

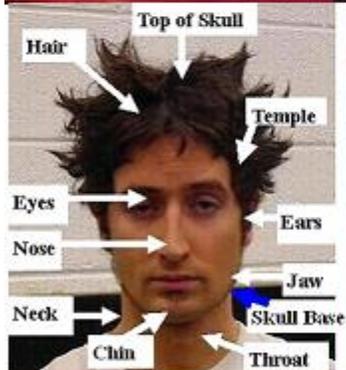
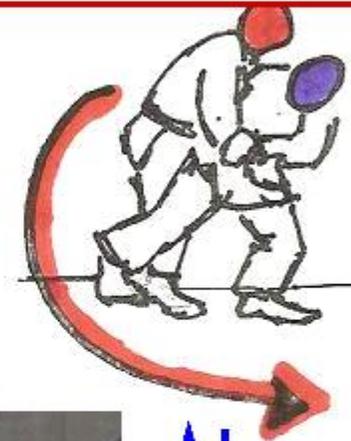


Modern Hapkido 100% Self Defense

Self Defense Manual

60 Second Lessons in Survival

Victor M Cushing and Patrick J Sergott



The ABC's of Self Defense



An Introduction to the essentials of self defense ranging from awareness to escape from violent confrontations

Elements of Self Defense

- **Be Aware and Alert**
- **Avoid, Evade**
- **Verbal Parry, Defuse**
- **Positioning**
- **Stances**
 Negotiating, Talking
 Ready for Action
- **Get off line of Attack**
- **Block Softly as Insurance**
- **Counter. and then make an Escape**
- **Find Simple Targets and Hit Them Hard**
- **Locate and Use Improvised Weapons**

Self defense training should operate from a set of basic premises that are incorporated in an overall philosophy. Central to this approach is the notion that instruction must deal with avoidance and diffusion of the situation, not just a set of techniques taught by rote. Knowing how to read a situation before it becomes an attack is critical.

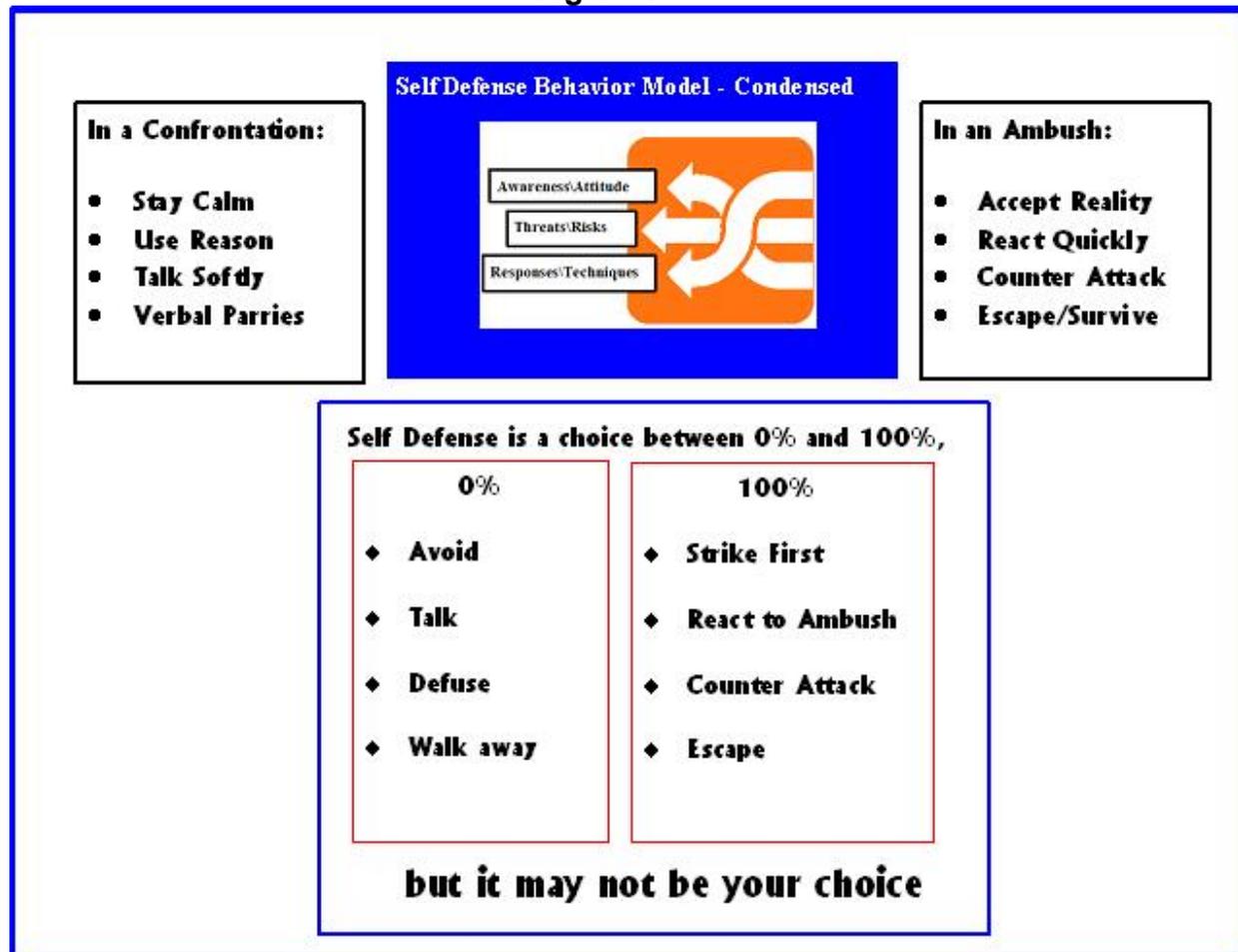
“ Use awareness to guide you. Being aware lets you sense potential problems or situations to avoid and lowers the chances you will be involved in a confrontation or an ambush. It lets you stay relatively calm so that you can defuse whenever possible a confrontation that is heating up.”

“The primary objective in any developing or actual situation is usually to escape/survive unless you have a duty to be there (police, military, corrections officers and others).. The best way to do that is to avoid a bad entanglement, to make a graceful or any other kind of an exit when that option exists, and to generate an escape by physical effort when attacked if logic and persuasion fail to defuse your attacker(s).”

“Once a physical attack is underway, make a response that is equal to the threat and do enough so that you can escape safely. Make sure that your attacker(s) can not either renew the attack easily or pursue you as you run from the scene.”

“Stay within a moral and legal framework. Report the attack and your escape and defense to the police. Use a level of force to survive/escape that matches the problem you faced.”

Figure 1



- 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".

Self Defense Model

Awareness/Attitude
means you will
Accept Conflict/Attack*
...and have a little time to make decisions



Threats/Risks
means you will make sure that
Response = Threat
and not be too soft or too hard

File 1 = Kill, Serious Bodily Injury, Sexual Assault
File 2 = Needs to be Restrained to Prevent Attack
File 3 = Grabs and Misdemeanor Assaults

Confrontation =
Some time to assess the situation

If you can, leave early!

* Ambush =
Skip to Responses after flinch

CONTACT
or
STRIKE

Flinch Reaction
Duck, Throw Arms
Up to Cover Face,
Then React

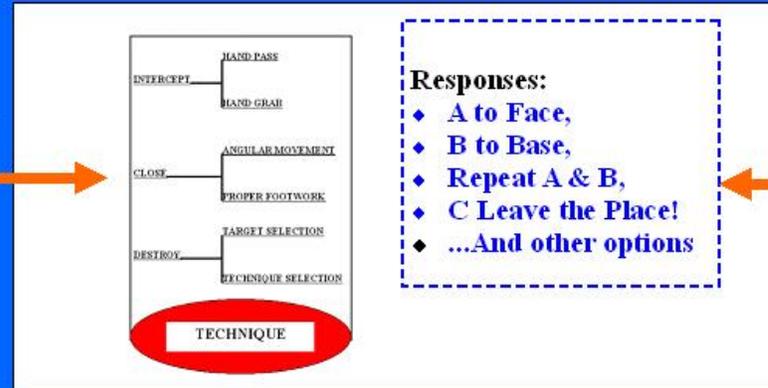


Awareness and Threat Level	
Threat Level File 1 File 2 File 3	Confrontation Defuse
Personal Space Safe Distance	Turn-the-Tables
Mind Control	Strategy

COMMON ATTACKS (and hidden weapons, and their nasty buddies!)	CONTACT OR STRIKE = ATTACK!
Strike (Hook or Straight)	Push/Shove/Tackle
Hair Grabs	Mounted Choke/Punch
Chokes	Swing a Blunt Object
Grab Wrists/Arms	Picks Up Person
Grab Clothing	Kicks at you
Head Locks	Bear Hugs

CONTACT
or
STRIKE

Confrontations allow for a different response than an **Ambush**



Responses:

- ◆ A to Face,
- ◆ B to Base,
- ◆ Repeat A & B,
- ◆ C Leave the Place!
- ◆ ...And other options

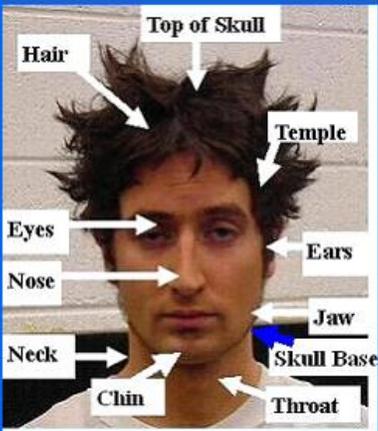
Responses = A to Face, B to Base, Repeat A & B, C Leave the Place!, ...and more!

Once you must defend yourself, use 100% of your effort to do so!

