

**Wiesbaden Sport, Fitness and Outdoor Recreation Center  
Clay Kaserne US Army Garrison Gym Is sponsoring a  
Women's Assault Prevention Seminar**

(2 parts, one 4 ½ hour class)

**Ages 16 to 17 with Parent present 18 and Years old and UP!**

**Saturday October 19<sup>th</sup> 2019 10:30 to 15:30**

**taught by**

**Golden Sage Martial Art School**

(classes every Saturday 12:00 to 14:00)

**Disclaimer**

**Comprehensive Self-defense skills takes several years of dedicated 2 or 3 weekly classes!**

We make no exaggerated claims of instant self-defense skills for the beginning level of class participant. We present an outline of strategies of some verbal, physical exercises, and some drills to provide a needed higher level of self-defense along with conflict resolution-based skill options. Ethical Self-Defense for our youth and for adults is 90 percent mental attitude. Along with and conflict resolution-based skills and situational awareness we have a better chance to lead a more peaceful life and to better respond to violence that we could not avoid.

**To avoid or escape is usually to best strategy to survive an attack.**

**To engage in mutual agreed to combat is not Self-Defense.**

**As a last resort to use only what force is needed to escape is Self-Defense.**

Weekly classes of our comprehensive DanZan Ryu Golden Sage Martial Arts will both provide Self-Defense including many types of martial art study. Over time you will be entrusted to safely practice and teach others who want to become more confident people in the study of Martial Arts.

For easily angered young men you may be tested by aggressive, frightened or angry peers and strangers. Will you take the bait? Will you become part of the problem in our society or will you take the higher road to tolerance to acquire true strength? If you practice with calm and balanced movements this can positively affect the outcome of a potentially violent situation.

Due to cultural and physical size tendency's, the girls and non-martial women will require an advanced type of Self-Defense called Woman's Assault Prevention Course found in DZR. Thanks goes to Hawaii's Professor McLaughlin's Woman's Assault Prevention Course [www.kupalehawaii.com](http://www.kupalehawaii.com) for his many years of committed service, research, and development in this course.

**Be street smart**

Beware of criminal set-ups in public. Someone may try to appear innocent and get very physically close to you. They may request your help, such as asking you to break up a fight. Unless you are certain of the risk to yourself or you know the person involved, offer to call the police and move away if you are unsure.

**Sometimes you pick the battle, sometimes the battle picks you. Who really wins a fight?**

Do you want to fight a robber over your money, your phone or your car? Do you draw the line if you are being dragged into a van to be taken somewhere else? If someone is disrespectful to you or to your spouse, is that worth a fight and possibly losing your job or going to jail?

### **Unintended Life-changing Consequences. More reasons not to escalate a confrontation.**

If a minor disagreement escalates what do you have to lose in your day-to-day life? If someone is severely injured or killed from a simple hit to the jaw or from a double leg tackle, is it worth it? Will the defeated attacker follow you home or target your family? Physical intervention is a last resort.

#### **3 Ways of Presenting Different Attitudes in Public:**

##### **The 3 Animals - the Tiger, the Sheep, and the Goat.**

**Tiger** or an aggressive posture consists of chest forward, clenched fists, it looks like someone looking for a fight. This projects an invitation to other aggressive people or threatened smaller people to fight. Intimidation works sometimes, but it can cause problems that were previously not present. You may also be perceived as the aggressor starting a fight.

**Sheep** or weak posture is meek, head down, looking at your phone while listening to music, unaware of your surroundings. This presents an easy target for bad people looking to take advantage of a lone, unaware, easy victim.

**Goat** or calm and aware posture is neither aggressive nor weak. Appearing aware of their surroundings this posture is not a threat to the tiger, and the goat does not present themselves as an easy target. The goat has a neutral attitude. But if you mess with the goat you get the horns! The goat is less predictable, making for a less-desirable target.

#### **Be Safe: AVOID Conflict**

Have a **safety plan** in place before you leave the house. Examples of a safety plan:

1. Tell friends where you are going and when you will check in with them.
2. Thinking about the types of shoes you are wearing.
3. Only go places with friends. Safety in numbers.

#### **L- stance foot placement**

A non-threatening defensive L-shaped foot placement places the center of your body off-center to the potential threat with greater mobility to move.

