Self-defence

If it should become necessary for you to defend yourself, it is a good idea to be prepared. You can use the following techniques:

Use your body language to radiate self-confidence!

The weapons to defend yourself
- head
- elbows
- hands
- heels

The vulnerable points of your attacker
- eyes
- nose
- throat
- groin
- fingers
- knee
Defensive position

Will signal to the attacker that you are prepared to defend yourself.
Stop technique

Move your arm forward at the right moment and hit the attacker in the chest or the face. You signal to the person that he has to stop.
Escape

If the attacker grabs hold of you:

Place your hand around the attacker’s hand. Grab hold of the attacker’s thumb and squeeze all you can on the uttermost joint of the attacker’s thumb. This really hurts the attacker and hopefully, you will be able to escape. Look carefully at the picture. You signal to the person that he has to stop.
Defend yourself against blows

If the attacker grabs hold of you:

Defend yourself by hitting the attacker’s arm with either your right or your left arm. For example, kick the attacker in the genitals and hit him using a clenched fist.
Defend yourself by pushing

Use your entire body weight to push away your attacker.
Defence against other attacks

Press your index finger and your middle finger against the windpipe (under the larynx).
Defence against choking

From the front

React immediately! You only have 15 seconds – after this, you will lose your strength!
A knee thrust into the genitals. Poke your fingers into the eyes and/or hit on the attacker’s nose with a clenched fist!
Defence against choking

From behind

Kick backwards with your foot!
Grab two of the attacker’s fingers and jerk them quickly apart.
Then hit the attacker on the nose with a clenched fist.
Headlock from the front and from behind

Hit the attacker in the genitals with one hand. Pinch the attacker’s thigh with the other hand. Kick and hit the attacker. Grab two of the attacker’s fingers and jerk them quickly apart.
Clutching from behind under the arms

Hit backwards with your head. Kick backwards with your foot. Hit the attacker’s hand with a clenched fist in order to loosen the grip. Grab two of the attacker’s fingers and jerk them quickly apart.
Clutching from above around the arms

Hit backwards with your head. Kick backwards with your foot. Push quickly and in jerks with your lower body and arms stretched forward. Grab two of the attacker’s fingers and jerk them quickly apart. Hit with your clenched fist.
Clutching from the front under the arms

Hit forwards with your head. Try to hit the attacker’s nose. Hit with both hands on the attacker’s ears. A knee thrust into the genitals.
Clutching from the front over the arms

Hit forwards with your head. Try to hit the attacker’s nose. A knee thrust into the genitals. Kick against the attacker's shin-bones. Hit with both hands in the kidney area.
Defence if you are lying down

Turn on the side and place your legs between your upper body and the attacker. No matter where the attacker moves, your legs must always follow him. If he gets too close, then try to kick him.
The attacker is sitting on your hip

Hit the attacker in the face, on the neck, in the elbow joints and in the eyes. Try to place a leg between you and the attacker. Grab the shoulder or the head of the attacker and throw him off with your thigh turning it to the side. Turn half way under the attacker and hit him with clenched fists.
Applies to all blows and kicks

Always hit/kick/step in series. Never only one technique! Defend yourself until the attacker runs away or falls to the ground. Pay attention to how the attacker reacts to your kicks and blows!

Most perfumes are based on alcohol. They can also be used as a weapon that you can spray into the face of the attacker.

If you have been attacked or subject to an attempted attack, it is important to report the attack to the police so the attacker can be arrested and prevented from attacking others.

Telephone number to police and ambulance: 112

Contact AmiAmi who will support you with what you need. Tel. 2169 2988/ 2169 5261/ 2169 2997