Evade/Avoid	Breakaways/ Escapes	Strikes	Kicks	Locks	Throws/Trips	Chokes/Pins	Dirty Tricks
•Be Aware	•Simple Escape	•Eye Jab/ Rake	•Front 45°	•Arm Bars	•Spin/Shove	•Front Naked	•Verbal Parries
•Leave Area	•Other Breakaways	•Palm Heel	•Stomp Heel	•Outside Wrist	•Head Twist	•Rear Naked	•Weapons Blunt Edged Flexible Projectile Firearm Improvised
•Use Fences	•Yell and Vocalize	•Back Hand Slap	•Round/Thai	•Bent Arm	•Back Trip	•Reverse Arm	•Pinches
•Move	Grab Defenses	•Hammer or Bottom Fist	•Scoop	•Center locks	•Judo Slam	•Trapped Arm	•Gouges
•Zone	Trapping	•Forearm Smash	•Rising Knee	•Hammer Lock	•Body Drop	•Arm Brace from Front	•Bites
•Pivot	Knife/Stick Defenses	•Elbow	•Side	•S-Arm	•Shoulder Throw	•Knife Foot	•Scratches
•Duck	Ground Defenses	•Head Butt	•Back	•Goose necks	•Hip Throw	•Clothing Assisted Chokes	•Spitting
•Block		•Cutting	•Inside Heel	•Three Thumbs	•Foot Sweep		
•Deflect			•Outside Heel		•More Throws		
•Shed							

You must have a **Target** to be effective, and you have to cause enough damage so you can escape safely!
Learn to seek Targets, not collect techniques

“A to Face” Strike, Gouge, Tear:
Nose and Eyes, Chin, Throat/neck, Temple, Skull Top, Skull Base (rear), Jaw, Ears
Aim for Bull’s eye at Center of Face. It is a target-rich environment
Get head Control by Twisting Head



“B to Base” Kick, Stomp, Gouge, Tear:
Groin, Inside Thigh, Outside Thigh, Knee, Shins, Ankle, Top of Foot
Use Low Line Kicks to Attack his balance and mobility, slow him down
Chop the biggest tree down from the bottom

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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.

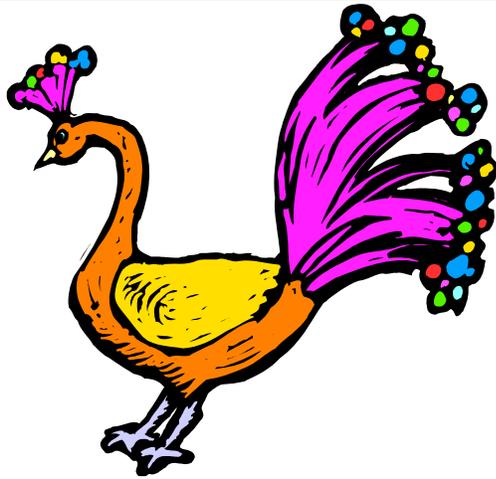
Do not be insulted. It is a victory. Be quiet!

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

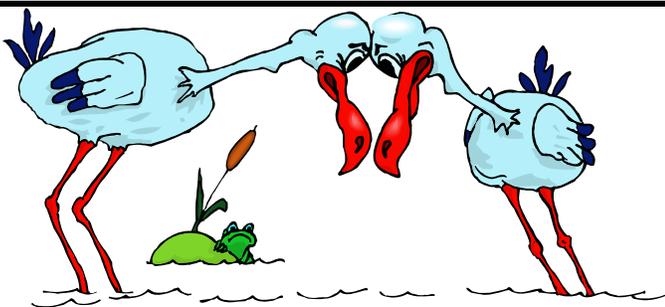


TPS

Men's biggest issues:

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.

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.



If you get this close, whoever hits first will win!

Posturing and acting tough, when conversation or an apology (even though you didn't do anything wrong) would end the conflict.

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.

Clowns, Idiots, and Victims



“All things in moderation”

It is OK to have fun. Enjoy yourself, just don't become a Clown, Idiot, Ahole, Jerk (you can supply any phrase you prefer).**

Have a buddy system, so someone is watching out for your interests.

Drink moderately as a part of socializing, not as your main objective.

Have some specific dos and don'ts for your own behavior and stick to them.

Some may be Alright A Lot will create Bad Risks



Alcohol and Drugs whether legal or not can set you up to be a Victim.

They limit your ability to recognize a threat or danger if you overindulge.

They eliminate your ability to escape by running and your mental agility, balance, resolve and capabilities to use force to survive if attacked.

Threat Levels



Yellow = Talk with Caution



Orange = Threat or Warning



Red = Danger = Act Now

Threat Levels

- Yellow
- Orange
- Red

What to look out for:

- Intent
- Interview Stage
- Range and Position
- Skills (Perceived)
- Size-Body Type = **Danger!**
- Number, 2 or More = **Danger!**
- Weapons = **Danger!**



Be Aware!

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

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 Aware!

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Awareness includes external events and internal reactions.

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**Any Contact or Attempt is an
Attack!**

Move His Target



Avoid Serious Damage



Then Counter Attack

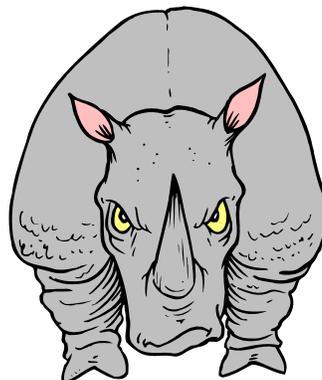


If Contact is happening **Now**, then

Movement is best defense!

Principle of Non-Resistance

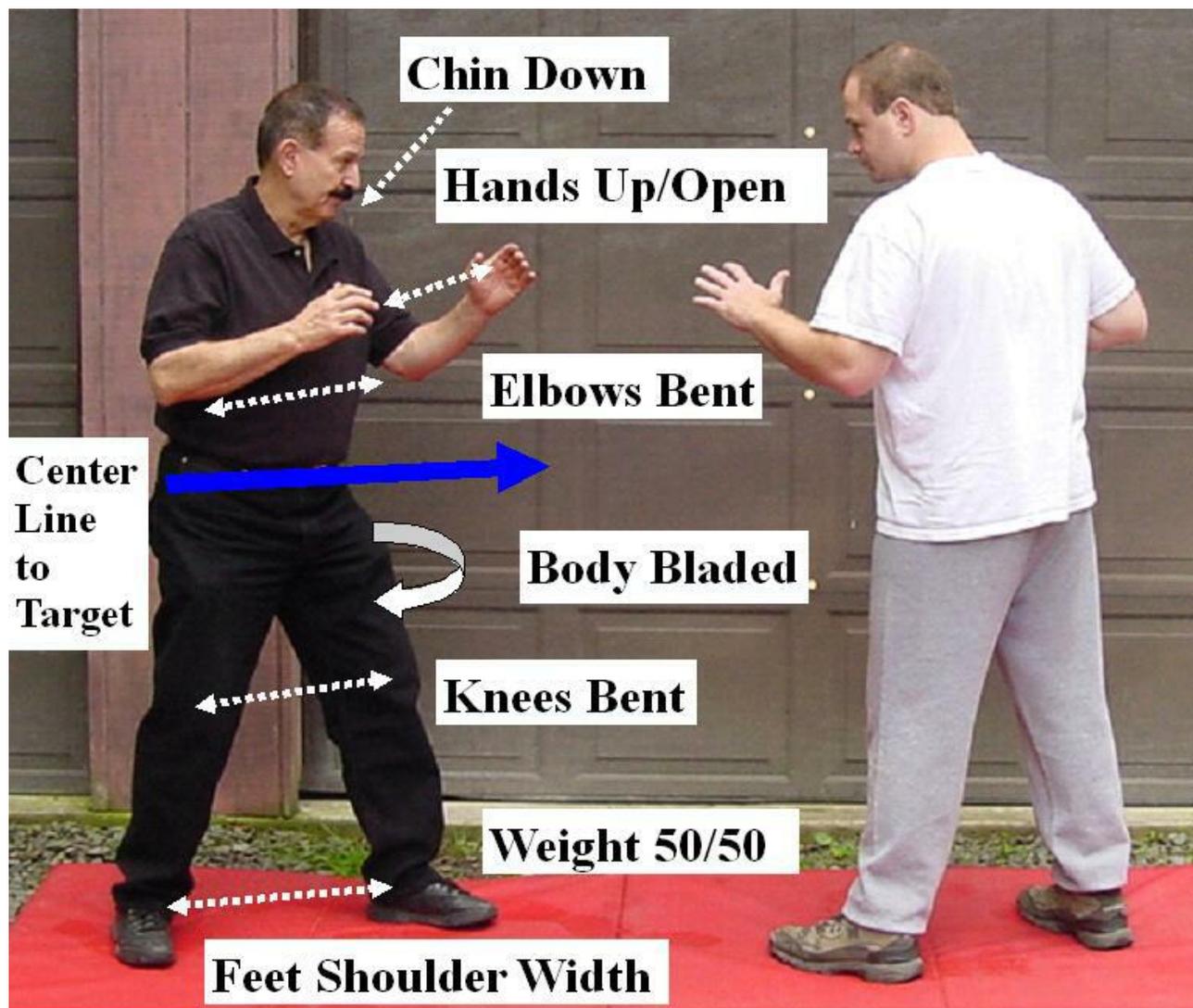
- “Get off the line of the attack!”



- “Don’t stand on the tracks when the train is coming!”



Once a physical attack has begun turn to face the attacker as soon as you can. You need to be prepared to counter attack, even though your primary objective is to escape. It may take be necessary to do some damage to your attacker so that you can leave safely.



Even though some examples show male versus male and others show male versus female, the physics of action are not related to sex. Either sex can do any of the techniques shown in this guide.