#### **A. Scan your blind spot: Be aware of your surroundings**

360-degree awareness is required to spot obstacles, exits, or other possible attackers.

#### **B. Calm breathing**

Centering is a calm relaxed posture with calm breathing.

#### **A front natural hand position**

A frontal natural hand position is any resting position where your hands are in front of you so that you can block or use a non-fist strike in an instant.

#### **D. Bad posture habits in public**

Standing with your feet crossed or with your hands in your pockets, arms interlocked across your chest, or with your fingers interlocked are habits to break. Poor postures impair your reaction time. If you are off-balance and unaware, you can be assaulted by a surprised attack. Keeping your back to the wall will help you to maintain awareness.

#### **Situational and body awareness**

Be aware of physical distance from strangers and who or what is behind you. Listen to your “spidey sense” or visceral feelings. It is a way we can naturally sense imminent danger, a kind of 'sixth sense'. If the hairs on the back of your neck or arms stand up or you feel uncomfortable about your surroundings listen to what your body is telling you. This is why a calm and relaxed body is important. Meditation, Tai Chi, yoga and martial arts train this principle.

## Self-Defense Distance

**All Out** or proper defensive distance

### Create neutral space or a buffer two arm's length Distance

Maintain your defensive distance from an attack so you can scan your surroundings and you have time to respond to an attack. This is called "All Out". Distance is your friend! This self-defense strategy is non-aggressive and defensive in nature. Keep a distance of two arm's length from the potential threat. Maintain a calm and non-threatening mobile stance.

In your calm defensive stance, you want it to be apparent to all that you are a good citizen who doesn't want to fight. At the same time, you are aware of your surroundings, your breathing, and your posture to allow you to move efficiently. This will allow you to do what needs to be done. Using a calm confident presence, you have a better chance to defuse a situation. Your goal is to get home safe to your friends and loved ones. Ethical self-defense is not testing your skills on the street or to teach a bully a lesson.

**Non-engagement if possible, Escape is the goal**

### When you are caught on the Inside



If you are trapped in the center of the attacker and you may receive strikes to the face, cover up helmet on with your hands covering your temples with two hands or fists, Stomp, yell and duck down and strike your shoulder up into the attacker's diaphragm. Bringing your back foot up to you forward foot will be more effective.

### The next page shows a ground defense drop - kick- scream - escape

Non martial artist or smaller people are sometimes not as physically able to effectually confront a strong larger attacker. If you are being carried away dropping to the ground can be an advantage. Wrapping your legs around the attacker's legs while swinging your arms and elbows to do strikes may force the attacker to release you to the ground. While on your back the defender can use their entire body, especially their legs, to better strike and escape in order to get to their feet and get away from the attacker. While on the ground or while standing protecting your vital areas from strikes is very important. Channeling your primal verbal and physical energy (your inner mother grizzly bear protecting her cubs) to protect yourself and effect an escape can be a powerful tool. Think of a 4-year-old child throwing a public tantrum on the ground. This type of defense achieves the two goals of attracting attention and making it difficult for your attacker to move you to a secluded place.

## **Ground Defense** for one-time Woman's or Girls Assault Prevention Course



If you get pushed backwards you can still stomp. If you can lower on one knee to the ground you can get up again. If you are pushed back hard, sit on your heels and roll back with your chin tucked to your chest. Be ready to use all parts of your body to attack the attacker, keeping your feet between you and the attacker. Multiple knee and groin strikes to the attacker as you yell will help get you back to your feet as soon as possible. Hooking the attacker's heel and striking at or above the knee sideways, front or back of the knee is an effective technique.

### **Alligator roll**



This can be used if the hands or legs are grabbed. Spin one direction then the other direction bending and kicking the attacker's knees or groin with your feet or heels when possible. The goal is to back off the attacker and to get back to your feet.

