

ARKETA FOUNDATION

EMPOWERMENT BASED SELF-DEFENSE FOR WOMEN & GIRLS

“SELF-DEFENSE IS NOT JUST A SET OF TECHNIQUES, IT’S A STATE OF MIND THAT BEGINS WITH THE BELIEF THAT YOU ARE WORTH DEFENDING!

Rorian Gracie

INTUITION

Intuition is one of our most valuable self-defense weapons; It is your God given alarm system. It can be devalued in our culture because it is associated with emotion. “When you honor accurate intuitive signals and evaluate them ... you will come to trust that you’ll be notified if there is something worthy of your attention.” The greatest enemy of intuition is DENIAL.

“TRUE FEAR IS A SURVIVAL SIGNAL THAT SOUNDS ONLY IN THE PRESENCE OF DANGER!”

Gavin De Becker, The Gift of Fear.

How does intuition present in our body?

- Fear
- Apprehension
- Suspicion
- Doubt
- Gut feelings
- Anxiety
- Persistent thoughts
- Heart racing
- Butterflies
- Hair standing

PAY ATTENTION, BE PREPARED, NOT PARANOID

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VERBAL SELF DEFENSE

Remember safety requires no politeness or excuses!

Our most basic verbal self-defense tool is the word, No!

- No is a complete sentence.
- No needs no apology.
- **NO, NO, BACK OFF!!!!**

SITUATIONAL AWARENESS-ONE OF OUR VALUABLE SELF DEFENSE TACTICS

SARA STRATEGIES

SCAN: YOUR SURROUNDINGS: When you arrive somewhere new take 10 secs to scan.

- Who and where objects and people are?
- Where are your exits?

ANALYZE: IS THERE CAUSE FOR ALARM?

- What is your Intuition telling you?
- Are you being affected by any bias?

RESPOND: MAKE A PLAN TO ACT.

- Move away towards exit or safe distance.
- Tools you can use: Verbal Skills, Assertive Body Language, Fighting Stance.
- Weapons of opportunity
- Call for help.

ASSESS: are you safe?

- How can you get safer?

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BOUNDARIES

A limit a person sets to create a healthy sense of self and personal space whether physical or emotional.

List of Questions to ask yourself and contemplate on your own:

- What makes you uncomfortable?
- What physical touch are you comfortable with. Handshake, hugs, etc.?
- What makes you feel respected?

Make an Observation:

- "You are standing too close to me!"

State a feeling:

- "It makes me uncomfortable!"

Make a Statement:

- "You need to move!"

OR

- Broken record: "I said No, I said No!"
- "You aren't listening to me, I said NO!"
- Hold hand up in front of you at hip level when stating verbal boundaries.

ABUSIVE RELATIONSHIPS

Intimate Partner Violence – Power Over & Control

- Power imbalances can occur across all relationships and in any socioeconomic group. No one sets out to be in an abusive relationship. Many time abusers have a superficial charm, they win you over by their compliments, politeness, and thoughtful behavior.
- Power in any Relationship **MUST** be Shared!

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SUPPORTING OTHERS

How to support someone in an Abusive Relationship?

- Listen and be understanding (**NO JUDGEMENT**)
- Believe them even when difficult...most women minimize the abuse they do not exaggerate it.
- Remind them the abuse is not their fault.
- Ask them how you can support them.

DE-ESCALATION TECHNIQUES

Preventing a situation from turning physical:

- Take a deep breath.
- Position yourself towards exit.
- Place object between you and attacker
- Don't become escalated yourself.
- Use a calm voice & try to establish a connection.
- "I understand what you are saying."
- "We can work this out."
- "I imagine you are feeling ____."

ASK QUESTIONS TO REDIRECT CONVERSATION

- Shifts the brain from the amygdala (reptile brain) to frontal lobe.
- "Do you mind if I go use the restroom really quick?"
- "Can I go get a drink of water?"
- "Tell me about your favorite hobby?"

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FIGHTING STANCE

Engage lower body with arm strikes. Women's greatest strength comes from their legs so try to engage them anytime you can in physical defense.

HAND STRIKES

BIRD BEAKS:

- Target – eyes, Striking surface: fingertips.