- Outside of Arm = Most Options and Safer



- Inside of Arm = Fewer Options and More Danger



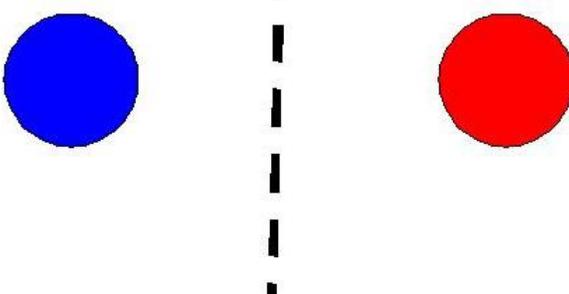
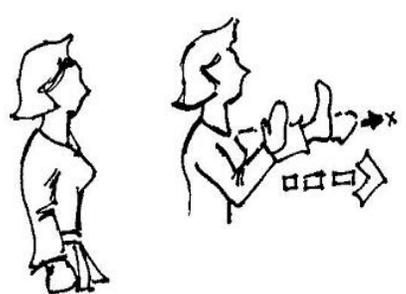
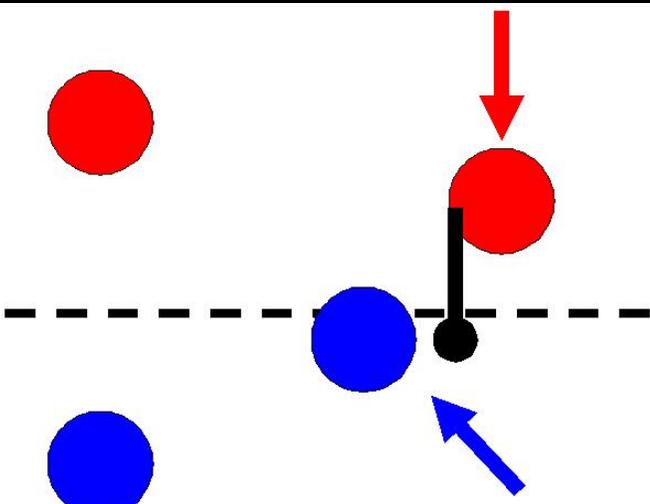
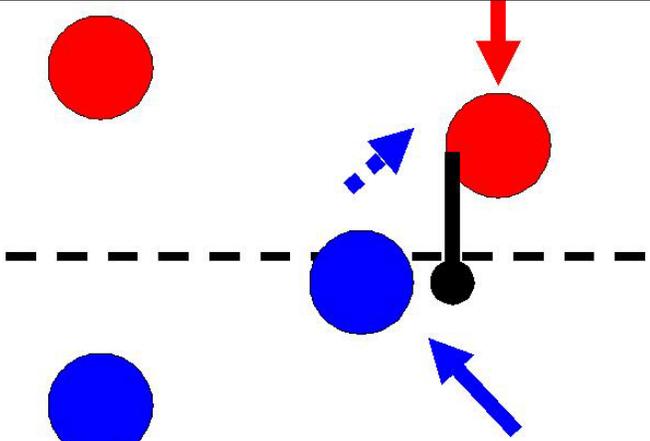
Strike/Kick Multiple Times from either position. Don't Let up!

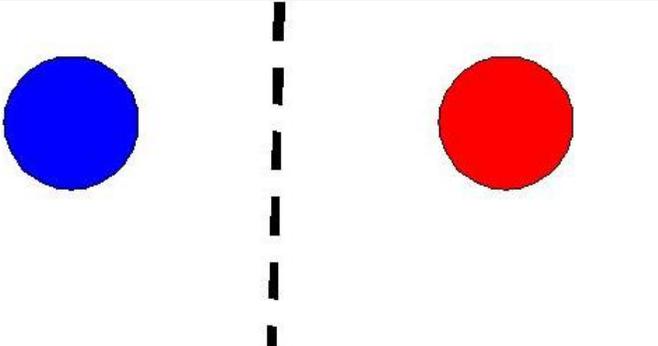
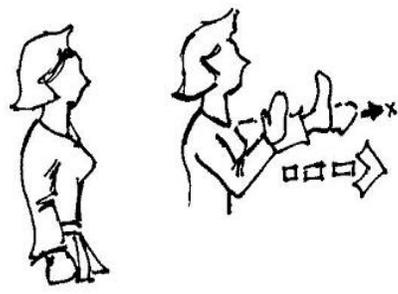
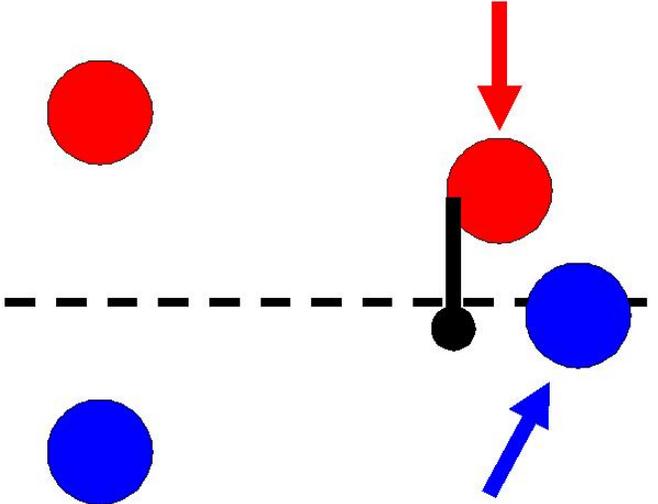
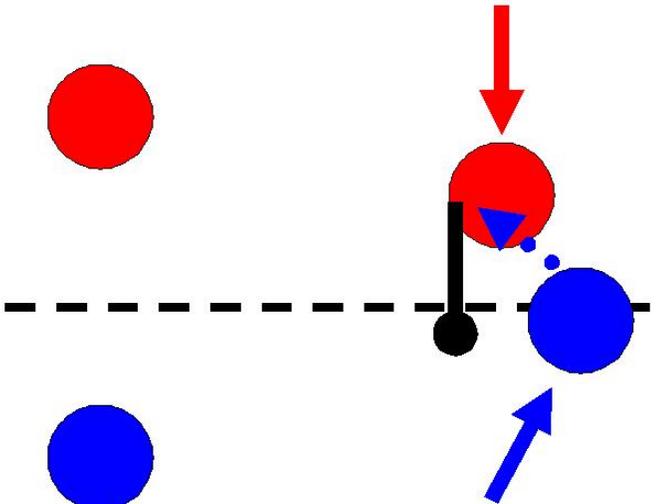
Move Forward on an Angle Forward Engagement

- 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

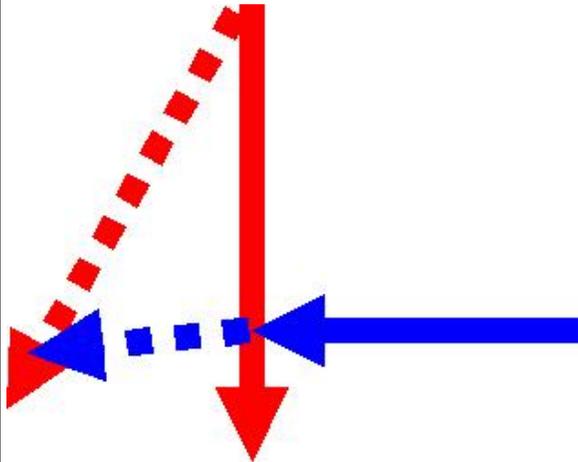
Backward movement has real problems:

- 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!

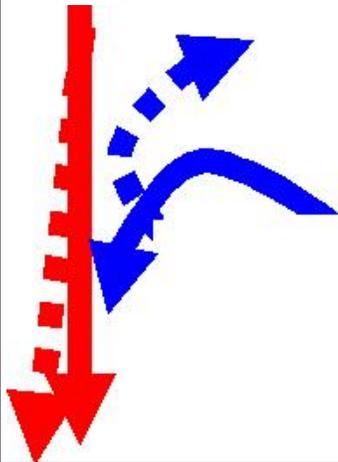
 <p>Red = Attacker Blue = Defender</p>	<p>Condition Red Hands Ready</p> 
 <p>Shows First Action/Reaction = slide outside of his punch or grab</p>	<p>He punches, steps, grabs</p> <p>Move Head and Torso first!</p> <p>Footwork is just feet catching up so you still have balance.</p> <p>Slide or Rotate Left by going Forward to the Outside of his punching arm</p> <p>Hit = "A to Face" Kick = "B to Base"</p>
 <p>Defender is now in a better position to counter attack by kicking and striking attacker.</p>	<p>Move in behind him</p> <p>This opens up more targets, and keeps you away from his other hand</p> <p><u>Do not lean back</u> = Off Balance</p> <p><u>Do not go sideways</u> = Avoids his hit, but leaves you too far away to counter attack</p>

 <p>Red = Attacker Blue = Defender</p>	<p>Condition Red Hands Ready</p> 
 <p>Slide Inside punching hand</p>	<p>He punches, steps, grabs</p> <p>Move Head and Torso first!</p> <p>Footwork is just feet catching up so you still have balance.</p> <p>Slide or Rotate Right by going Forward to the Inside of his arm</p> <p>Hit = "A to Face" Kick = "B to Base"</p>
 <p>Hit him multiple times before he responds with his other hand!</p>	<p>Move inside, Hit Multiple Times</p> <p>Monitor his other hand so he will not counter attack you, often by cupping his elbow or covering his arm</p> <p><u>Do not lean back</u> = You will be Off Balance</p> <p><u>Do not go sideways</u> = Avoids his hit, but leaves you too far away to counter attack</p>

Hard Block



Soft Block



Block Softly

Hard Blocks (Linear) are Force-on-force, might unbalance you, and slow down time to counter attack.

- If you have time to block, You have time to move
- Movement is a better defense, than trying to meet strength with strength

The Block is good Insurance in case he has a Weapon or you did not move far enough or fast enough

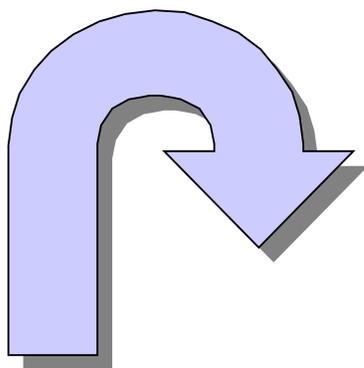
Soft Blocks (Circular) are Fluid, Keep Your Balance, and Allow for Faster Counter Attacks

You merely need to deflect his punch or grab, not move it far

Block softly Then Hit Hard!

He gets one turn, and then it's...

- Your Turn
- Your Turn
- Your Turn... and so on!
- Block Softly so you can move in and counter attack quickly.



Never Give him a Second Chance!