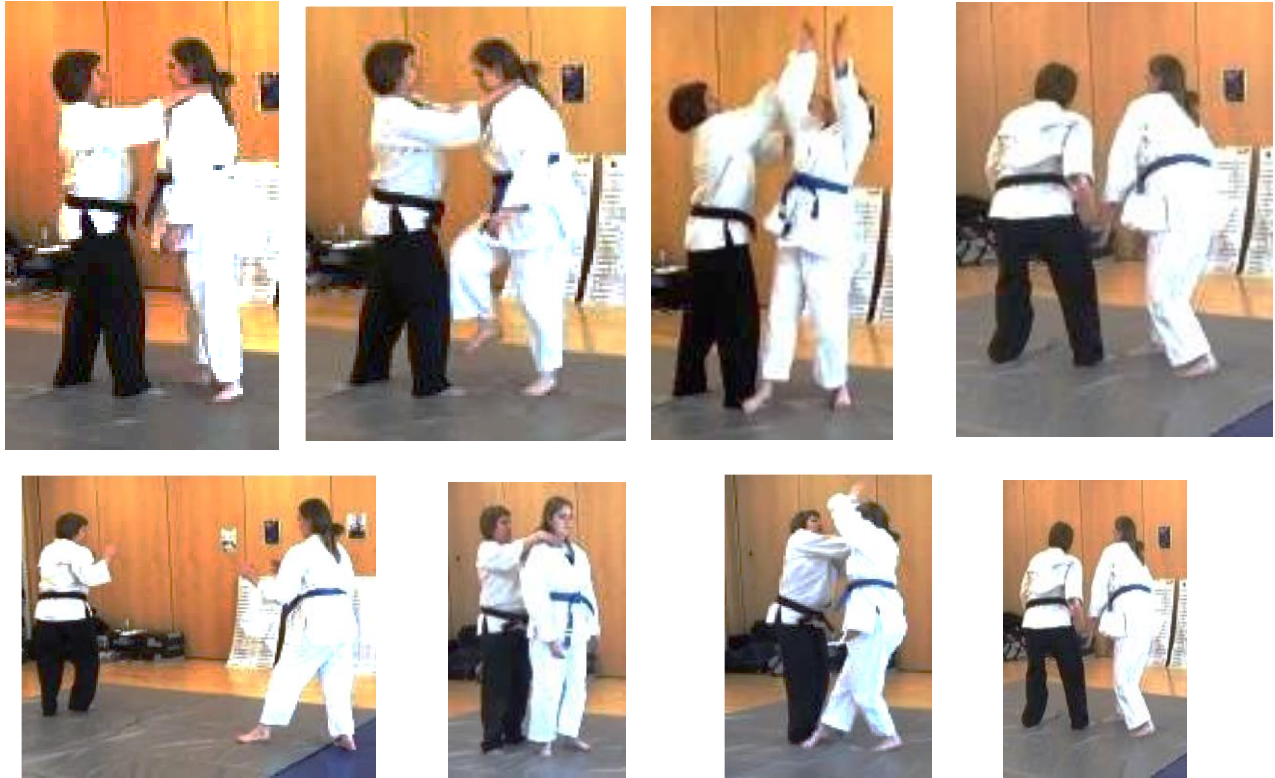
### **Escape from arm grabs**

By stomping on the attacker's foot, yelling, and using large inside or outside arm swings you may escape. This can be used from arm grabs on both hands and two on one arm.



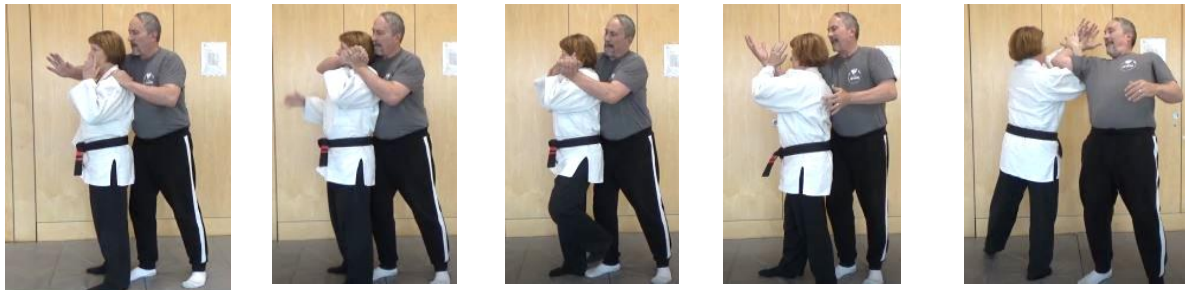


## Escape from two-hand choke



Using the same movements as seen above use large arm swings, stomp and yell. This can be effective against a from a rear two hand choke. By raising both your arms up (like I surrender arms up) on the outside of the attacker's arms turn either direction to escape. This works from the rear attack also. Be careful as this binds your partners wrist.

