

**Definition**

Self-defence is a defence permitting **reasonable** force to be used to **defend** oneself or another person. So, for example, if you are in a situation where you're being attacked, it is acceptable to defend yourself in a reasonable manner, using reasonable force to prevent the attacker from causing you further harm or injuries.

**Avoidance:**

- Walking at night – *stay close to well illuminated areas and avoid being alone*
- Car Parks – *some are potentially lonely and dangerous*
- Someone behind you – *stop and let them pass*
- Mobile Phone – *carry an old phone with you to give them*
- Personal Attack Alarm – *don't hesitate to use it, but call the Police ASAP*

**Fitness**

- Simple movement exercises to retain joint mobility (arms, neck, shoulders, hips)
- Getting off the ground without hands – *roll over and push up from knees*

**Basic Techniques**

1. Straight Arm Lock  
*From a punch, step to the left and block/push the punch to your right  
Pass your left hand Over and then Under attackers punching arm,  
Make sure their palm points up, and apply an arm lock*
2. Front Strangle
  - a. *Step Back (on left leg), raise right arm, twist body to the left  
and lower raised arm across attackers arms*
  - b. *Poke (hard) to neck (Plender gap)*
  - c. *Pinch under attacker's arms*
3. Wrist Lock
  - a. *If attacker grabs your wrist, force their little finger up until they release you*
  - b. *Thumb lock: fore-finger on thumbnail, thumb behind their thumb and compress*
4. Knife Attack
  - a. *Downward cross block... and run!!*
  - b. *Rising cross block ... and run!!*
5. Bear Hugs (from the front)
  - a. *Over Arms - Not demonstrated (thumbs into groin, then backfist)*
  - b. *Over Arms – Knife hand under bridge of nose and push back/up to release*
  - c. *Under Arms – Force their little finger upwards until they release you*
6. On the ground (**avoid falling if possible**)
  - a. *Basic defence: Curl up and use bent arms to protect your face and head*