Block softly to counter faster

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



Block Softly to control weapon arm

- Block Softly so you can control the weapon hand.
- A hard block will drive it away from you and may him 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



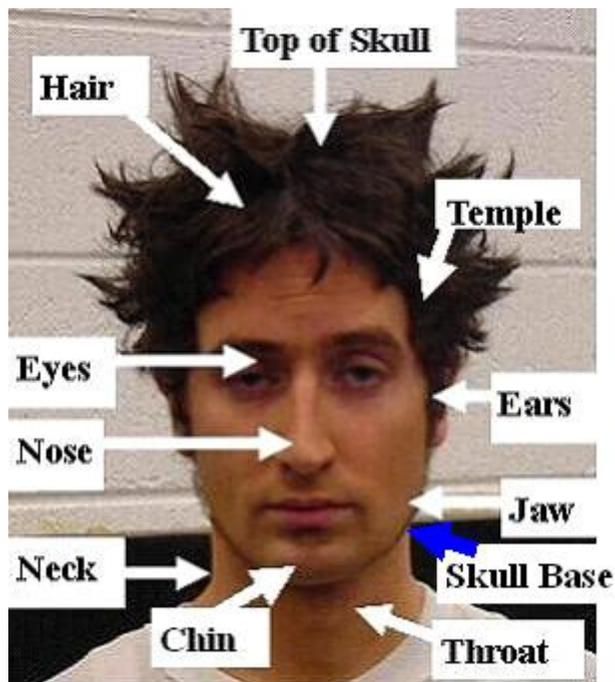
Block Softly to control weapon arm

- Block Softly so you can control the weapon hand.
- A hard block will drive it away from you and may him 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

“A to Face” Targets



Target Rich Environment
Aim for the Bulls 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**



**Twist anything far enough
and something bad will
happen and he deserves it!**

Head Control

Use Principle of Circular Motion

Which is basically this, 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



Get a good grip and twist hard!



Aim him for a hard object



He meets the hard object = K.O.

Head Control

- Head Control allows you to put him on the ground without having to be stronger than he is.
- Before turning his head push chin up on a 45° angle so that his neck muscles are not able to help him.

- Head control can be applied when on the ground as well.
- You can also use “The Alien”* as way to get head control (shown below).

*Phrase used by Marc “The Animal” MacYoung



“The Alien” * is simply your outspread hand laid like a wet washcloth across his face as you spin him.



Get your hands on inside of his arms

Short Palm Heel from Clinch

If grabbed, work your hands to the inside



One hand grabs back of his head

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!



Other hand delivers Palm Heel

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

Just use the bottom of your palm to hit his chin or nose. Bend your fingers up slightly to keep them out of the way as you hit him



Low Line Targets

When You Counter Attack

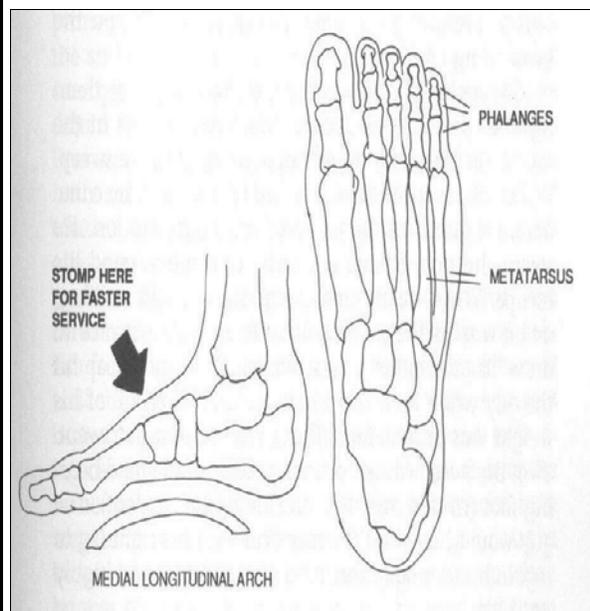
Kick Low “B” to Base

- Groin
- Thighs
- Shins
- Ankles
- Top of Feet

You always can chop the biggest tree down from the bottom.



Stomp heel down on instep, this even hurts on steel toe boots as long as you are close to ankle.





Kick with rear leg for more power



Turn foot at 45 Degree to hit leg.



Raise knee



Straight line front kick might miss.



Aim for knee or lower on leg



Follow through - kick past leg

Shift your weight forward towards him when you kick!

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
Basic Kicks – Damage his knee so he can't chase you



Step out beside him on outside foot

**Basic Kicks
Knee Destruction**



Raise close leg, kick with side of foot

Raise your foot high enough to target his knee joint.

Knee joint does not fold to side so this kick is very destructive.



Kick through to break/collapse knee

When you kick, shift your weight and step down through his knee joint to tear ligaments and damage knee.

Follow through by stepping down into his knee joint. Then run away.



from a clinch, think low kick

Basic Kicks

Foot Stomp

From any clinch or close grab think of a foot stomp as a first move, especially if your hands are tied up



Raise knee and aim at top of his foot

At this distance look at your target to add commitment to your stomp



Drive heel first onto instep of his foot

Shift weight so that you deliver all your weight onto his foot through your heel only.

If possible, keep your toes up so only your heel hits his foot. Once he yells and lets go, run away.

Basic Kicks – Hurt him so he won't follow you when you escape.



Again from a clinch, think low kick

Rising Knee
Can be combined with other Strikes (as below)

Raise knee up, let toes point down.

As you impact push hips forward to make impact



Raise knee, drag toes on ground



From a clinch with palm heel



Drive knee into groin or mid-thigh



Swing hips towards him

Shift your weight forward towards him when you use your knee!



Knees make great weapons once you are close enough to use them.

Best targets are groin, mid thigh inside or outside and floating ribs.

Dead Leg

More on the Effective use of the Knee

Driving your knee into the outside of an attacker's thigh half way between his hip and his knee is an effective way to damage his balance and mobility.

The target is on the mid-line of the thigh either on the outside (shown here) or inside.

This will cause the leg to buckle and will unbalance your attacker.



If you can't get groin, get mid thigh!

Effective use of Knee

Driving your knee into the inside of an attacker's thigh half way between his hip and his knee is an effective way to damage his balance and mobility. The target is on the mid-line of the thigh either on the inside (shown here) or outside.



When grabbed, react with movement

As she is grabbed

She steps forward with
closest leg,

Keeps her head tucked
forward, and hip
pressed against him,



Step forward, move head in, leg behind

Pushes top half of him
backwards as she
applies pressure with
her leg on his knee joint
or lower thigh or calf
from behind in the
opposite direction.

Crash landing for him!



Shove his upper body backwards



Shove diagonally down/back



When grabbed , react with movement

As man grabs her and pushes,

She steps forward between his legs,



Step forward between his legs

Turns around while attaching herself to his arm, pushing her hip back into him to unbalance him, and throws or trips him over her extended leg.

Crash landing for bad guy!



Turn, extend leg, wrap arm, pull down



Happy landing!



Applied to Head from ground



Applied to upper arm standing

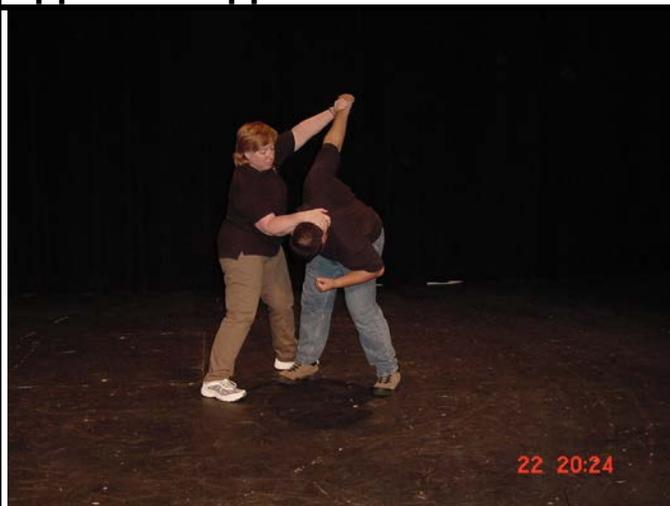


Applied to Upper arm and Head

Gyroscopic Motion can be applied to head and/or shoulders as well as hips

- Standing
- Kneeling
- On Ground

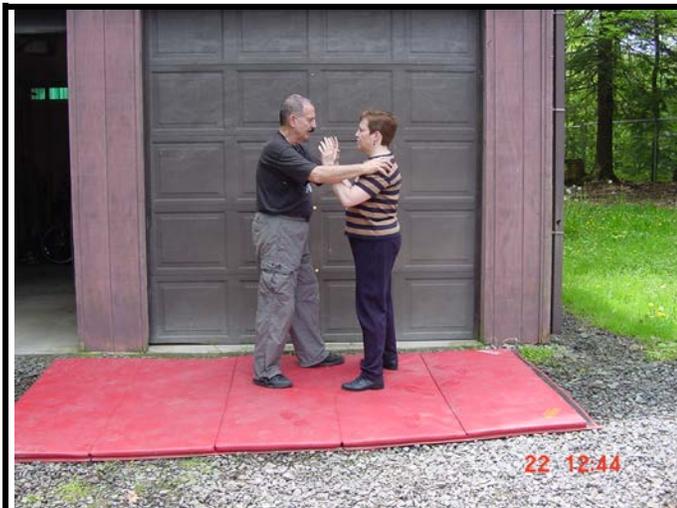
Look at the similarities.



Applied to Head and Arm Standing



Applied to Head Prone on floor



As grabbed get your hands to inside

Gyroscopic Motion Head Control

As grabbed get your hands inside his arms (if not there already),

Cup chin in one hand, back of head in the other, push chin up and pull head down and around. Make the takedown or slam his head into the garage...it's your choice!



