no matter what he does with hands
You can set them up with your own positioning

- Open Hands and Frame
  Your Face = Straight Right or Grab

   Good Guy View

Show him where to punch or grab

   Bad Guy View

- We cannot stop him from punching or grabbing at us, if that is what he intends to do

But we can “feed him the cheese” and get him to punch/grab the way we are expecting.

That way we are ready for what he will do next.

This is also called “Framing the Shot”
You can set them up with your own positioning

Show him where to punch or grab

- We cannot stop him from punching or grabbing, if that is what he intends to do

But we can “feed him the cheese” and get him to punch/grab the way we are expecting.

That way we are ready for what he will do next.

- Closed Hands and Hide Your Face= Roundhouse right or Outside grab

Good Guy View

- Since he will not want punch/grab through your hands he will throw a hooked punch or grab

Bad Guy View

He will take the line of least resistance.

This is also called “Framing the Shot”
### X Objectives when Attacked
(When Talk and reason have Failed, and he attacks you)
- Avoid Strike or Grab
- Keep Him from Continuing
- Keep Him from Pursuit
- Escape

### How? Limit or Remove
- Vision
- Mobility
- Air
- Consciousness
- Will

### Y 3-2-1 & 1-2-3
- Get off the Line of Attack! (Footwork)
- Counter Attack! Hit him many times!
- Leave!

### Explosive Physical Response
- Move Forward on Angle
- Multiple Blows and Kicks
- A to Face, B to Base

### Improvised Effective Defense
- Closest Weapon to Target
- Just react without thinking
- Use Dirty Tricks, Cheat!

### Z You want him to be:
- In Pain
- Off Balance
- Colliding with a Hard Object = K.O.
- Stunned & Disoriented

### Skills Needed for Survival
- Learn Distance & Footwork
- Learn the Primary Targets
- Learn the Basic Strikes/Kicks
- Learn how to get Head Control
- Improvise Tactics, Weapons

Do Whatever it takes = IED

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<table>
<thead>
<tr>
<th>1</th>
<th>Read from top to bottom in this first column that is the left side</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Then read from top to bottom in second column that is the right side</td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
</tr>
</tbody>
</table>

In a few cases pages will read differently because of material presented. You should not have any trouble with those variations.

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Explosive Physical Response Example

...3...2...1 = Countdown Over!

EPR Time!

- In Pain
- Off Balance
- Colliding with a Hard Object (A Knee)
- K.O.

Defender has framed the shot

Forward engagement, intercept punch

Pull him down and set up kicks

Forearm smash, get head control

Shin kicks... as many as needed!

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Using head control bring him down

Continue with IED, Improvised Effective Defense

Headsed for a crash

Colliding with a Hard Object! (the floor)

Keep Going with your IED!

Slams into floor

K.O.!

There are lots of ways to do an IED.

You just move and hit/kick as targets present themselves and use head control or execute throws when you see an opening to do so.

This is over!
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>
| **1** | Clear the Line to the Target, if it isn’t already open | Remove barriers, get to work  
 if his arm is in the way of your ability to hit him in his head, get his arm down or swung to outside |
| **2** | Initiate a Direct accelerated strike | Step forward and simultaneously strike or kick.  
 Do not chamber kick or cock fist first.  
 Let your hand or foot start moving first, then step in. |
| **3** | Strike the Closest Target First | Hit what is near you. Know the targets on his body.  
 • Hands Hit from his head to his groin  
 • Knees strike mid-thigh to ribs on his body  
 • Feet kick from his feet to his groin |
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4</strong></td>
<td><strong>Strike Areas not Pinpoints at the start of EPR</strong></td>
</tr>
</tbody>
</table>
|   | Aim at a general cluster of targets.  
Example: any hard blow with knife hand or forearm smash to the head or neck will stun.  
Example: Stomp to top of foot will cause damage |
| **5** | **Strike/Kick/Fire Repeatedly** |
|   | Keep the pressure on; as long as he is reacting to your counter attack, he can’t be effective.  
Do not stop to assess damage.  
Keep going until is it clear you can escape! |
| **6** | **Transition Targets and Weapons as needed** |
|   | If you lose a target, hit another one.  
If you can’t use one weapon, use another  
Example: Your right hand gets hurt, hit with the left or use your feet and kick him! |
<table>
<thead>
<tr>
<th><strong>7</strong></th>
<th><strong>8</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Attempt to acquire a better or more weapon(s) at the first opportunity</strong></td>
<td><strong>Finish without a pause, do not hesitate.</strong></td>
</tr>
<tr>
<td>If you catch a moment to draw a better weapon, or improvise one from your surroundings, do it! Improve your odds at survival, if you can.</td>
<td>Do not stop to either admire your work or to assess damage. Let it go on until it is clear he is done! You want to be sure you can escape.</td>
</tr>
<tr>
<td>Be a Wolf and Howl, You have survived</td>
<td></td>
</tr>
</tbody>
</table>

