## underneath every woman's 'curve' lies a muscle!

BACK OF HEAD - can butt back

TEETH - bite -

**VOICE** – has many important uses. Answering back, screams to attract attention, and an aggresive yell at the same time as a well-aimed punch or kick improves your strength no end.

**FIST** – punch. Learn how to form a safe and effective fist, with thumb curled around the outside of your clenched fist.

FINGERS – pinch and squeeze tender areas of – skin

- HEAD - for thinking!

 EYES - will reflect your mood. The more confident you feel, the stronger you will look - and be!



EYES – quick jab with ingers or knuckles can blind

 NOSE – shove up hard with base of palm of hand can incapacitate

THROAT/ADAMS APPLE – a hard jab with knuckles can incapacitate

LITTLE FINGERS – break easily if bent back

**POCKET** – contains torch / combining alarm

**BAG** – hit out. Be careful – what you carry in self defence – it could be used against you. EG razors, chains etc. A good idea is to clasp your bunch of keys in your fist, with a key between each finger

KNEES – jabbing blow to face if bent over you, or groin

LEGS – RUN. Self defence aims to teach you how to make swift moves that give you those few seconds advantage in which to get as far away as possible.

FOOT – kick to groin, knees, kidneys or head, chest etc (all are *trained* kicks)

HEEL – scrape down shins and stamp on foot

CHEST/STOMACH – a hard sharp blow can wind

> GROIN – a hard blow with knee, elbow or foot can incapacitate – or grab, twist and squeeze.

INSIDE LEG – pinch or squeeze – very painful

KNEES – a well-trained kick to back of knees or knee-caps can off balance or/and incapacitate

SHINS - kick or scrape a heel on them

## THIS POSTER IS JUST A USEFUL GUIDE & IS NOT A SUBSTITUTE FOR A SELF DEFENCE COURSE

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see red women's workshop - with thanks to the booklet Squashed flies'



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