

## *The Ten Basic Principles of Women's Self-Defense*

Often times women hear about self-defense and they might have mixed reactions. Many think it is a great idea to learn how to defend herself but might not have the resources to find the correct forum or instructor. For some, it is something they “just cannot get to right now”. Then there are those of us ladies who either think, “oh, nothing ever happens where I live” or “I don’t need to learn because I can handle myself”.

There are **Ten Basic Principles of Women's Self-Defense** that can help save your life when confronted with a threatening situation:

1. **Increase Reaction Time**- When you increase the distance between you and an attacker you increase the time it will take for them to reach you. This will give you more time to evaluate the situation and react to it appropriately.
2. **Obtain Good Balance**- It is very important for you to have good balance during these stressful times. You need to set your body up with a good foundation for the self-defense techniques you might need to use.
3. **Develop a Plan of Action**- At The Women's Self-Defense and Empowerment Group we say, “The body is only as strong as the mind allows”. If you have thought of a stressful situation a few times and saw yourself taking action, with success, your body can actually respond better when confronted in real life.
4. **Use Distraction Techniques**- Most aggressors do not expect their intended target to take a defensive stance and yell back at them. This can cause them to realize you are not the “easy” target the originally thought.
5. **Identify the Attacker's Vulnerable Location**- The vulnerable locations on an attacker are: eyes, nose, throat, clavicle notch, forearm, groin, shin, knee, and foot.
6. **Use Your Personal Weapons**- A woman's personal weapons are: head (front/back), elbow, fist, knee, and foot.
7. **Avoid Force on Force**- Pound for pound a male will overpower a female. We need to use the element of surprise, deliver quick/ strong self-defense techniques and have the “Survival Mindset”.
8. **Avoid Panic**- It is a natural reaction to freeze for a split second when confronted with a dangerous situation. Take that time to evaluate what is happening and choose to react accordingly.
9. **Disengage and RUN**- This is the primary goal of self-defense and survival. As soon as the attacker releases his grasp you need to **RUN FOR YOUR LIFE!**
10. **PRACTICE, PRACTICE, PRACTICE!!!!**- We have always been told to ‘practice hard’ if we wanted to learn something.

At the Women's Self-Defense and Empowerment Group we use these principles to educate and empower our students. The self-defense techniques are designed for women and taught by a female with fifteen years of Law Enforcement experience. She uses her own story of surviving a fight for her life to stress the importance of the “**SURVIVAL MINDSET**” and “**PERFECT PRACTICE MAKES PERFECT**”.

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