© 2008 Victor M Cushing
<table>
<thead>
<tr>
<th>4 K.O.’s</th>
<th>4 K.O.’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Tactical – Momentary</td>
<td>Open Hand Blows will execute all of these.</td>
</tr>
<tr>
<td>Giving you the ability to finish him off with other techniques, to escape, or to deal with the next attacker in multiple attacker situations</td>
<td>Since these are all head strikes, this avoids broken bones in your hand.</td>
</tr>
<tr>
<td>Vascular</td>
<td>Impact/Relax</td>
</tr>
<tr>
<td>“Crimps the Hose”</td>
<td>“The Evangelist”</td>
</tr>
<tr>
<td>Forearm, Knife Hand or Axe Hand Blow to the Carotid Artery. Thump it hard and cause a blackout</td>
<td>Forehead Hit with Palm Heel cause a concussion when brain hits front then back of inside of skull</td>
</tr>
<tr>
<td>Torquing the Stem</td>
<td>Pain, Oh the Pain</td>
</tr>
<tr>
<td>“Stretches the Wires”</td>
<td>“Sensory Overload”</td>
</tr>
<tr>
<td>Overhead Right to impact point of jaw, turns head and stretches the brainstem for a split second</td>
<td>Stun Gun, Gooseneck applied in snap, cause pain receptors to overload, broken finger, etc.</td>
</tr>
</tbody>
</table>
Self Defense Tips you can learn in 15 minutes

Frontal Attacks:
Most likely attack is a punch/grab right hand or some kind of tackle/grab.

- Use your eyes and avoid trouble, if it comes toward you and you cannot escape for whatever reason (trapped by circumstances, walking your 5 year daughter, etc.), then
- Keep a Safe Distance from your potential attacker, 5 to 6 feet approximately.
- Put your Hands up with open fingers (just as if you had been startled).
- Arms bent at 135° extended forward together, fingers not interlocked in front of you.
- Use Verbal Parries. Tell them “Stop!” in a very loud voice. Make eye contact.
- Do not let other person move closer to you. It will be an attack, if they do.
- Do not let him distract you, “Do you have the time?” “How do I get to Main Street?”
- Do not respond when asked, “Why are you getting upset?” “Why are you being rude?”
- If still being crowded = Move off at a 45° angle forward, keep eye contact
- Condition Red = Yell, Collide with attacker- strike at face, neck, throat with forearm. Keep head forward to the outside of attacker. Use legs as if pushing a car (knees bent, leaning forward, banging into attacker to upset his balance, then go to defenses below.
- Use Rising Strikes on centerline with hips and whole body,, thrust hips and uncoil legs to add power.
- Be sure to strike or kick through the target.
- Palm Heel to chin is executed like a Shot Put, not a straight arm, but a lifting strike.

Rear Attacks:
When grabbed, step backwards into attacker hard, slam into him. Turn your center to him

- Bear hug type of attack: Butt butt, pivot hip to create opening, raise arms 135° extended Forward, and defend yourself with repeated strikes, and stomps!
- Hair/clothing grab: Back into attacker hard, slam hip into him, turn to him, and defend yourself!

Simple Defenses by the half dozen:

<table>
<thead>
<tr>
<th>6 Easy Target Areas</th>
<th>6 Strikes or Moves</th>
<th>6 Kicks</th>
<th>6 Dirty Tricks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyes, Nose, Chin Area</td>
<td>Eye Jab/Rake</td>
<td>Stomp Heel</td>
<td>Spit or Spray</td>
</tr>
<tr>
<td>Throat/Side Neck</td>
<td>Palm Heel</td>
<td>Side</td>
<td>Bite. Bite. Bite</td>
</tr>
<tr>
<td>Groin/Bladder</td>
<td>Get Head Control</td>
<td>Scoop</td>
<td>Head Butt</td>
</tr>
<tr>
<td>Mid-Thigh</td>
<td>Hammer Fist</td>
<td>Knee</td>
<td>Butt Butt</td>
</tr>
<tr>
<td>Knee Caps/Shins</td>
<td>Forearm</td>
<td>Bent Leg Thai</td>
<td>Pinch/Gouge/Tear</td>
</tr>
<tr>
<td>Ankle/Top Side of Foot</td>
<td>Elbow</td>
<td>45° Front</td>
<td>Weapons/Improvised/Actual</td>
</tr>
</tbody>
</table>

All of the terms used above and the defenses mentioned are covered in this manual.

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He Blocks your path
You Strike His Hip

Monitor his arm
Chamber Fist

Move Arm to side
Strike at middle of Thigh!
<table>
<thead>
<tr>
<th>Move</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thigh Strike</td>
<td>The defender strikes the attacker's thigh.</td>
</tr>
<tr>
<td>He collapses</td>
<td>The attacker is knocked down.</td>
</tr>
<tr>
<td>Turn, and elbow head</td>
<td>The defender turns and strikes the attacker's head with an elbow.</td>
</tr>
<tr>
<td>Knee to Solar Plexus</td>
<td>The defender delivers a knee to the attacker's solar plexus.</td>
</tr>
<tr>
<td>Results of elbow</td>
<td>The attacker is affected by the elbow strike.</td>
</tr>
<tr>
<td>Stomp Foot</td>
<td>The defender stumps the attacker's foot.</td>
</tr>
<tr>
<td>Stomp down hard to break the top of his foot</td>
<td>In any situation like this, there is no set pattern just go for multiple blows in an improvised explosive defense</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>In Pain</td>
<td>• In Pain</td>
</tr>
<tr>
<td>Off Balance</td>
<td>• Off Balance</td>
</tr>
<tr>
<td>Colliding with a Hard Object</td>
<td>• Colliding with a Hard Object</td>
</tr>
<tr>
<td>Knocked Out!</td>
<td>• Knocked Out!</td>
</tr>
</tbody>
</table>

Get Head Control

Finish with kick to ribs

Introduce him to the bricks!

