



Woman's Self Defense Seminar

The Goals of this session are twofold:

- Firstly to help raise your awareness level of possible scenarios where you or a loved one may be at risk for attack, and minimize that risk.
- Secondly, to introduce you to simple self defense movements for various “typical” assault situations woman may encounter.

The principles and techniques taught, based on the Martial Art of American Kenpo Karate, are simple and effective, and are characterized by the use of quick moves in rapid succession intended to overwhelm an opponent

Students of Kenpo come from all walks of life: students, housewives, construction workers, nurses, policemen, senior citizens, children and many others. Age, sex, or natural ability, is never a negative factor, anyone can learn these skills.

Richard Sparacino – Instructor – 2nd Dan Black Belt - American Kenpo Karate
1st Dan Black Belt - Jo Kwon Chi



Woman's Self Defense Seminar

Agenda

- **What is Self Defense?** - More than the physical!
- **Statistics** - What is happening out there
- **Minimize being a victim** - Demeanor, Situational Awareness, ...
- **Sensitive Targets and Basics** - No matter how big they are,

“If they can't Breathe, See You, or Run - they can't chase you”

- **Types of attacks** - What are your concerns?
- Grabs, Hugs, chokes, ???
- **Hands on**
 - **Grabs / Chokes**
 - Pulling away
 - Joint manipulation
 - Joint Breaks
 - Other jewels - Groin shots, knees, and feet
 - **Hugs**
 - Loosening the grip - Using hands, head, or feet.
- **What if ...** - Open Q&A and other situations.

Richard Sparacino – Instructor – 2nd Dan Black Belt - American Kenpo Karate
1st Dan Black Belt - Jo Kwon Chi



Woman's Self Defense Seminar

What is Self Defense?

Self-defense is a set of “awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques” that enable you to successfully prevent, resist, escape, and ultimately survive violent assaults.

*There is no such thing as
“Fair” in self defense!*



Woman's Self Defense Seminar

What's Happening out there? - Sobering Statistics

- 20 - 33% of all women will be a victim of a violent crime (that's 1 in 5, to 1 in 3).
- 25% of all violent crimes involved weapons (guns, knives, or blunt instruments such as sticks or clubs, at roughly a third each). The rest were "by hand".
(Note that sexual assault involves a weapon less than 10% of the time)
- 30% of all violent crimes involved drugs or alcohol on the part of the attacker (and /or the victim).
- 50% of the victims were injured (bruises, bumps, cuts, ...), regardless of whether they fought back or not.
- 50% of all violent crimes, involved attackers the victim knew (family, friend, acquaintance ...). In the case of sexual assault, this number zooms to over 70%.
- 90% of violent crimes against woman are done by a lone assailant (versus a group)
- Women are more likely to be slapped, grabbed or pinned, rather than punched or kicked

Odds are you know someone who has been attacked!



Woman's Self Defense Seminar

Minimize being a victim - "PREVENT" Assault

Put money in a second place for an emergency

Recognize the early stages of a possible assault.

Examine carefully where you are.

Verbalize your struggle by shouting loudly.

Exhibit confidence if you are in danger.

Never assume assault cannot happen to you.

Travel in groups whenever possible

- Most crimes against women are crimes of availability. So reduce the possibilities for the assailant to take advantage of you.
- Be aware of your surroundings. If on foot, walk in well-lit areas; if driving, park your car in adequately lit areas as well. Be aware at home as well!
- Assertiveness and Eye Contact is good. Assailants want easy preys that can not identify them.
 - “Trust your feelings”. If you feel in danger, you probably are!



Woman's Self Defense Seminar

Sensitive Targets

- Where & How to Strike!

No matter how big or strong your assailant is, they all have the same weak spots. Remember though, there is no silver bullet / one strike wonder - your goal in violent self defense situations is to “tenaciously and continually” exploit these weak spots, and escape to safety!

- **Eyes** – If they can't see you, they can't chase you. Gouge or poke with anything you have; your *fingers*, your keys,
- **Throat** – If they can't breathe, they can't chase you (or much of anything else). *Chop or punch (half fist)* at their throat.
- **Foot (Instep) and Knees** – Each foot has 26 bones and 30 joints (the whole body only has 206 bones) - It's a real sensitive area! (*stomp or kick with your heel*)
- **Groin** – Strikes to the groin with your *foot, knee, or hand* will “catch” the assailant's attention and slow them down giving you a chance to escape (*note it may not stop them, so be relentless!*)



Woman's Self Defense Seminar

Typical Situations, and Hands On

Grabs

- Arm Grab - One and Two Hand - Front and rear
- Shoulder Grab - Front, side, and rear
- Hair Grab – Front and rear

Chokes

- Front
- Rear

Hugs (i.e. wrap around grabs/bear hugs)

- Front
- Rear

Other (pushes, ???)

Richard Sparacino – Instructor – 2nd Dan Black Belt - American Kenpo Karate
1st Dan Black Belt - Jo Kwon Chi



Woman's Self Defense Seminar

Take 5 minutes to read and ponder these tidbits.
They may save your life or that of a loved one.

1. The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet or purse, **DO NOT HAND IT TO HIM.** Toss it away from you - chances are that they are more interested in your valuables than you, and they will go for those. **RUN LIKE MAD IN THE OTHER DIRECTION!**
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will - This has saved lives.
4. Women have a tendency to get into their cars after shopping, working, etc., and just sit (doing their checkbook, or making a list, etc). A predator may be watching you, and this is the perfect opportunity for them to get in on the passenger side. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**
5. A few notes about getting into your car in a parking lot, or parking garage:
 - a. Be aware: look around you, look into your car, at the passenger side floor and in the back seat
 - b. If you are parked next to a big van, enter your car from the passenger door. Most abductors attack their victims by pulling them into their vans while the women are attempting to get into their cars.



Woman's Self Defense Seminar

- c. Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard or another person to walk you back out. **IT IS ALWAYS BETTER TO BE SAFE THAN SORRY**
6. **ALWAYS** take the elevator, **NOT** the stairs. Stairwells are horrible places to be alone, and the perfect crime spot.
7. Women tend to be overly sympathetic - **STOP!** It may get you assaulted. Ted Bundy, the serial killer, was a good-looking, well educated man, who **ALWAYS** played on the sympathies of women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.
8. When someone knocks at the door to you home or apartment, and you do not know the person, do not be afraid to ask for ID through the people or the window, or not opening the door, and calling police or a neighbor.



Woman's Self Defense Seminar



**DO NOT
BE AFRAID
TO DEFEND
YOURSELF**

Richard Sparacino – Instructor – 2nd Dan Black Belt - American Kenpo Karate
1st Dan Black Belt - Jo Kwon Chi