Cup chin and hold back of head



Rotated so you can see better



Rotate him so he is unbalanced



And finish twist with throw

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
Arm Bar – One way to deal with a grab to the wrist



Just grabbed, open your hand



Grip hand, slide up above elbow



Swing your arm to the inside



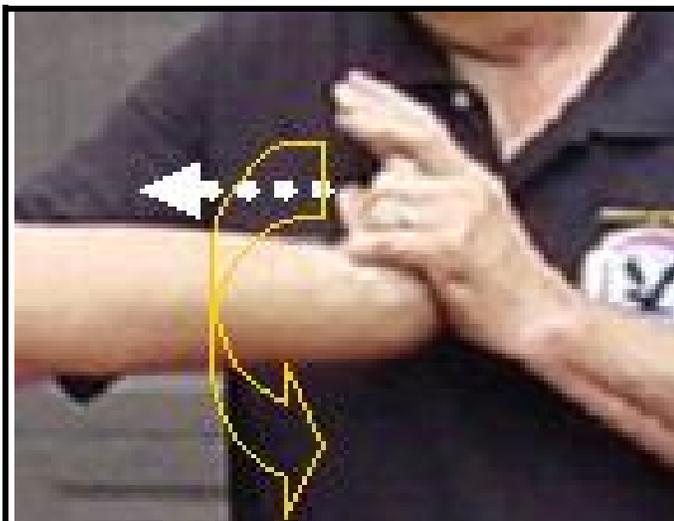
Twist hand, push elbow, step in



Reverse and grab back of his hand



Shove down to unbalance him

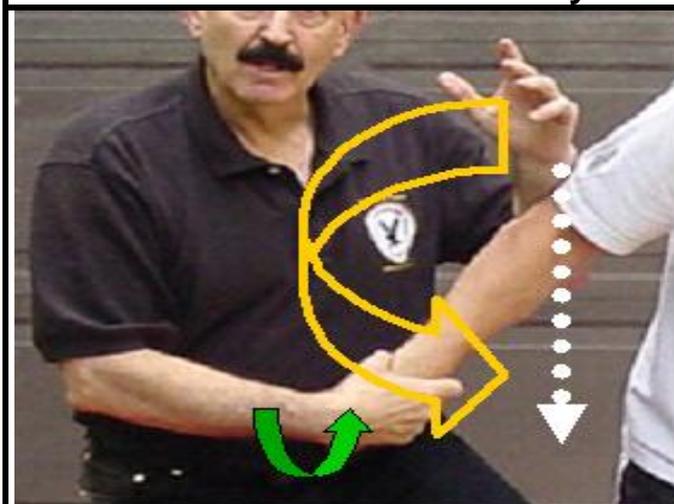


Push in and turn simultaneously

Turn his hand towards the center of his body.

Push the back of his hand towards his elbow crease.

When possible keep the back of his hand pinned against your chest.

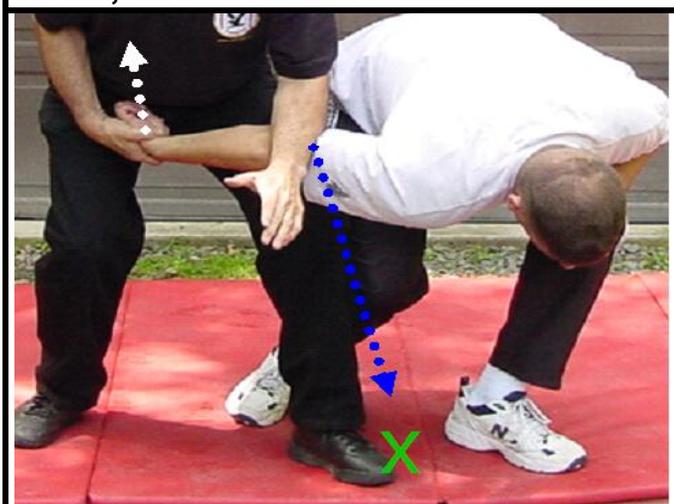


Twist, and slice downward

Push in at his triceps with a live hand (open) using the bony edge of your arm for pressure.

Roll in a slicing motion downward above his elbow at or near the triceps muscle on the back of his arm

Twist his wrist to you



Send him into a point of unbalance

Shift your weight to step down with your foot over the point of unbalance in front of him and force him down

Pull up on his hand as you push down on his upper arm

Lower your center by bending front knee

S-Arm – Another way to deal with a grab to the arm or wrist



Cross Body Grab, Make live hand



Twist his forearm inwards



Cover his hand, swing to his inside



Drive him to his knees



Counter grab his forearm as shown

On this technique shift your weight forward and down to drive him into the ground.

Bend your front knee slightly so you are leaning forward as you push down on his wrist.



One way to slow him down!
Whipped Cream is **not**
recommended as a distraction

Fighting Dirty to Survive

Set up a Distraction:

- Spitting (See Photo)
- Throwing Sand, etc
- Spraying them with Coke or Beer
- Tossing a Baseball Cap at Them
- Throw Loose Coins in their face
- Throw your pager to them to catch

You get the idea!



Get a good mouthful and bite hard



Bite the closest flesh to your mouth

Fighting Dirty to Survive

- **Biting**

Can be very effective in defending ourselves if we overcome social conditioning to be nice and “not bite”

... and bite on whatever you can get hold of nose, ear, cheek, neck, throat or any flesh near your teeth.

...as nasty as it sounds just bite, chew and spit. It's gross, but you need to survive and escape, so do it!



Fingers in eyes change the odds

Dirty Tricks - Gouging

None of us like to do things like this, but this is not a sporting event. We aren't playing with childhood friends. This is an attack, and you have to do what is necessary to escape



Even as she is tackled she is fighting

Dirty Tricks – Eye Gouge

You won't permanently blind him, but you will hurt him so that you can make an escape.

It is not your job to protect a violent felon who wants to hurt you.



Now who's the boss?

Dirty Tricks – Groin tear

You have a right to go home to your family and the people who love you.

If he gets hurt, it is his choice. He set up the problem by attacking you.



Works well if he is taller

Head Butts Work for Men and Women

- Front

Use front upper part of your skull on the soft tissue of his face. Close mouth tightly, shut eyes as you hit



Throw head back right away

- Rear

Use rear upper part of your skull on the soft tissue of his face. Bend forward and then thrust your self backwards. Close mouth tightly, shut eyes as you hit

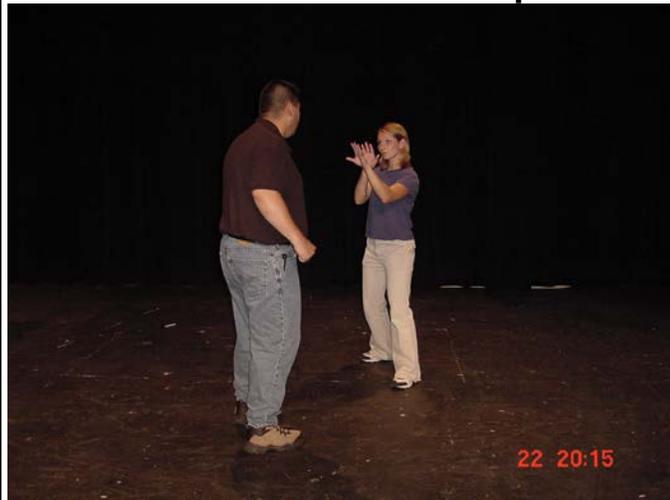


Get a good grip on soft flesh

Pinching – Get a good grip with Index, Middle Finger and Thumb

- On any flesh
- As part of a groin tear
- On soft flesh like the inside of a thigh

Hand Strikes to Head - Examples



Eye strikes are very effective



So are palm heels rising from below



Bullseye!

Retaliation/Counter Attack

**Always use Closest
Weapon to Closest Target**

- 1. Hands from Mid-thigh to over Head**
- 2. Knees from Mid-thigh to Chest**
- 3. Feet from Ground to Groin**

**Non-telegraphed Attack =
no wind up or “get ready”
Just hit him!**

**Economy of Motion =
simple direct movement**

**Tactile Sensitivity =
follow up based on sense of
touch and feel**

Primary Targets

- Eyes**
- Throat**
- Nose**

Secondary Target

- You pick some**

Kicks to Lower Body Targets



Combination A and B at same time

**Closest Weapon to
Closest Target**

**Hands from Mid-thigh to
over Head (not shown as
we are talking here about
kicks only)**

**You can combine hits and
kicks.**



Low line kick to drive him off balance

**Knees from Mid-thigh to
Chest**

**Keep your kicks low so as
to maintain your balance.**

**Keep your kicks low as
they are harder for your
attacker to detect.**



Low line kicks always work

Feet from Ground to Groin

**Kicks to shins, knees to
thighs, stomps to the top
of the foot all cause pain.**

**All of these kicks will slow
him down or hobble his
ability to pursue you when
you leave.**

**If you have real weapons*,
use them!**



**If you do not have real weapons,
improvise from your
surroundings or a common
object you are carrying**



**Umbrella used to choke or strike
attacker**



Cover of "Hands Off" 1942 showing same application more than 60 years ago. It was a good tactic then, and it still is.

***Real Weapons:
Cane, Knife, Stun Gun, Mace,
Kubotan, Handgun**

Common objects can be turned into Improvised weapons.

These objects might come from your kitchen, bathroom, garage – look at pictures that follow and see what **advantage you can think of in a violent attack.**

Improvised Weapons are anything gives you an advantage, that is:

- **harder than your hand,**
- **extends your reach,**
- **has a point/sharp edge,**
- **can be used as a distraction, thrown at attacker for example**
- **can be used as a shield to keep him from hitting or cutting you**
- **can be swung to keep him at a distance like a belt or a purse on a strap**

Improvised Weapons

While examples may show use by only a man or only a woman, clearly they are available as a defense for everybody.