Time to leave now!
Any Contact or Attempt is an **Attack!**

- Move His Target
- Avoid Serious Damage
- Then Counter Attack

If Contact is happening **Now**, then

- **Movement** is best defense!

**Principle of Non-Resistance**

- “Get off the line of the attack!”
- “Don’t stand on the tracks when the train is coming!”

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### Get off the Line of Attack!

- Move enough to avoid his tackle/strike/kick.
- Stay close enough to counter attack, unless the initial movement has let you escape completely.

### Step Aside
- Slide Forward on an Angle
- Turn your body also called “Blading” so you do not take the full impact on his attack

### Hand Shove or grab Two

Here is a common situation, a two handed shove. This could also be a grab to clothing with both hands.

Get Your hands up to Pass or Intercept his Punch, Grab, Slap

### Defense to shove or grab

The response is to blade away from his push. Pivot your body. (Non-resistance)

This can be followed by whatever options you need to employ.

Now you are in position to hit or kick him and his options for the moment are very limited.
Center Line

Along with “Getting off the Line” of the Attack, You want to control the position of your center line relative to his.

The center line can just be envisioned as a line form your nose to your navel extended up and down.

This matters because most of our ability to strike and kick hard lies directly in front of us.

Most of your best weapons: Forearm smashes, chin jabs, elbow, knees, stomps are easiest to deliver directly to the front of you.

It is to our advantage to be aimed at our attacker and to have him angled, pushed, twisted, and bent at least partially away from us. Strikes, Kicks, Joint Locks, Head Control all can be used for this.
The drawing is a representation of two people facing each other both with their center lines facing each other.

The arrows show where the center line is pointed.

In the real scenarios shown on this page, the first person to deliver an effective blow may very well be the one who is left standing when the incident is over.

A shove on the center line

Center Line when facing Attacker

Center lines facing each other

Center lines facing each other
If he moves forward by shoving, stepping, grabbing and you slide or rotate to the side of his attack not only have you gotten off the line, but you have lined your center up so you can counter attack, and you have left him vulnerable at least for a moment since his weapons are pointed away from you. The one who controls the center line will control the outcome.

Protect your own centerline

Exploit his weakness

Control the center by occupying it.

Control the Center Line!

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Clash and contact center lines facing

Attacker’s center line turned away from Defender

In the Photos below the center line is controlled on the Outside sliding along his arm to the outside of his strike arm to avoid both that punch and the next one.

In the Photos above the center line is controlled on the Inside going to the inside of his punch, blocking and immediately counter attacking to stop the next punch from his other hand. Then you strike and kick.

Defender slipped to outside

Attacker’s Center line moved

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Life and Death at the Center Line

Life depends on turning him off center!

Here is Control of the Center Line in a life and death situation

You must control the muzzle of the weapon so any discharge misses you.

It includes getting off the line by sliding forward at an angle and monitoring the hand holding the gun

An effective counter may be to hit him in the face with his weapon.

Keep your center facing the threat!

Counter with a two handed strike to the face with pistol

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### Get off the Line of Attack

#### Trapped in a corner.

- Get Your Hands up!
- Lean forward on an angle to intercept him
- Shift your position by rolling shoulders and hips along the wall
- Trade places with him so his head goes into the wall.

<table>
<thead>
<tr>
<th>Roll hips and shoulders along wall hit</th>
<th>Grab his head for head control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take advantage of imbalance</td>
<td>Trade places as you slide along wall, and smash his head into it.</td>
</tr>
</tbody>
</table>

© 2008 Victor M Cushing
"Get off the Line of Attack"

- Get Your Hands Up
- Lean forward on an angle to intercept him
- Trade places with him so his head goes into the wall
- Monitor his arm and deliver a groin strike

This type of defense could apply to someone crashing into a toilet stall or grabbing you in a chair.

He attacks with a grab or punch

You counter grab and turn on butt

You continue monitoring his arm

Trading places, he hits head on wall and striking his groin.
The Physics of Self Defense:

You want to be positioned so that you can move quickly. Take a relaxed, but alert posture when it has gone to Condition Red. From head to toes, here's what you should do. Tuck your chin in and down, raise your hands up and keep them open for faster movement and so you can strike, intercept, and grab. Keep your elbows bent to shed force when he attacks and so you can penetrate his defense when you move forward. Blade your body, that is turn in slightly at the shoulders and hips so you do not present a broad target to the attacker. Keep the Center Line aimed at him. Bend your knees slightly to make it harder to knock you down and so you can drive off them to hit and shove, etc. Place your weight so it is evenly distributed on both feet which should be about a shoulder width apart.

