

## TABLE OF CONTENTS

### SECTION 1.

#### LOWER BODY SELF-DEFENSE TECHNIQUES

Relaxed Stance	<b>8</b>
Knee Kick Exercise	9
Knee Kick: Application	10
Knee Kick: Home Practice	<b>11</b>
Roundhouse Knee Kick	12
Roundhouse Knee Kick: Application	13
Roundhouse Knee Kick: Home Practice	15
Front Snap Kick	16
Front Snap Kick: Application	<b>17</b>
Stomping Kicks	18
Stomping Kicks: Application	<b>18</b>
Stomp to Shin	19
Stomp to Instep	19

### SECTION 2

#### UPPER BODY SELF-DEFENSE TECHNIQUES

Elbow Strikes	20
Elbow Strike: Application	22
Palm Heel (Hand) Strike	24
Palm Heel: Application	25
Palm Heel: Striking Area of Hand	25
Palm Heel: Home Practice With Partner	25
Palm Heel Strike With Face Scrapping	26
Self-Defense Technique From A Front Hug	27
Self-Defense While Grabbed From Behind	28
Choke Hold From The Front: Escape Plans	<b>31</b>

### SECTION 3

HOW TO USE THIS BOOK AS A WEAPON EFFECTIVELY 32

### SECTION 4

ADDED SECURITY **with** A KEY CHAIN /BATON DEVICE!

Using the KEY-BO Keychain for Self-Defense **34**

Basic Keychain Swing Technique **35**

Basic Swing Technique: Application **35**

Keychain Defense Against An Arm Grab **36**

Keychain Defense Against Grabbed From Behind **37**

Keychain Use When Grabbed Around Neck From The Front **39**

Front Choke With Your Keychain **39**

Combining Basic Self-Defense Techniques With A Keychain **40**

## SECTION 5

GROUND ATTACK **41**

USE YOUR PURSE FOR DEFENSE **44**

ARMING YOUR PURSE WITH HOUSEHOLD ITEMS **44**

## SECTION 6

CRIME PREVENTION: SUGGESTIONS AND TACTICS

Are You Psychologically Ready to Defend Yourself? **45**

What are Your Natural Weapons? **46**

Parking Your Car **46**

Elevator Rides **47**

House Safe **47**

On The Street **48**

Teach Your Kids To Lie! **48**

Public Transportation **49**

You And Your Car **49**

What Do You Have That's Worth Fighting To Protect? **50**

See Jane Run... or **Can** She? **50**

How Safe Are College Campuses For Our Children? **51**

Date / Acquaintance Rape **52**

In Closing...