- **Objects; Keys, Pens, Pencils, Books, Magazines, Coffee Mugs, Chairs, Rock, Telephone, 2x4, pool cue, barstool, garbage can, flashlight, lamp, beer mug all can be used as weapons.**
- **Anything you can swing to make space**
- **Environment: floor, ground, wall, post, fence, guard rail, tree can be used to stun or knock out an attacker**
- **And don't forget your car, it makes a great weapon once you are inside and it is running.**

Think in general terms of any object you can use, not just what is shown.
That's what improvise means, you made it up - Vic Cushing



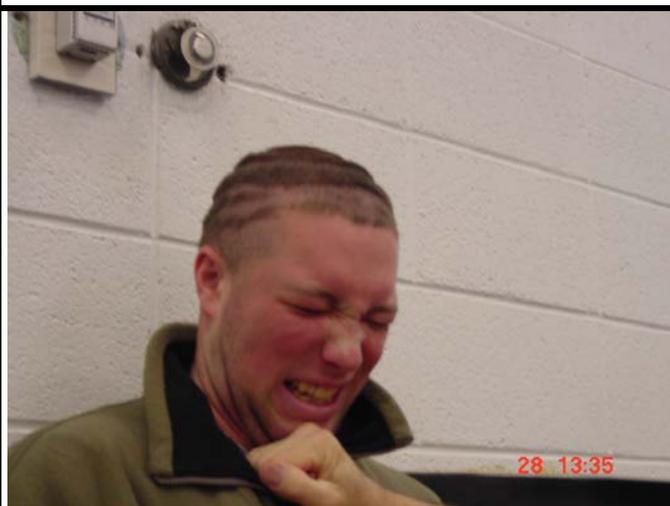
Jammed up under nose = real pain

Any defense shown for a round small tube or Kubotan (a real weapon) can be improvised with pens and pencils – pressed into area just below the nose



Shoved into side of face under ear

Any defense shown for a Kubotan (a real weapon) can be improvised with pens and pencils – the hard end is pressed into mastoid process (the hollow at the point of the jaw just in front of ear)



Pushed into throat = more pain

Any defense shown for a Kubotan (a real weapon) can be improvised with pens and pencils – Jammed into throat or jugular notch, that soft spot just above where the collar bones come together.



Threat is clear



Gain Head Control



Slide Forward to the Outside



Knee him in the face



Counter strike with a palm heel



Add a shin kick!

“Come see the stars!” – A defense for a punch or attempted grab



Incoming punch or grab

Punch Defense From Inside Block Position = “Come See the Stars!”

Defender raises hands to protect herself

Defender Blocks softly with right hand as she steps forward diagonally to her right



Soft block to maintain contact

Left Hand takes place of right hand, just in case there might be a weapon involved

Defender strikes attacker in face with back of right hand, slide weight forward as you hit.

“Come see the Stars!”*

***Phrase used by Peyton Quinn**



Two hands for safety when blocking



One hand is used to hit him hard!



As he lunges at her, she move off line

An Outside Move with an Eye Jab and a throw executed by a small defender versus a large attacker.

He steps in to punch or grab, she slides forward on an angle eluding him and jabs his eyes



...as he passes by her she hits him

She then steps in behind him and executes a throw by lowering her center of gravity and turning her shoulders and hips together.

And down he goes!



She steps in, lowers her center



and makes the throw!



Grab from behind hair or clothing

Rear Hair Grab

- Turn into Attack
- Slam or Bump with your Hip
- Use Basic Strikes/Kicks



Back towards him

Move in his direction to deliver strike, even if ambushed.

Weight needs to move to target, not away. So in this case she is backing towards him to add weight to her strike



Strike ready to go



Hit to groin



Grabbed and pulled back

As soon as possible, turn to face the attack whenever you can.

Deliver a series of hits and kicks. Do not count on a one kick or one punch knock out!



She lowers her center, turns to him



“Old reliable”, a palm heel strike



...and goes on counter attack



followed up with a knee



Front two-handed choke

Grab his hands and press them closer to your body to minimize the impact of his choke.

Kick shins repeatedly or stomp or any other kick in your arsenal.



Notice defender's grip on his hands

When his grip loosens, and it will, his feet will be driven backward by your kicks

Get head control, keep him close to you.

Turn and drive his head into the floor or ground!



She shifts hands to get Head Control



Turns her body and throws him

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
Defenses Against Chokes – Rear Two handed choke



Surprised

Statue of Liberty turn,
Back hand to head, head
control, followed by a
Palm Heel to his kidney

Always use closest
weapon to closest target
Next might be a knee to
his ribs (yellow arrow)



Reach as high as you can



Get your center lined up on him



Turn Shoulders and Hips together



Strike and Kick to escape



React as soon as you are grabbed!

React as soon as you are grabbed!... so that you are not jerked off balance or punched.

Here is the same scenario with the arm being swung in the other direction.
Just make a big circle!



Make a circle with your arm and body

Make a Circle with your Arm and Whole Body.

Swing your hips and shoulders as you turn your arm.

When you are loose either leave or explode into action with multiple hits.



Push his hand away from you

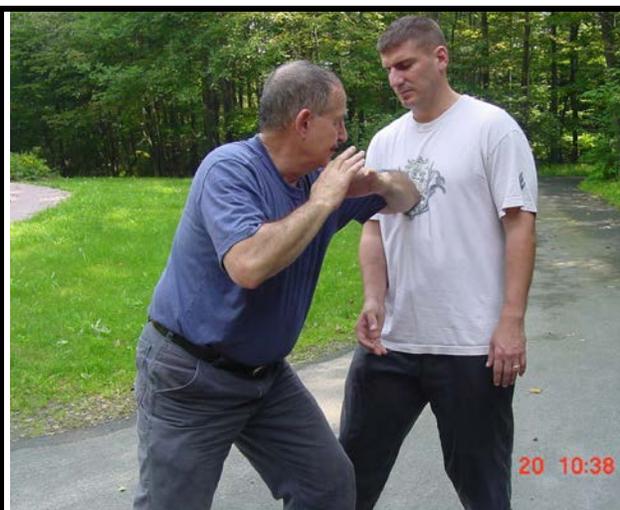


Leave the area!

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
Wrist Grab Release – Move Your Down and Strike



Make Live hand



Drive forward into his center



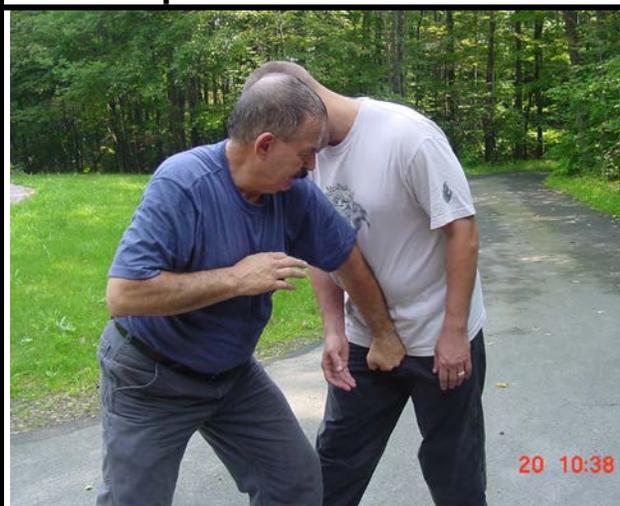
Step forward, drive hand down



Follow up strike to face



Make elbow, shift weight forward



Follow up strike to groin



He grabs her hand, pulls her to him



Low line kick to the shin



Slides forward, hits with Palm Heel



another strike to head



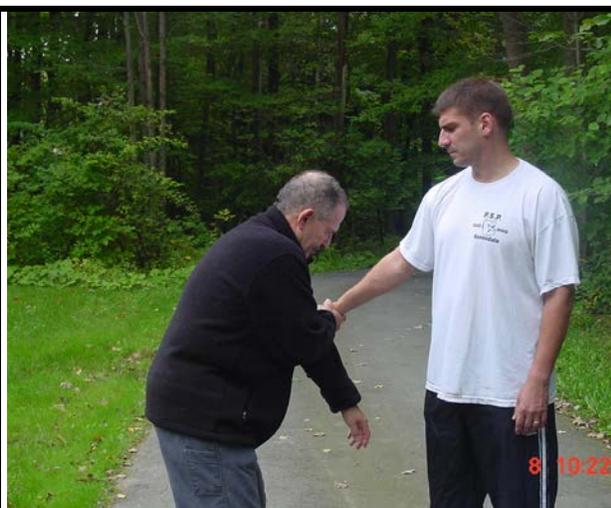
Turns into face rake or gouge



continue with A and B impacts



When Grabbed, react quickly



Counter grab his hand



Counter Strike with palm heel to face



Walk under his arm to lock



When grabbed, react quickly



Crank him up, Strike A to Face



Ambushed

When attacked from behind, turn to the attacker as soon as you can.

Use basic strikes and kicks to stop his assault.



She turns with hand at center line



Gouges at his face



She strikes him



Thumbs in his eyes. It's over!



In this Ambush probably sexual assault, she is going to continue to pound on him until she can leave without fear that he will renew his attack or follow her when she goes.

Now she knees him in groin



Digs at his eyes



Kicks to drive him off balance



Gets Head Control



Drops him to floor!



He takes a hard fall

Gravity is our friend.

Any time you can use the planet to help daze him, do so.



a very hard fall

This type of fall will cause major damage



She can leave safely now

Once she is sure she can leave safely, she does.

Always call the Police and report the attack!



If his arm is close to you, bite it!

Head Lock defense can involve a dirty trick “Biting” on his arm if you are faced that way, Bite him like he was an apple... don’t just nip, clamp down and bite through!



If his chest is close to you, bite it!

Head Lock defense can involve a dirty trick “Biting” on his body if you are faced that way, Make him yell and loosen his grip, then take whatever further action in needed, and leave.



as he loosens grip, kick him

Combined a second later... after she has loosened his grip on her head with a kick to his shin!

Always disengage as soon as it is safe, leave, and report the attack to the police.



Defender is grabbed around her head

- Strike his Groin
- Tear his Groin
- Drop him to the ground
- Make sure he can't chase you when you leave



Her hand is free, so she strikes him



He falls to his knees



She grabs him for groin tear



She hits him again, time to leave!

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
Bear Hug Front with Arms In Low Wrap – Two versions



Grabbed, arms trapped inside



Grabbed, arms trapped inside



Two handed strike to groin



Two handed strike to groin



Then turned into a groin tear



Then turned into a groin tear



As he grabs, push hips back

Even though he has control of some of your body, you still have options.

By moving your hips back (a part of you he does not control), you can partially unbalance him.



Turn hip to side to make space

Since he does not have any way to keep you from turning your hip to the side, do it, and make room.

Then you can hit him or grab his vulnerable parts for a quick escape.



Groin strike



Groin tear as alternative or more



Grabbed from behind, arms pinned

Even though he has control of some of your body, you still have options.



Push hip back and step to side

Since he does not have any way to keep you from stepping to the side, do it, and make room.

Then you can hit him or grab his vulnerable parts for a quick escape.