Ready Stance – Condition Red – “Trouble is here, Now!”

© 2008 Victor M Cushing
Be Ready to Move, When he comes.
“Get off the Line” of his Attack when he punches, grabs, kicks or whatever.

<table>
<thead>
<tr>
<th>The Physics of Self Defense:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Relaxed Natural Movements</td>
</tr>
<tr>
<td>- Bend Knees for Better Balance</td>
</tr>
<tr>
<td>- Bend Elbows for Shield/Shed Force of Attack</td>
</tr>
<tr>
<td>- Open Hands = Faster and yields more options</td>
</tr>
<tr>
<td>- Turn Body Somewhat to limit his targets</td>
</tr>
<tr>
<td>- Keep Your Center Line to your Targets</td>
</tr>
</tbody>
</table>

Defender has moved forward as attacked and blocked softly. He is Ready to counter attack with Strikes and Kicks.

<table>
<thead>
<tr>
<th>Generalizations:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Be Aware = Avoid or Increase Options</td>
</tr>
<tr>
<td>- Control Space = Limit Opponent’s Choices</td>
</tr>
<tr>
<td>- Move Head and Shoulders first for High Attacks, Then Step</td>
</tr>
<tr>
<td>- Movement to Avoid Attack = Short Light Steps</td>
</tr>
<tr>
<td>- Slide Zone Slip Shed Duck</td>
</tr>
<tr>
<td>- Block softly, so you can counter</td>
</tr>
</tbody>
</table>

© 2008 Victor M Cushing
**Physics of Self Defense**

### Defender is now counter attacking with a Strike to the Head/Face. Do Not Count on Only One Strike, Hit Him Again and Again! Use only enough force to stop him, and then you leave!

- Move Foot Closest to Direction you are going, in short steps and then bring other foot along for the ride.
- When you are attacking stomp and drop weight on each step.
- If you are trapped inside his arms, counter attack ruthlessly.
- Hitting over and over again with multiple strikes and kicks to vital areas = MBVA

### Defender is countering with a kick to attacker’s knee. Do not count on only one kick. Use only enough force to stop him, and then you leave!

- When you are attacking stomp and drop weight on each step.
- If the center of your mass is attacked, pivot your body at hips, then step.
- Control the attacker’s elbow to limit his responses as you hit him.
- Locks, throws, are to be executed after A to Face, B to Base.

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### Get off the Line of Attack! Punch Defense

**“Get off the Line of Attack”**

- Get your Hands up to Pass or Intercept his attack
- A to Face Strikes
- B to Base Kicks

<table>
<thead>
<tr>
<th>Attack is about to happen</th>
<th>High push or shove at Defender</th>
<th>Defender delivers a strike (kidney would be a good target)</th>
<th>Defender pivots and blocks (2 hands)</th>
<th>Defender is ready to strike again!</th>
</tr>
</thead>
</table>

© 2008 Victor M Cushing
<table>
<thead>
<tr>
<th>Fighting Stance/Ready Stance</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Once the confrontation has turned into physical violence, use a fighting stance.</td>
</tr>
<tr>
<td>• Body Turned so as to present fewer targets to the attacker</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hands up, Look over tips of fingers.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Hands Up, Strong Hand back</td>
</tr>
<tr>
<td>• Chin Tucked in</td>
</tr>
<tr>
<td>• Knees Bent Slightly</td>
</tr>
<tr>
<td>• Feet Shoulder Width apart</td>
</tr>
<tr>
<td>• Toes of Rear Foot lined up with Heel of Front Foot</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Turn hips and shoulders slightly</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Once the confrontation has turned into physical violence, use a fighting stance.</td>
</tr>
<tr>
<td>• Body Turned so as to present fewer targets to the attacker</td>
</tr>
<tr>
<td>• Don’t start with it or you may Trigger the Attack.</td>
</tr>
</tbody>
</table>

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### Common Defensive Position

<table>
<thead>
<tr>
<th>Hands up as high or higher than his</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Develop a common defensive position for confrontations</td>
</tr>
<tr>
<td>• Against a Punch</td>
</tr>
<tr>
<td>• Keep Lead Hand at Same Level as the Threat or slightly higher</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Feet shoulder width apart</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Develop a common defensive position for confrontations</td>
</tr>
<tr>
<td>• Against a Stick</td>
</tr>
<tr>
<td>• Keep Lead Hand at the Same Level as the Threat or slightly higher</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pivot or turn body slightly</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Develop a common defensive position for confrontations</td>
</tr>
<tr>
<td>• Against a Knife</td>
</tr>
<tr>
<td>• Keep Lead Hand at the Same Level as the Threat or slightly higher</td>
</tr>
</tbody>
</table>
“Soda Can” Draw

Whatever tool you are using whether it is empty handed or with a weapon

Use the same draw to access the tool, nick-named “Soda Can” Draw by Pat Sergott.

Use this draw for these:
- Empty Hand
- Hand Gun
- Flashlight
- Knife
- Stick/Baton
- Stun Gun

Bring the tool into play with a draw that follows your centerline to a position 135° in front of your center of mass and then flow to where it needs to go from there as a strike or to discharge weapon.

On the following pages we will show this for common items, you can extend this logic to whatever you carry.