## Escape from a Rear Arm Choke #1



This escape is called answering the phone because as you tuck your chin in this hold bring your left hand to your left ear. This creates a space to temporarily counter the choke so you can foot stomp. Push your hips back. Hook your right hand on top of his right elbow and turn using both hands on his wrist pull his bent elbow to you and push his wrist down for dislocating lock to the ground.

When your life is threatened use head butts, foot stomps and fingers or thumbs to the eyes, ripping flesh or groin and biting the attacker

## Escape from a Rear Arm Choke #2



Tuck your chin, bend your knees, and push your hips back. Do not let yourself be pulled back and down.

Turn to the right, bend at the waist, head down and sweep his leg if possible.

## Escape from full nelson



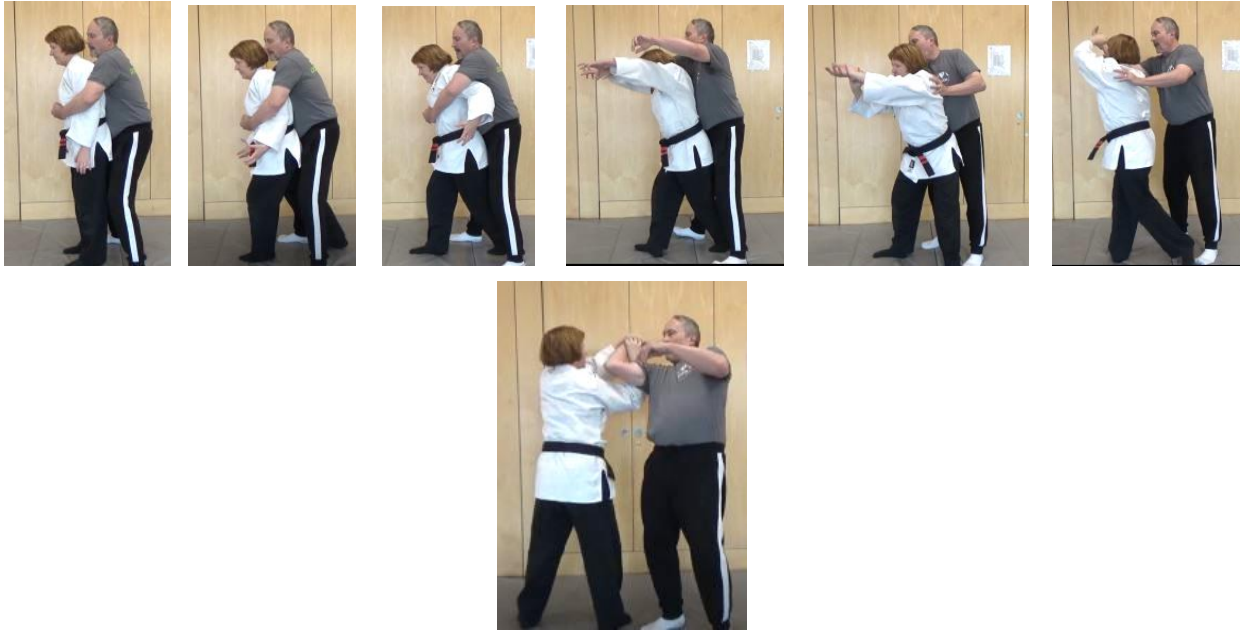
Lock your hands against your forehead pushing your head back to protect your neck. Foot stomp and push your right arm to the ground, causing your attacker's right hand to release. Bend your right arm and grab the attacker's right fingers. Turn to your right, bending the attacker's fingers back.

## Dropping full nelson escape



This works better for small and flexible defenders. Bring your arms straight up above your head and sit straight down, turn to face the attacker and move quickly away to avoid kicks, grabs or knee strikes.

## Escape from a Rear Bear Hug



Stomp the attacker's foot step back between the attacker's feet or squat as you push your elbows and hips back into him to create space. Roll your shoulders and point your arms straight forward rotating your arms so your little are fingers up. Then quickly grab one of the attacker's arms and pivot away to the outside or duck your head under and outside his arm.

## Escape from a Front bear hug



Dig your thumbs into the attacker's hip flexors to create space, then strike with your knee to the groin. Throw to the front, throw to the rear (for the martial art student) or push the attacker to get away.