Now there in room for a groin tear

Shown here is a groin tear, you may substitute a strong pinch on the inside of the thighs, a hammer fist to the groin, or any other strike you know.

Then continue with your defense until you can escape!

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
Bear Hug Rear Arms In with Low Wrap – Another Version



Grabbed low on arms, trapped



Arm is loose now



Wiggle from side to side repeatedly



Hit him in the head!



Wiggle from side to side repeatedly

Keep wiggling from side to side until an elbow comes loose, then hit him!

Repeat and add other strikes and kicks until you can safely escape.

Report the attack to the police!



Grabbed high on your arms

If he grabs high on your arms, bump back into him as you pop your arms up.

Whole motion should be almost like your body is sneezing, everything happens at once.



Butt goes back, arms come up



Cover his hands to avoid choke



Get your arms up high



Spin hips/shoulders, strike him!

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
Use of an explosive physical response as tackled



Being Tackled and thrown down



as he moves away – hit groin



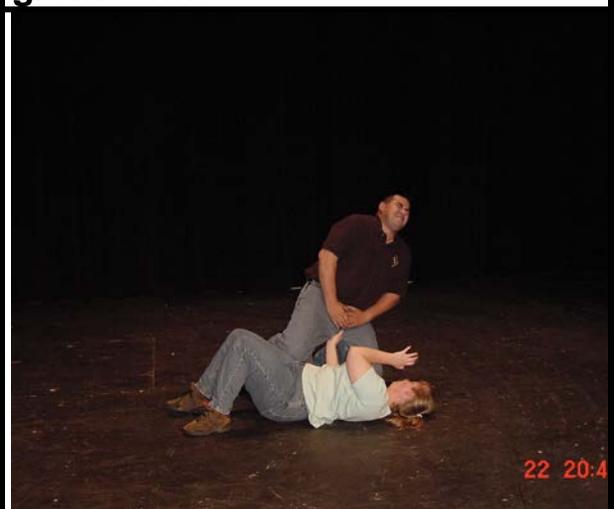
as you roll over gouge eyes



groin strike



and try for head control to roll him off



becomes groin tear...continue



Being attacked after knocked down



Eye Rake or other face strike



Roll towards him and palm heel strike



Start gaining superior position



Gouge and scratch as you can



Hit him again and again!

If knocked down, and free to move, use low line kicks to defend yourself



Down on Back, Leg cocked



Kick him again!



Guard groin and Kick him!

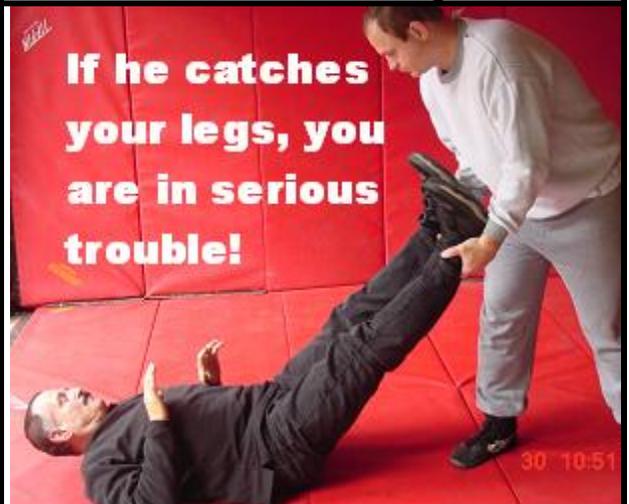


**This is wrong!
Do not kick with
both legs at once**

Do not kick with both legs at once



Alternate Kicks, one leg, then other



**If he catches
your legs, you
are in serious
trouble!**

He will drag you away or worse

Modern Hapkido Self Defense Manual
Ground Fighting – Strike and Leg Bar Options

100% Self Defense Essentials



Knocked to knees, keep hands up



Pull out ankle, push in knee



Closest weapon to closest target!



As he falls, set up groin strike



Instead of strike, go for leg bar



Hit him, and get to your feet!

Weapons Considerations

Weapons change the circumstances and raise the threat level to its highest point. Now you are dealing with a situation that may end in serious injury to you or your death. If you know or think a weapon is involved or may be deployed by a potential attacker, you must be mentally ready to act.

Awareness is a strong ally in this endeavor. You should be aware that anytime you can not see the hands of someone you are having trouble with or can not see what he is holding in his hands, he may have a weapon. You should be aware that any reaching or touching of a place where a weapon might be concealed could indicate a deadly threat.

Distance is the best defense, if a weapon is involved. Said only partially as a joke, the best distance in this case would be about 2 states away. Clearly if you have any advance warning and any chance to do so, leave immediately.

The physical defenses we explain here are a poor second to just getting out of there. Use them only if you are not trapped by circumstances or the duty to protect someone else.

The basics you have learned so far apply to weapons, but the stakes are much higher. In low light conditions or an ambush even in broad daylight, you may not even know that he has a weapon. When you look at some of the photos in the action sequences, you will be squinting to see if there is a weapon in the picture. That is with plenty of time to look, and no stress such as that caused by being attacked. Use the 10 Steps for Weapon Defense to raise your odds of survival in a deadly attack.

10 Steps for Weapon Defense:

Hands Up (at or better yet above his)

Get off Line of Attack for a Stab, Impact, Bullet, etc.

Block Softly and Hit Hard.

Attach to Attacker (Grab/Trap)

Get close and hold on as you hit and kick

Control Weapon Hand or Arm to the extent that you can

Administer Pain Right Now! Disarm him by stunning or K.O.

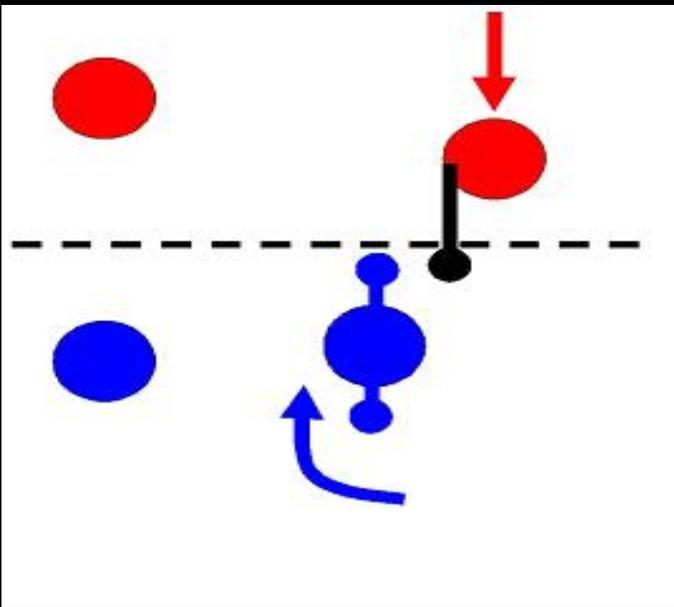
Take weapon only when safe

Be sure he is out of commission.

Leave! Escape! Get out of the area in case he has friends.

Call Police ASAP and report the attack

Close Up View – Knife Defense from Outside



Footwork for avoiding an attack is the same whether it is a punch, blade or gun. The stakes are just much higher. The lock used for disarm is called an outside wrist lock. Do not use any disarm until you have kicked and/or struck him to soften him up.



Getting off the Line to the Outside



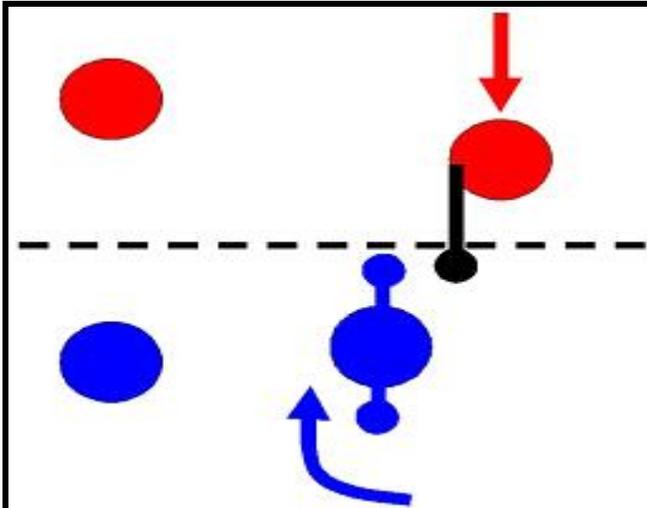
Beginning disarm, after strikes.



Adding a second hand for control



Finish lock, twist whole body.



Footwork for avoiding an attack applies to a gun barrel. The stakes are just much higher. The lock used for disarm is an outside wrist lock. Do not use any disarm until you have kicked and/or struck him to soften him up.



Getting off the Line to the Outside



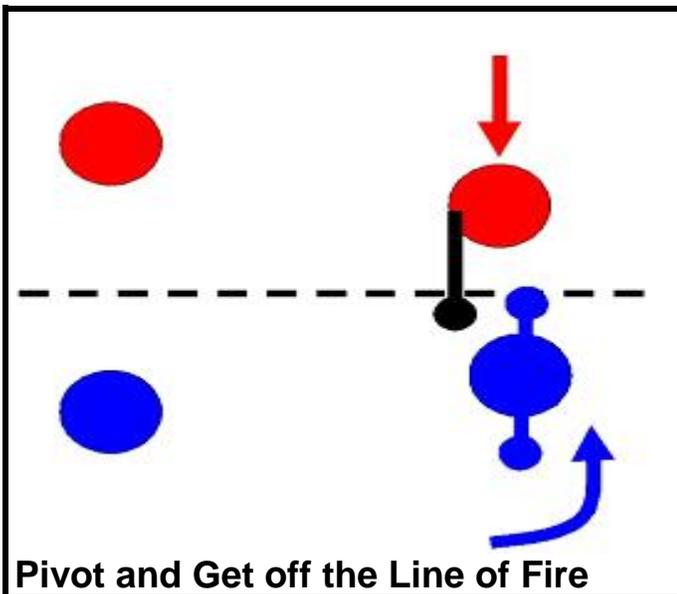
Beginning disarm, after strikes.



Adding a second hand for control



Finish lock, twist whole body.