• Develop a common defensive position for confrontations
• As a corollary use same draw for any tool or weapon you are using

Start “Soda Can” Draw

Bring Hand up Center Line

Take appropriate action
**“Soda Can” Draw**

- **Hand-gun**

Bring the tool into play with a draw that follows your centerline.

This allows you the best control and stability.

<table>
<thead>
<tr>
<th>Start “Soda can” Draw</th>
<th>Bring hand up center line</th>
<th>As you read other examples look for the similarities:</th>
</tr>
</thead>
</table>
| Bring it to a position 135° in front of your center of mass (well a bent arm anyway, cause nobody is going to measure it) | Flow to where it needs to go from there as a strike or to discharge weapon. | - Bring up center line  
- Extend in front of you  
- Keep other hand up and ready |

Take appropriate action
**Modern Hapkido Self Defense Manual**

**“Soda Can” Draw**

- **Flashlight**
  - Start “Soda can” Draw
  - Bring hand up center line
  - Take appropriate action

- **Baton**
  - Start “Soda can” Draw
  - Bring hand up center line
  - Take appropriate action

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“Soda Can” Draw

Kubotan from Pocket

Start “Soda can” Draw

Bring hand up center line

Take appropriate action

Tactical Folder

Start “Soda can” Draw

Bring hand up center line

Take appropriate action
**“Size Doesn’t Matter”**

<table>
<thead>
<tr>
<th>Crystal Yaunick 5’0” 110 lbs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pat Sergott  6’3” 250 lbs</strong></td>
</tr>
<tr>
<td>• Not your size versus his size – we are striking and kicking, not doing WWF Wrestling</td>
</tr>
<tr>
<td>David beat Goliath because he did something unexpected</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Female version of David vs. Goliath</th>
</tr>
</thead>
<tbody>
<tr>
<td>How you use your body determines the outcome, not your size.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Even very big men have weak points.</th>
</tr>
</thead>
<tbody>
<tr>
<td>No one has armor for their nose, eyes, throat, groin, knee caps, shins (etc) and that is why our attacker has to be padded or he would be seriously hurt (and he gets banged up even then)</td>
</tr>
</tbody>
</table>

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“Size Doesn’t Matter”

Aim for a weak point and survive

Intercept his attack and get close

Kick to vulnerable points again

Kick to vulnerable points

Kick to vulnerable points more

His Shin Hurts when she kicks it

His groin hurts when she knees it

His head twists when she turns it

Whether he can lift her with one hand or not doesn’t matter in this situation
“Size Doesn’t Matter”

Get a grip on his head

Shove him off balance and down

Combine kicks with head twisting

Crash landing for him

Combine more kicks with twisting

Get out of there, and call Police!
Movement and Footwork

Outside of Arm = Most Options and Safer

- Strike/Kick Multiple Times from either position. Don’t Let up!

Move Forward on an Angle

Forward Engagement

- 80%-100% of the time Drive Forward to get Maximum Effective Range (where you can hit hard) Close Enough for Knees, Elbows, Stomps
- It adds Power to Strikes and Kicks – Allows you to use full body weight
- It puts him off balance both physically and mentally
- Fosters an aggressive Heart
- You are harder to knock down
- You have a “hedge” against multiple attackers because you are not a sitting duck
- 20% of time you may have to go backward because you were rushed or trapped by the moment, when going backwards try to change direction (angle) and not go straight back

Backward movement has real problems:

- You can’t see where you are going or what hazards might be there.
- He can move faster forward, than you can backward.
- So let’s make him be the one going backwards!
## Footwork Basics

### Condition Red

**Hands Ready**

Red = Attacker  
Blue = Defender

<table>
<thead>
<tr>
<th>Shows First Action/Reaction</th>
<th>He punches, steps, grabs</th>
</tr>
</thead>
<tbody>
<tr>
<td>slide outside of his punch or grab</td>
<td>Move Head and Torso first!</td>
</tr>
<tr>
<td></td>
<td>Footwork is just feet catching up so you still have balance.</td>
</tr>
<tr>
<td></td>
<td>Slide or Rotate Left by going Forward to the Outside of his punching arm</td>
</tr>
<tr>
<td></td>
<td>Hit = “A to Face”</td>
</tr>
<tr>
<td></td>
<td>Kick = “B to Base”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Move in behind him</th>
<th>This opens up more targets, and keeps you away from his other hand</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do not lean back =</td>
<td>Off Balance</td>
</tr>
<tr>
<td>Do not go sideways =</td>
<td>Avoids his hit, but leaves you too far away to counter attack</td>
</tr>
</tbody>
</table>

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**Footwork Basics**

Red = Attacker
Blue = Defender

**Condition Red Hands Ready**

Red = Attacker  
Blue = Defender

**He punches, steps, grabs**

**Move Head and Torso first!**

**Footwork is just feet catching up so you still have balance.**

**Slide or Rotate Right by going Forward to the Inside of his arm**

- **Hit = “A to Face”**
- **Kick = “B to Base”**

**Move inside, Hit Multiple Times**

- **Monitor his other hand so he will not counter attack you,** often by cupping his elbow or covering his arm
- **Do not lean back = You will be Off Balance**
- **Do not go sideways = Avoids his hit, but leaves you too far away to counter attack**