EYE GOUGE:

- Target – eyes, Striking surface: thumbs.

HEEL PALM:

- Target – Nose, Throat, Solar Plexus, Striking surface: heel of hand, Thumbs tucked in next to fingers.

ONE HANDED HAMMER:

- Target – side of neck, head, kidneys, Striking surface: side of clenched fist.

THROAT JAB:

- Target – throat, Fingers in a blade and thrust into Adam's apple area.

SIDE JABS:

- Target – side of abdomen, Fingers in a blade quick jab to both sides of assailant.

KICKS

KNEE UP:

- Target – groin or face, Striking surface: front of knee.

SIDE KICK: Target – knees, Striking surface: side of foot/heel, Knee up, kick, return.

REAR KICK:

- Target – Knees, Striking surface – heel of foot.

Make sure to be looking behind you at the attacker.

*Knees make a great target because they only bend one way. If you strike a knee right the attacker will not be able to continue the assault. They will be down on the ground.

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ELBOW STRIKES

Elbow Back: Target – Nose or Throat

- Striking Surface: Lower triceps
- Note: Look where you are striking, step into it, push through the strike.
- Elbow Forward: Target – Nose or Throat
- Striking Surface: Forearm
- Note: Step into it and push
- Elbow Down: Target – Kidneys, Back of Neck
- Striking Surface: Lower triceps
- Note: Use whole body weight, most useful as a follow up strike when they are bent over.

WRIST GRAB ESCAPES

- Wrist grabs aren't inherently dangerous by themselves, but you may need to use them after striking an assailant if they grab your wrist. Use entire body, step into the wrist grab, and then pull.
- One on one: thumb is the weakest point. Step in, grab own fist with other hand, pull fist with force and speed.
- Two hands on wrist: step in and pull fist with with speed and force.
- Two hands on two wrists: Wonder woman, use lower body.

GROUND FIGHTING

If you have an altercation and you end up on the ground all hope is not lost.

- Get in a half guard.
- Side Kick
- Bicycle Kick
- Push Kick to belt area to create distance.

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ESCAPES FROM BEING DRAGGED

- Alligator roll out: Legs and Arms, get in half guard.

BODY GRAB ESCAPES/STRANGULATION HOLD ESCAPES

- Use whatever strikes you have available including:
- Shin Scrape, instep stomp, head butt, ear slap pinky rip, side jab, groin rip, rear windmill

CURL & COVER

- This position is used when other options of self-defense aren't available.
- This position is to protect your vital organs and/or rest until you have the strength to fight back.

WAYS TO REVIEW SELF-DEFENSE SKILLS

- Practice with someone who took the class with you.
- Review in mirror so you can self-correct.
- Visualize by closing eyes and visualized yourself doing the strikes.
- Practice verbal self-defense in the car or another place where you can yell.

BREATHING EXERCISE & TONING THE VAGUS NERVE

The tone of the Vagus Nerve is important as it relates to every one's health and overcoming trauma. The tone also impacts our Fight, Flight, Freeze and Fawn response. Breathing exercises are a great way to tone the Vagus Nerve. Below are few examples.

- Check to see if you are breathing deeply from your diaphragm and not breathing shallow from chest. Take a normal breath in and a normal breath out.
- Focus on your breathing, feel the air going in your nose and going out through your nose.

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- All your inhales and exhales should be through your nose, keep your lips closed.
- Continue to gently breath in and out. Focus on your breathing. If your mind wanders, bring the focus back to your breathing.
- Breath in and out.
- Now place your one hand on your chest and one hand on your belly.
- Continue breathing gently in and out...in and out.
- Your breathing should be through your belly, not your chest.
- Focusing on your hand gently moving up and down on your belly.
- Breath gently in and out, in and out.

DURING A CRISIS OR HIGH ANXIETY

- Two quick breathes in.
- One long exhale, humming as you exhale is a bonus.
- Breathe in and out with your mouth closed.

BREATHING FOR STRESS/SLEEP : 4X4X4X4 BREATHING

- Inhale ,2,3,4
- Hold, 2,3,4
- Exhale 2,3,4
- Rest 2,3,4

This is a great exercise when you are feeling stressed or triggered. Four square breathing also helps if you have issues with insomnia.

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