Footwork for avoiding any attack applies to a gun barrel. The stakes are just much higher. In this example, rotate the weapon towards his elbow joint. Do not use any disarm until you have kicked and/or struck him to soften him up.



Grab top of slide with one hand



Push the muzzle back to him



Add your other hand to the grab

You can strip the weapon from him at this point or apply strikes and kicks until his resistance is gone.

Keep the muzzle of the weapon pointed away from you.

Avoiding Impact Weapons including a Closed Fist

Club, Knife, Fist
Swung Side to Side

High Impact

Medium Impact

Low/No Impact

Move Forward To lessen impact

Whatever is coming at you, move in!

If someone attacks you with a club, knife or even a tightly closed fist, they will probably aim at your head either with an overhead blow or a side to side swing (like a baseball bat). If you back up, he will just swing again until he makes contact.

Club, Knife, Fist
Swung up to Down

High Impact

Medium Impact

Low/No Impact

Move Forward To lessen impact

Whatever is coming at you, move in!

You need to move forward whether the strike is overhead or side to side. Moving Forward, strange as it sounds, gets you off the line of attack and out of the highest impact zone. The closer you are to him, the better you can counter attack.



Side to Side Strike with Club



Up to Down Strike with Knife



Punch or Grab

Ten Steps

- Hands up
- Get off the Line
- Block Softly and Hit Hard
- Attach to Attacker
- Control Weapon
- Administer Pain Right Now
- Take Weapon When Safe
- Put him out of Commission
- Leave! Escape!
- Call Police, Report Attack



Attack with Stick Swung at Head

Ten Steps

- Hands up
- Get off the Line
- Block Softly and Hit Hard
- Attach to Attacker
- Control Weapon
- Administer Pain Right Now
- Take Weapon When Safe
- Put him out of Commission
- Leave! Escape!
- Call Police, Report Attack



Inside Block and Forearm Smash!



Inside Block and Forearm Smash!



Deadly Threat Use= 10 Steps



Deadly Threat Use =10 Steps



Good outcome



Good outcome

Remember your Goal



If you manage these outcomes,



Make an Escape!

This is not a game or display of skills. It is life and death. Use the 10 Steps and Leave as soon as you can!

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
Defense Against Handgun – Ambush from Behind



Unaware, a target for attack!



Pivot towards him, wrap his arm



Ambushed with pistol in back



Strike A to Face



Move slowly, talk softly, and then...



Deliver some more punishment



Held at Gunpoint



Outside wrist lock and head strike



Pivot body , slide forward



Reinforce lock and force disarm



Get control of barrel



Success!



Weapon displayed, condition red



Control arm, set up low line kick



As he swings move inside arc



Low line kick



Double hand stop of strike



Now go for stick disarm



Turn stick as if paddling a canoe



Now she initiates counter attack



He was struck as she removed stick



Ready for another strike



Be sure you have complete control



Watching for an opening



Low line hit to limit his mobility

Be sure that you severely limit his ability to either renew his attack or to pursue you when you leave.

Your goal is a safe escape



His leg buckles and he goes down



Disengage and monitor him

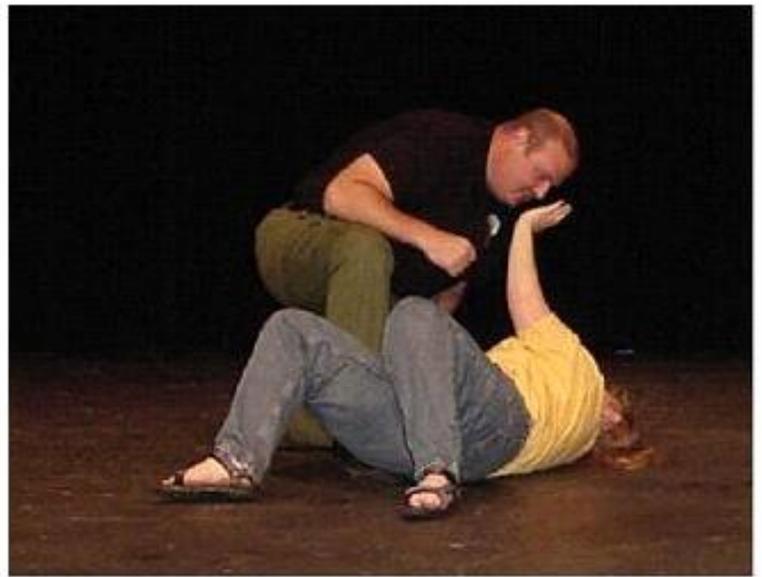


Strike again on low line



Cover him, scan, and leave

Defenses Against Rape



**Includes dealing with other sexual assaults
and unwanted attention**

Modern Hapkido Self Defense Manual **100% Self Defense Essentials** Defenses Against Rapes - Background Information

"How to deal with Muggings and Sexual Assaults"

"Consistent study results show that forceful and immediate resistance strategies are successful and do not necessarily lead to greater injuries".

Dr. Judith Lewis Herman Trauma and Recovery

" The women who remained calm, used many active strategies, and fought to the best of their ability were not only more likely to be successful in thwarting the rape attempt, but also less likely to suffer severe distress symptoms even if their efforts ultimately failed. "

"By contrast the women who were immobilized by terror and submitted without a struggle were more likely to be raped, but also to be highly self-critical and depressed in the aftermath."

"Women's general high sociability, however, was often a liability rather than an asset during a rape attempt. Many women tried to appeal to the humanity of the rapist, or to establish some form of empathic connection with him. These efforts were almost universally futile."

"Injuries that women sustained were the results of the rapists initial blows and strikes, but not a result of their resistance strategies" Sara Ohlman, University of Chicago.

If you choose not to defend yourself, let it be because you have assessed the situation and decided that it is far too dangerous to defend yourself, not because you do not know how to or you think that you shouldn't.

This is not a cooking class.

We are going to talk about things that are unpleasant. Muggings and more specifically sexual assaults are distasteful subjects, but being squeamish or pretending that nothing can ever happen is the best way to assure that you will be totally defenseless and unprepared, if it does happen to you.

Rape and the Heimlich maneuver Question:

"Do you know how to save your child or a brother or a sister when they are choking? Do you know how to use the Heimlich maneuver?"

Wouldn't it be a good idea to learn that so you could help a child if he/she were choking? Would you be willing to spend some time to know how to do that?

"If you would be willing to learn something to save a child's life, why not learn something to save your own?"

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**
A Summary: How to deal with "Close Encounters of the Wrong Kind"

- Examine your attitude, and learn to be your own bodyguard, protector, Lioness.
- Do not protect your attacker; instead protect your family and loved ones.
- Think how would affect your parents, husband, boyfriend 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.
- Get rid of cultural conditioning that isn't designed for dealing with violent attacks, such as worrying about being rude or hurting anyone, or feeling silly. Ask yourself if the deer running from a wolf is worrying about the wolf's feelings.
- You are not responsible for what happens to a violent felon who is attempting to rape or murder you.
- Co-operation probably will not work. Co-operating with a Rapist = Rape. Co-operating with a Rapist-Murderer = Rape and Death. You have to make your own decisions about the threat you are facing.
- If you want to feel guilty about hurting them afterwards, even though you have no objective reason to do so...that's OK, just be there to indulge yourself.
- Stun, Smash, Bite, Gouge, Blind, Disembowel, Maim, Cripple, Castrate, Kill Him/Them, but live yourself. If it were your sister or mother or daughter, you would be a Lioness. Be one for yourself!
- Set this as a Trigger = Any unwanted touch or invasion of your personal space should be interpreted as an Attack, If it occurs after you have made clear that you do not want to be bothered.

You can deal with any Sexual Assault Scenario - Rape and Oral Rape across a variety of attack scenarios:

Grabbed from Front, Grabbed from Behind, Picked up
Pinned Upright against a wall, Pinned to the 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

As long as you do **whatever it takes** to get free and go home alive!

Modern Hapkido Self Defense Manual **100% Self Defense Essentials**

6 Verbal Parries: Disease & condition = STD/AIDS, Heart, Cancer, Leprosy, Herpes, Period

6 Easy Target Areas	6 Simple Strikes	6 Quick Kicks	6 Dirty Tricks
Eyes	Eye Jab/Rake	Stomp Heel	Spit or Spray
Throat/Side Neck	Palm Heel	Low Side	Bite. Bite, Bite
Groin/Bladder	Back Hand Slap	Scoop	Head Butt
Inside/Outside Mid-Thigh	Hammer/Bottom Fist	Swinging Knee	Butt Butt
Knee Caps/Shins	Forearm	Shin	Caress/Gouge/Tear
Ankle/Top Side of Foot	Elbow	45° Front	Weapons/Improvised/Actual

Some Examples:

- Eye Strike - comes up centerline of body rising from below
- Throat Strike - tiger mouth to Adam's apple come up the centerline, pinch in
- Palm Strike - throat or chin rising up centerline
On all strikes move forward and thrust with hips, do not play "Patty cake"
Pyramid base, shot put style strike
- Elbow strike or forearm smash - face/head or throat whip the arm in followed up hip rotation.
- Knee Strike- groin. Swing hips let back, shoulders move, "the wrecking ball" movement. Do not hunch over or you will not have real power.

Pinned Down Defenses

- **Freedom to Move**
- **Grappling, Tangled Up**

His attack modes may include

- **Talking Dirty**
- **Demeaning you**
- **Punch and Slap**
- **Choke**
- **Pin with Weight/Size**
- **Tearing Clothing**
- **Cause Pain**

You may have to fake compliance externally to get ready to counter his attack.

You may be saying that you will co-operate while the internal countdown is going on **10-9-8-7...**

Knocked Down – Free To Move

- **Kick From Ground**
How to do that
- **Low Line Strikes**
- **Obtain leg bar to unbalance him**

Tangled up in an attack situation

- **Explode and buy a little time**
- **Strike, Kick**
- **Bite, Gouge**
- **Head Butt**
- **Unbalance him**
- **Disengage**
- **Stop his further action**
- **Report the Attack to the Police**



Things may be OK to start



Then she scratches his face



Know your own limits



Pushing him away



He doesn't stop when told



It's over now!