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## Footwork Basics

### Over Head View

He punches straight left hand. There are at least two defensive choices:

- **Defender Upper alternative slides Inside (left) and counter attacks punching from inside.**
- **Defender Lower alternative slides Outside (right) and counter attacks from outside.**

### Footwork (some details)

- **Staggered Stance Bladed/Pivoted**
- **Move in 6” or short steps**
- **Foot closest to direction of travel moves first and brings rear foot along for the ride**
- **Stomp and step flat when you are attacking (shifts weight and keeps footing on slippery surfaces).** Your weight should be 50/50 otherwise

### Principle of Non-Resistance

- **Do not try to stop attacker’s movement**
- **Redirect, and unbalance instead**
- **Move aside and strike/kick as he goes by**

### Water Principles

- **Move Lightly (Vapor)**
- **Flow Around Him (Liquid)**
- **Engulf Him with Strikes/Kicks/Throws (Ice)**
Footwork basics

Condition Red – He Punches with Roundhouse
Defender circles IN side (right)
- Move to fill in the space or off the path of his attack
- Keep him from finishing his attack
- Limit impact of his strike

Circle Inside His Attack and counter attack. Strike and kick now!

Defender Could Punch or Use Low Line Kicks

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Footwork basics

Turning to the Side or “Blading” to avoid an attack

- As you rotate hips and shoulders, keep your center line towards him
- Get your hands up
- Counter attack

Photo below shows Blading to the OUT side

Straight Attack = Rotate any way

Round Attack = Rotate IN side

Blading Inside = Strike or Kick
Before he uses his other hand
## Blocking and Interception

<table>
<thead>
<tr>
<th>Hard Block</th>
<th>Block Softly</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Hard Block Diagram" /></td>
<td><strong>Hard Blocks</strong> (Linear) are Force-on-force, might unbalance you, and slow down time to counter attack.</td>
</tr>
<tr>
<td><img src="image2.png" alt="Soft Block Diagram" /></td>
<td>- If you have time to block, You have time to move</td>
</tr>
<tr>
<td><img src="image3.png" alt="Soft Block Diagram" /></td>
<td>- Movement is a better defense, than trying to meet strength with strength</td>
</tr>
<tr>
<td><img src="image4.png" alt="Soft Block Diagram" /></td>
<td>The Block is good Insurance in case he has a Weapon or you did not move far enough or fast enough</td>
</tr>
<tr>
<td><img src="image5.png" alt="Soft Block Diagram" /></td>
<td><strong>Soft Blocks</strong> (Circular) are Fluid, Keep Your Balance, and Allow for Faster Counter Attacks</td>
</tr>
<tr>
<td><img src="image6.png" alt="Soft Block Diagram" /></td>
<td>You merely need to deflect his punch or grab, not move it far</td>
</tr>
<tr>
<td><img src="image7.png" alt="Soft Block Diagram" /></td>
<td><strong>Block softly Then Hit Hard!</strong></td>
</tr>
<tr>
<td><img src="image8.png" alt="Soft Block Diagram" /></td>
<td>He gets one turn, and then it’s...</td>
</tr>
<tr>
<td><img src="image9.png" alt="Soft Block Diagram" /></td>
<td>- Your Turn</td>
</tr>
<tr>
<td><img src="image10.png" alt="Soft Block Diagram" /></td>
<td>- Your Turn</td>
</tr>
<tr>
<td><img src="image11.png" alt="Soft Block Diagram" /></td>
<td>- Your Turn... and so on!</td>
</tr>
<tr>
<td><img src="image12.png" alt="Soft Block Diagram" /></td>
<td>- Block Softly so you can move in and counter attack quickly.</td>
</tr>
<tr>
<td><img src="image13.png" alt="Soft Block Diagram" /></td>
<td><strong>Never Give him a Second Chance!</strong></td>
</tr>
</tbody>
</table>

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### Block Softly

<table>
<thead>
<tr>
<th>Image</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td>A force on force block lowers the odds of success for any small frame person vs. a large frame person. He is far too strong and it uses too much of her time and energy. This way she can ride up the inside of his arm to eye jab or scratch or chin jab him or kick.</td>
</tr>
</tbody>
</table>
| ![Image](image2.png) | - Block Softly so you can control the weapon hand. - A hard block will drive it away from you and may allow another chance at you.  
With a knife if you do not control the hand that holds it, you may be cut badly, even killed. Control weapon hand or arm.

| ![Image](image3.png) | - Block Softly so you can control the weapon hand. - A hard block will drive it away from you and may allow another chance at you. With a firearm if you do not control the barrel, you may be shot and killed. Control weapon hand or arm.  

