

underneath every woman's 'curve' lies a muscle!



- HEAD** – for thinking!
- EYES** – will reflect your mood. The more confident you feel, the stronger you will look – and be!
- BACK OF HEAD** – can butt back
- TEETH** – bite
- VOICE** – has many important uses. Answering back, screams to attract attention, and an aggressive yell at the same time as a well-aimed punch or kick improves your strength no end.
- FIST** – punch. Learn how to form a safe and effective fist, with thumb curled around the outside of your clenched fist.
- FINGERS** – pinch and squeeze tender areas of skin
- POCKET** – contains torch combining alarm
- BAG** – hit out. Be careful what you carry in self defence – it could be used against *you*. EG razors, chains etc. A good idea is to clasp your bunch of keys in your fist, with a key between each finger
- KNEES** – jabbing blow to face if bent over you, or groin
- LEGS** – **RUN**. Self defence aims to teach you how to make swift moves that give you those few seconds advantage in which to get as far away as possible.
- FOOT** – kick to groin, knees, kidneys or head, chest etc (all are *trained* kicks)
- HEEL** – scrape down shins and stamp on foot
- EYES** – quick jab with fingers or knuckles can blind
- NOSE** – shove up hard with base of palm of hand can incapacitate
- THROAT/ADAMS APPLE** – a hard jab with knuckles can incapacitate
- LITTLE FINGERS** – break easily if bent back
- CHEST/STOMACH** – a hard sharp blow can wind
- GROIN** – a *hard* blow with knee, elbow or foot can incapacitate – or grab, twist and squeeze...
- INSIDE LEG** – pinch or squeeze – very painful
- KNEES** – a well-trained kick to back of knees or knee-caps can off balance or/and incapacitate
- SHINS** – kick or scrape a heel on them

THIS POSTER IS JUST A USEFUL GUIDE & IS NOT A SUBSTITUTE FOR A SELF DEFENCE COURSE

Contacts for womens self defence
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**Swansea: Anne Carrick, c/o Womens Centre,
 58 Alexandra Rd, Swansea**

see red womens workshop
 - with thanks to the
 booklet 'Squashed flies'