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### "A to Face" Targets

<table>
<thead>
<tr>
<th>Target</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hair</td>
<td>Top of Skull</td>
</tr>
<tr>
<td>Temple</td>
<td></td>
</tr>
<tr>
<td>Eyes</td>
<td></td>
</tr>
<tr>
<td>Nose</td>
<td></td>
</tr>
<tr>
<td>Neck</td>
<td></td>
</tr>
<tr>
<td>Chin</td>
<td></td>
</tr>
<tr>
<td>Jaw</td>
<td></td>
</tr>
<tr>
<td>Skull Base</td>
<td></td>
</tr>
<tr>
<td>Throat/Neck</td>
<td></td>
</tr>
<tr>
<td>Temple</td>
<td></td>
</tr>
<tr>
<td>Skull Top</td>
<td></td>
</tr>
<tr>
<td>Skull Base Rear</td>
<td></td>
</tr>
<tr>
<td>Jaw</td>
<td></td>
</tr>
<tr>
<td>Ears</td>
<td></td>
</tr>
</tbody>
</table>

### Target Rich Environment

Aim for the Bull’s Eye

Hit the Center of the Face

### Counter Attack and Hit High

"A to Face" Strike, Gouge, Tear

- Nose and Eyes
- Chin
- Throat/Neck
- Temple
- Skull Top
- Skull Base Rear
- Jaw
- Ears

Or grab Face/Head/Hair and get

### Head Control

**Use Principle of Circular Motion**

If you twist anything far enough in one direction it will cause pain and a fall.

- Using the whole Head as your target Head to control him.
- In practice with a partner move slowly to avoid any injury.
- Push his head up on a 45° Angle so that spinal cord is engaged.

Hold his head tight to your body, then twist his head.

---

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<table>
<thead>
<tr>
<th>Head Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Head Control allows you to put him on the ground without having to be stronger than he is.</td>
</tr>
<tr>
<td>• Before turning his head push chin up on a 45° angle so that his neck muscles are not able to help him.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Head Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Head control can be applied when on the ground as well.</td>
</tr>
<tr>
<td>• You can also use “The Alien”* as way to get head control (shown below).</td>
</tr>
</tbody>
</table>

*Phrase used by Marc “The Animal” MacYoung

<table>
<thead>
<tr>
<th>Head Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>• “The Alien” * is simply your outspread hand laid like a wet washcloth across his face as you spin him.</td>
</tr>
</tbody>
</table>

Get a good grip and twist hard!

Aim him for a hard object

He meets the hard object = K.O.
Head Control

As you are grabbed

The “Alien” as one example of Head Control.

- Open Hand laid on attacker’s face, like a wet wash cloth
- Head pushed up and back
- Turning or gyroscopic motion applied
- Causes loss of balance
- Finish as you need to.

React with a Palm Heel to Face

Turn his head - pushing on face

As it hits, spread out – cover his face

Swing leg behind and unbalance
<table>
<thead>
<tr>
<th>Simple Combinations</th>
<th>A to the Face</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eye Jab, Hammer Fist, Palm Heel to Face, Shin Kick, Heel Stomp or Knee to Base, Then use head strikes or get head control, Use Head Control whenever you get it, Make Sure He Cannot Follow you, Stomp on an ankle or knee after he goes down, and then leave! You do not want him to renew his attack.</td>
<td>A to the Face</td>
</tr>
</tbody>
</table>

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### Triangle or Wedge Hands

**“Leave me Alone”**

Use Your Hands in a Wedge

**“Praying Hands become Preying Hands”**

*Phrase used by Graciela Cassillas-Boggs*

<table>
<thead>
<tr>
<th>Dangerous Situation with 2 attackers</th>
<th>Move in and stop first attacker, try to push one in front of the other.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands may be held in a non-threatening manner, but ready to use</td>
<td></td>
</tr>
<tr>
<td>As he Strikes Move Forward and use a Forearm Smash to Neck Area</td>
<td></td>
</tr>
</tbody>
</table>

| Extend Hands close together not joined make a wedge or triangle |
| Different positions of hands still approximate wedge or triangle |
• Preying Hands are now being used to apply head Control

Manipulate first attacker with head

• Shoving Attacker #1 into the Path of Attacker #2

Head control gets a defensive barrier

Time to make an escape

Defender shoves him into other man
<table>
<thead>
<tr>
<th><strong>Praying Hands</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bent Elbow helps shed his attack</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Allows for penetration up his center line</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Create false impression</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Preying Hands</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Allows you to get close enough</strong></td>
<td></td>
</tr>
<tr>
<td><strong>To Scratch or Gouge</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Used for Head Control</strong></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Spearing Elbow</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>If Hand is Folded back or pushed back, then</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Use as a Spearing Elbow when he gets too close</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Or any other strike</strong></td>
<td></td>
</tr>
<tr>
<td>Triangle or Wedge</td>
<td>Use your hands in a Triangle or Wedge Shape which allows for shedding force that comes towards you and also lets you penetrate into his space and get close enough to counter attack.</td>
</tr>
<tr>
<td>-------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Triangle or Wedge</td>
<td>You may hold them very close together. Just do not link your fingers. Allows for shedding force that comes towards you and also lets you penetrate into his space and get close enough to counter attack.</td>
</tr>
<tr>
<td>Shed Attack and/or Penetrate</td>
<td>Hands are held in a Triangle or Wedge Shape which allows for shedding force that comes towards you and also lets you penetrate into his space and get close enough to counter attack.</td>
</tr>
</tbody>
</table>

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**Eye Jab/Rake**

- Longest Reach Weapon
- Least Amount of Power needed for Damage
- No one has armor plated eyes

<table>
<thead>
<tr>
<th>Longest Reach Weapon</th>
<th>Eye Jab/Rake</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Eye Jab</td>
</tr>
<tr>
<td></td>
<td>Eye Rake</td>
</tr>
</tbody>
</table>

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### Palm Heel

- On Strikes like this, use hips, drop step to generate power
- Move forward with slightly bent knees and uncoil upward as you strike
- Hit through the target!

#### Basic Strikes

**Hit through the target!**

#### Drive Palm Up and Forward

**Palm Heel**

- On Strikes like this, use hips, drop step to generate power
- Hit through the target! Use Circular Motion
- Drive Palm Up and Forward on the Center Line
- Twist your body into the strike
- Step Forward

**Palm Heel or Chin Jab**
Chin Jab or Palm Heel

- On Strikes like this, use hips, drop step to generate power
- Hit through the target! Use Circular Motion

Surprised by one hand grab

Bring hand up center line in circle

Drive Palm Up and Forward on the Center Line
Step Forward
Twist your body into the strike
Drive through the target!

Deliver Chin Jab

Follow through on hit!
Chin Jab or Palm Heel

- On Strikes like this, use hips, drop step to generate power
- Hit through the target! Use Circular Motion

Surprised by one hand grab

Bring hand up center line in circle

- Drive Palm Up and Forward on the Center Line
- Twist your body into the strike
- Drive through the target!

Deliver Chin Jab

Follow through on hit!
<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ready as he approaches</td>
<td>Palm Heel or Chin Jab can be used when only one hand is free. Note: All these pictures were shot as posed stills, not action shots and there was no risk to the infant in the photos. Hit through target!</td>
</tr>
<tr>
<td>Use hips to generate power</td>
<td>• On Strikes like this, use hips, drop step to generate power • Hit through the target! Use Circular Motion</td>
</tr>
<tr>
<td>Hit through target!</td>
<td>• Drive Palm Up and Forward on the Center Line • Twist your body into the strike • Drive through the target!</td>
</tr>
</tbody>
</table>
Wrapped up in his two arms

Bring one hand up and cock strike

Deliver Short Palm Heel to Nose
### Basic Strikes

**Get your hands on inside of his arms**

**Short Palm Heel from Clinch**

If grabbed, work your hands to the inside.

Once you have done that, cradle the back of his head or neck.

And hit him in the face... he can’t duck, he can’t block and he just has to take it!

**One hand grabs back of his head**

**His head is trapped held with one hand while the other smashes his nose**

**Other hand delivers Palm Heel**
Web of Hand or Tiger Mouth

Get your hands on the inside of arms

The V between Thumb and Index finger is used to strike the soft part of the throat, and to grab windpipe after strike

One hand grabs back of his head

Other hand delivers Tiger Mouth
**Basic Strikes**

**Knife Hand/Forearm Smash**

Knife hand to throat

Knife Hand = Use Edge of Hand
Strike is also called Hatchet or Axe Hand
Based on how far it travels

**Forearm Smash to throat**

Forearm Smash = Use bony Edge of Arm
A Similar Strike to Knife hand but at a bit closer range
Basic Strikes

**Hammer Fist**

Hammer Fist

Hammer Fist to Temple

Use the Bottom of your closed fist in a side to side motion

Hammer Fist to side of head

Hammer Fist to Nose

Use the Bottom of your closed fist in an up to down motion

Hammer Fist to Bulls eye or Nose
<table>
<thead>
<tr>
<th>Hammer Fist to Nose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hammer Fist to Face</td>
</tr>
<tr>
<td>Hammer Fist to Groin</td>
</tr>
<tr>
<td>Hammer Fist to Groin Version #1</td>
</tr>
<tr>
<td>Hammer Fist to Groin Version #2</td>
</tr>
</tbody>
</table>

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### Basic Strikes

**Short Hammer Fist from Clinch**
- If grabbed at shoulders, work one of your hands or both to the inside of his arms.
- If both are already there

**Work both hands to the inside**
- If both are already there, or once you have worked them so that they are inside of his arms
- Slide one hands around to the back of his head or neck and hold him in place

**One hand at back of head**
- While you strike his face.

**Strike with Hammer Fist**
- In this defense the defender is using a hammer fist (bottom fist), but you can use any strike you know.
Elbow

Elbow to Chin
Swing shoulders to hit hard

Elbow to Chin - Swing body

Elbow to Chin for Women or Men
If an attacker is in front of you, you can swing your elbow up into his face or around into the side of his head.

Be sure to shift your weight forward as you strike him!
Basic Strikes

Elbow

- Dropping Elbow
- Forward Rising Elbow to Head
- Rising Elbow Backwards to Face

Elbows can be used:
- Forward
- Backward
- Downward/Dropping
- Upward/Rising
- In Clinches
Basic Strikes Elbow - “Baby Wipes it Mouth” Close Quarters Technique

Grabbed with arms trapped

Slide Elbow up and hit his face

Follow through, swing shoulder

Grabbed with arms trapped

move like a baby wiping mouth

Follow through, swing shoulder

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